

the
Elks

magazine

May 1982

The Foods We Eat

**Facts &
Fallacies**



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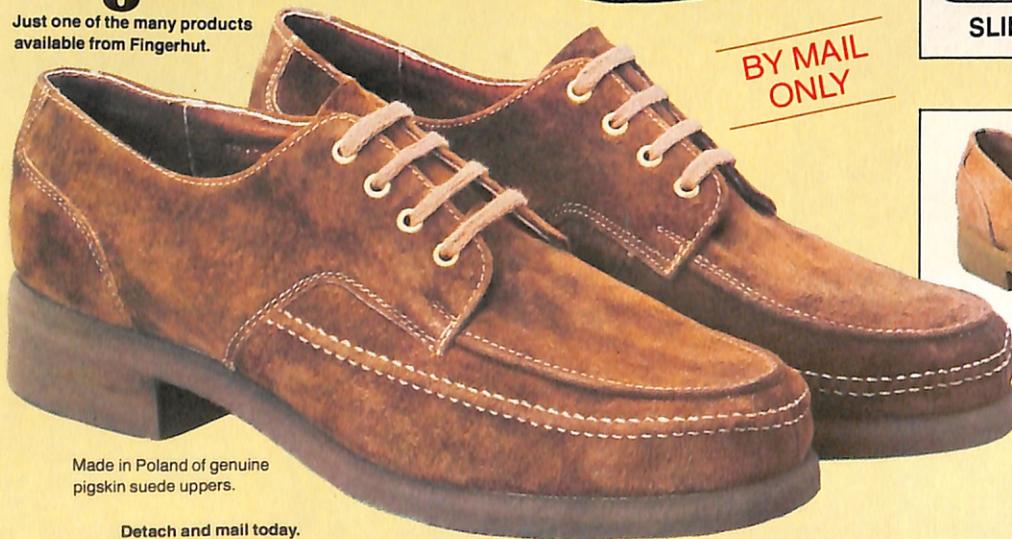
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*cover interchangeable with Dutch Oven

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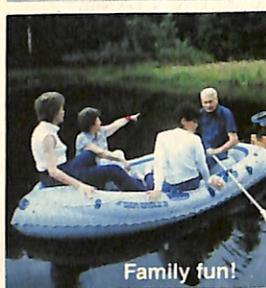
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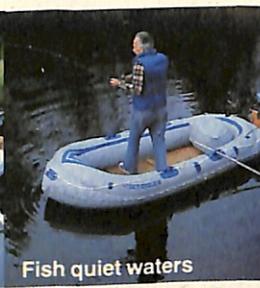
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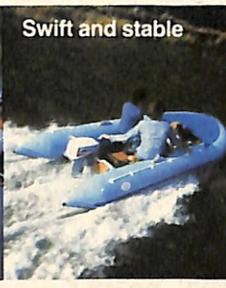
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A Message
From The
Grand Exalted Ruler



Help Our Youth

★

We could hoard all of the gold in Fort Knox, tally the value of our gross national product and add to both our vast areas of yet unused energy—but our greatest national resource by far is the youth of our country. It is up to us just how this resource is used and how our future is determined.

Kicking off the new lodge year for our young people is "Elks Youth Week," beginning May 1st. In nearly all of our lodges youth appreciation continues for the balance of the year with ongoing youth recognition programs. Let us help to mold our youth with the strong moral convictions that made our country the great nation that it is today. The accomplished student will become our community leader, today's athlete and tomorrow's coach, worker today and entrepreneur tomorrow.

In our lodge youth program we recognize and reward basic values, and at the same time do our best through other programs so that those who would abuse our youth are not given that opportunity. There are already too many liquor and drug-related crimes among our student population, as can be seen on the front page of any big-city newspaper.

We are a family-oriented organization, and many of the lodge youth programs include active participation by all members of the family. Why not be a part of our future by working on a youth committee program in your lodge? You may later measure your success by their accomplishments. Why not call your exalted ruler now and be a part of our youth program?

Charles Dickens strongly believed that "Goodness" was one of the two great powers of the world; that doing good made a person feel useful and thus happy. "No one is useless in this world . . . who lightens the burden of it for anyone else."

I have never seen a useless Elk. Become a part of your lodge youth program and be happy in the Dickens way as you TELL AMERICA ABOUT ELKDOM.

Raymond V. Arnold

Raymond V. Arnold

6 The Foods We Eat -- Facts & Fallacies

Despite the proliferation of food ads and diet books, how much do we really know about the foods we eat?

Jean E. Laird

16 The Lure of a Vanished Life

The little country schoolhouse, once the pride of every hamlet in America, has all but disappeared.

Marjorie M. Hinds

30 One Did Survive!

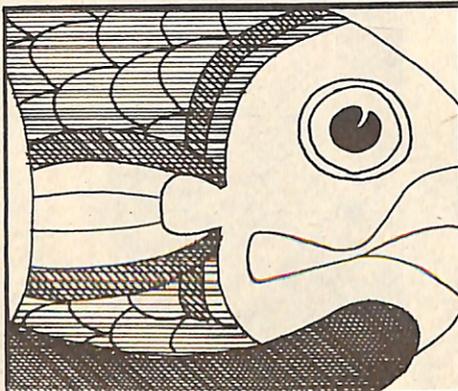
Contrary to legend and folklore, one man survived the Alamo tragedy that led to the birth of Texas.

Ruth Pittman

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Cover: The Foods We Eat
Illustration by Jim Lavengood



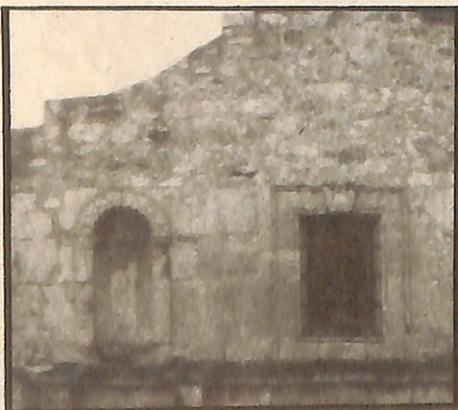
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Moving?

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For those who want a business of their own but hesitate to take that first step...

See how easy, how fast you can build a lifetime business of your own—keeping all the profits for yourself. Let this 50-year-old worldwide organization guide you every step of the way!

A journey of a thousand miles, an ancient Chinese proverb tells us, must begin with a single step. Well, the same thing is true of a journey down the road to business success.

Yet so many men and women—people who honestly yearn to have a business of their own—hesitate, for one reason or another, to take that first step that can lead to it. They deprive themselves of an opportunity for personal and financial independence that could easily be theirs.

Don't let this happen to you. Send us the coupon below, and we will send you—FREE and with no obligation on your part—a 32-page booklet that gives you all the details about the Duraclean "own your own business" opportunity.

The Duraclean Opportunity

In this booklet you'll learn that the Duraclean Opportunity is limited only by your own ambition and willingness to work, to build and to grow. Your new business can be as big as you want it to be. You'll learn how people like yourself over the last 50 years have found greater security than they dreamed possible—all because they said yes to the Duraclean Opportunity.

And it's so easy to get started!

The booklet will tell you just how easy. How some have begun on a part time basis while keeping their current jobs. How they started out by themselves evenings and weekends until their business developed and expanded into a profitable full-time venture with several service people working for them.

You'll discover that men and women with limited education have prospered, right along with those with college degrees. How people with extensive business experience—and those with none at all—have profited from the Duraclean Opportunity.

They've gained independence and financial success, thanks to Duraclean's step-by-step guidance and training.

When you receive your booklet, you can read about the patented Duraclean method for "on location" cleaning of carpet and furniture . . . and how Duraclean REMOVES soil, instead of



driving it deeper into the fiber as other methods do.

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Powerful Duralizer vacuum attracts loose, gritty soil particles from carpets and upholstery before cleaning.



Duraclean's absorbent foam process sets the standard of excellence for furniture cleaning.

dent Duraclean businesses grow and grow and grow. (And there are eight other services that Duraclean Specialists provide, for added business, added profits!)

At Duraclean training sessions, you learn the tested, proven methods you need to operate a successful Duraclean business. You become an expert in the cleaning and maintenance of carpets and furniture. And we supply you with all the equipment and materials to put your new business program into effect immediately.

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You can get started in your new Duraclean business for as little as \$2,988 . . . And, if you qualify, we'll prove our confidence in you by financing the balance for you. (The cash price is \$9,987.) That's how sure we are that YOU CAN SUCCEED.

Take that first step now!

Every year over one billion square yards of new carpeting is sold. The market is large. National advertising tells the Duraclean story to millions of people month after month. And satisfied customers become your own personal "word of mouth" advertisers. The profit potential of a Duraclean business is waiting for you.

The road is there. The road of opportunity for greater success and financial security. But you must take that first step. Do it today. Mail the coupon below, so we can send you the information you seek. Cut out the coupon now. RIGHT NOW. And mail it TODAY.



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RUSH the 32-page booklet explaining how the opportunity to increase my income and family security with a Duraclean Dealership can be mine. I understand there is no obligation and that no salesman will call on me.

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There is no doubt about it, we live in a food-oriented society. Wherever we look we are being bombarded with food ads, and diet books are high on the best-seller lists. But, how much do we really know about the foods we eat?

Not too long ago, it was discovered that the Roman Empire succumbed due to their food preferences. It seems that archaeologists have turned up evidence that the wealthy Romans ate foods that were so contaminated with lead that they eventually died. The poorer classes had a more balanced diet, but they were not educated in such a manner as to be able to replace the wealthier set. Thus, the decline and fall of the Roman Empire hinged on their eating habits—and not knowing the facts, myths or fallacies about the foods they ate.

All countries have their own eating habits and food myths. Of the world's two million animal species, meat of only three animals is eaten with any regu-

larity in the United States, Canada and Europe. Some horse meat is included in the French diet, but it is not often eaten elsewhere in Europe except during catastrophes like World War II.

Many of our American ancestors believed that kelp would cure stomach ailments and obesity; honey was good for whooping cough; garlic was a cure for high blood pressure; baking soda was good for curing colds; grape juice would reduce weight; and olive oil would prevent appendicitis.

Actually, it is estimated that Americans fall victim to \$500,000 worth of dietary nonsense in the form of fads and cults, which is more than the American public spends on medical education each year.

Let's take a look at some of the facts and fallacies that prevail in our day and age. I am sure some of them will surprise you.

Fallacy: Blackstrap molasses, yogurt and wheat germ have magical qualities when added to the diet, because they are packed with iron, calcium, vitamins and other nutrients.

Fact: The USDA says these foods are usually harmless additions to any

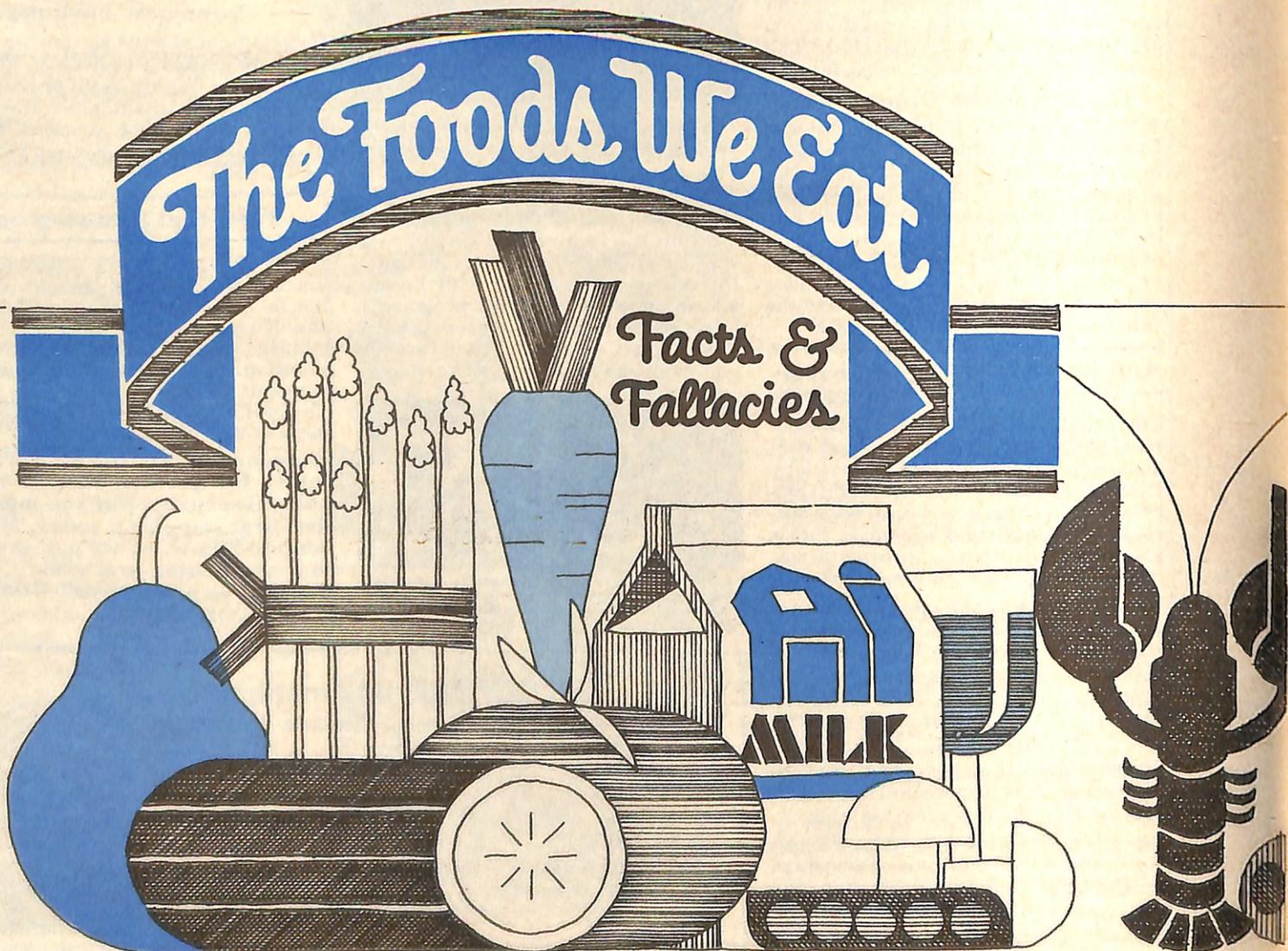
diet, no better or worse than many other ordinary foods. And, the USDA chart of food values shows that blackstrap molasses has little, if any, protein, fat, vitamin A, or ascorbic acid. A tablespoon of the molasses contains no more of some of the B vitamins, iron, and calcium than that found in a usual serving of more conventional food, which also may provide additional food values lacking in blackstrap molasses.

The American Medical Association backs this statement when they say, "Herbs, unprocessed cereals and blackstrap molasses *do* contain nutrients—plus an added unexpected 'bonus' of stems, rust and husks. And, the same nutritional value can be obtained in a standard combination of more palatable, common foods."

Fallacy: Eating carrots will improve your vision.

Fact: The medical men say this is true only if you have not been getting sufficient vitamin A for some time. The

by Jean E. Laird



human body converts carotene, the yellow pigment of carrots, into this vitamin, which is needed for forming an essential pigment of the retina. However, there is also plenty of carotene in green vegetables, where its yellow color is masked by chlorophyll. As a result, green vegetables are just as "good for the eyes" as carrots.

During World War II, carrots were fed to American military pilots to improve their vision. This practice, however well-intentioned, was probably useless, because if you stick to a normal, balanced diet, the body receives all the vitamin A it needs. Although carrots, sweet potatoes and egg yolk are particularly high in vitamin A, consuming extra amounts of these foods won't enhance your vision and may even be harmful because the body cannot utilize excess vitamin A.

Fallacy: When cooking greens, the water should be changed three times.

Fact: Greens should be thoroughly washed before cooking. Changing the water during the cooking process is not advised, since some of the vitamins and minerals dissolve in the cooking water. Therefore, using the least amount of water when cooking permits the greatest saving of these nutrients. Steaming vegetables is one of the most nutritious ways of cooking and preserving the vitamins and minerals.

Fallacy: The juices from vegetables have magic health-giving qualities.

Fact: Juices extracted from vegetables have about the same food value as the original food, but with less bulk.

Fallacy: Vegetables grown with organic fertilizer are more nutritious than those grown with chemical fertilizers.

Fact: The FDA says there is no evidence that foods grown with an organic fertilizer have more nutritive value than similar foods grown with chemical fertilizers.

Fallacy: Frozen, canned or otherwise processed foods aren't as nutritious as the fresh variety.

Fact: The nutritional experts contend that they are just as good for us as everything that used to come fresh off the farm.

Fallacy: Milk and cherries are poisonous when eaten together.

Fact: Any foods that can be eaten separately can be eaten together. When one contracts an illness resulting from eating a combination of foods, it is usually because there has been a contami-

nation of one or both of them, or because of an allergic reaction to some substance they contain.

Fallacy: Dried currants and apricots contain poisonous chemicals.

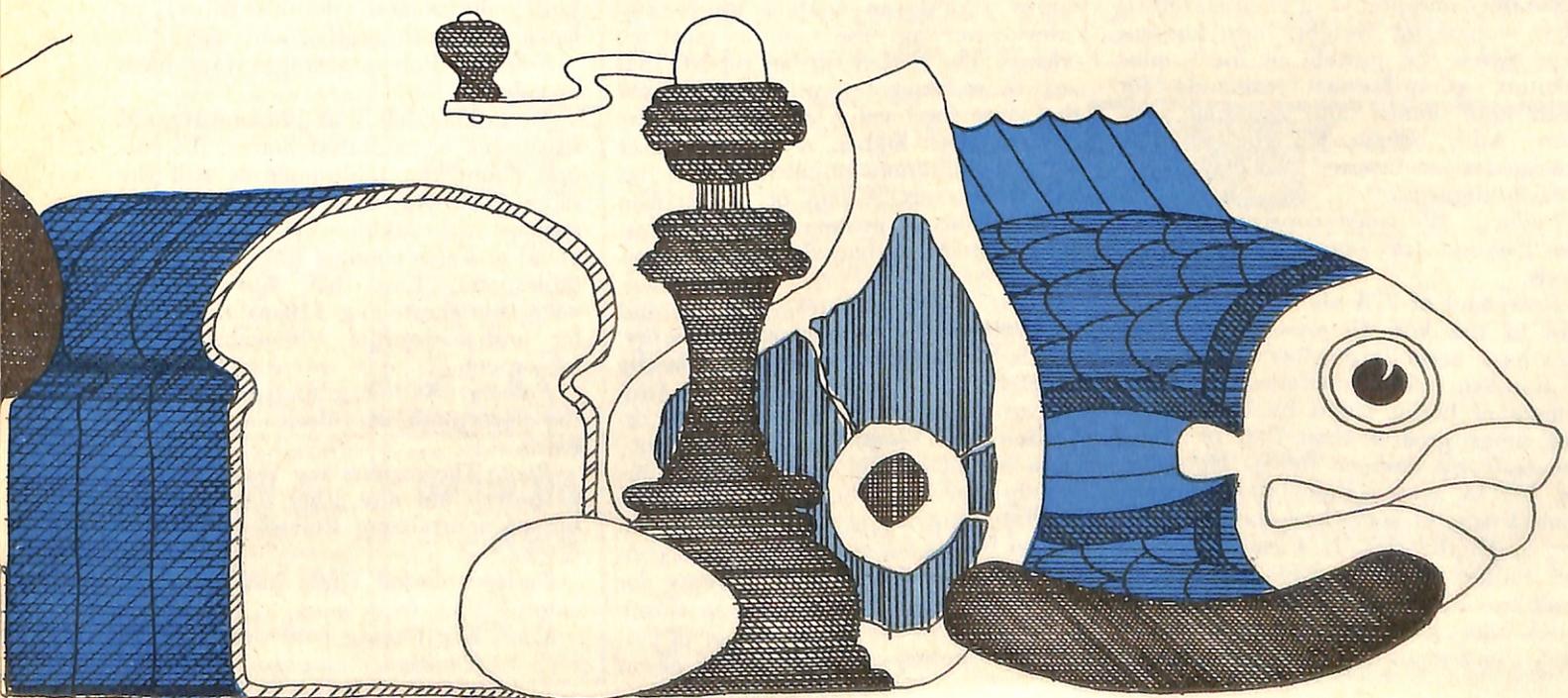
Fact: Sulfur dioxide may be used in the drying to minimize color changes, but the amount used is so small that there is no danger from this chemical in eating these dried fruits.

Fallacy: Frozen orange juice is less nutritious than fresh orange juice.

Fact: Vitamin C is the principal contribution to orange juice. The amount of this nutrient is the same in both types of juices.

Fallacy: If I am on a weight-reduction diet, I can eat all the natural fruits I want.

Fact: Fruit, like other foods, must be limited, since some fruits are high in natural sugar. But, fruits are important sources for vitamins A and C, minerals, folic acid, fiber and carbohydrates. They will also add a lot of texture and



The Foods We Eat

variety to any diet. However, only two or three fruit selections per day are recommended for women, and three to four servings per day for men and pre-teens.

Fallacy: Bigger always means better when buying fresh fruits.

Fact: No. Although the giant-size fruit appeals to the eye, smaller sizes can be more economical and just as nutritious. You get more pieces per pound, and generally the small-to-medium sized fruit is a sufficient serving.

Fallacy: Plenty of rare steak will make you strong.

Fact: Dr. Fredrick J. Stare, professor of nutrition at Harvard University, says, "Certainly it is rich in good-quality protein. But, so are fish, eggs, milk—and overcooked steak. You can get equally strong on a diet of the right cereals and legumes, plus a small amount of animal protein to supply certain amino acids which the body cannot get from any other source."

Fallacy: Chuck steaks or other less-expensive cuts of meat are less nutritious than are the more expensive cuts.

Fact: The price of a cut of meat depends primarily on the tenderness. Inexpensive cuts of lean meat can have as much food value as higher-priced cuts. And, any cut that contains much fat furnishes less protein and less of most other nutrients per pound than the lean cuts.

Fallacy: Fish is brain food.

Fact: There is no food available today that feeds any special part of the body.

Fallacy: Cheese has no more protein than meat.

Fact: It takes 10 quarts of milk to make only one pound of cheese. This is why, weight for weight, most cheeses have twice the protein of meat, plus calcium, phosphorous (minerals for teeth and bones) and essential vitamins. And, because of the ripening changes—a predigested process—cheese is easily digested.

Fallacy: We must constantly be on the lookout for botulism in canned foods.

Fact: Out of 775 billion cans of food sold in the last 45 years, only three cans have actually produced fatal cases of botulism. And, statistics show the chance of being killed by lightning is 100 times greater than that of being poisoned by canned foods. However, the USDA warns that buying badly-dented cans at a marked-down price is not worth the risk. If a can is rusted, has bulges, or if leakage is evident, don't use it. Or, if you notice any unusual odor when you open a can of food, don't taste it. Pitch it.

Fallacy: One cannot safely store canned foods for more than one year.

Fact: Researchers found that after 115 years, a can of food was still in perfect condition, proving canned foods remain edible indefinitely. And, the National Canners Association defines these "canned foods" as being in an "air-tight container filled with food that has been sterilized by heat." Thus, the "can" can be a jar of baby food, for instance, or any glass container.

Fallacy: Diet and heart disease do not go hand-in-hand.

Fact: Dr. Kaare Norum of the Institute for Nutrition Research at the University of Oslo School of Medicine recently sent a questionnaire to physicians, epidemiologists, nutritionists and geneticists from 23 countries. In answer to this question, "Do you think there is a connection between diet and the development of coronary heart disease?" the answer was overwhelming . . . 188 of the 193 respondents answered "Yes."

Fallacy: The only reason I got fat is because I ate too much.

Fact: Careless eating habits are often the chief contributors to unconscious overeating or eating the wrong things. We may not eat because we are hungry, but because we need emotional satisfaction; and that satisfaction might be in the form of candy or desserts, which will add the pounds. For instance, you could stuff yourself with vegetables and salads without gaining a pound. It is WHAT you eat, not the amount, that usually puts on excess weight.

Fallacy: If you are counting calories and really are sincere about dieting, yogurt is the answer.

Fact: Unsweetened yogurt made from partially skimmed milk contains 120 calories per cup. Yogurt with fruit preserves added can contain up to 260 calories per cup—the same as most ice creams. The USDA further reports that yogurt, a fermented milk, has almost the same food value as milk, but the price is often higher. A cup of yogurt has 271 milligrams of calcium, milk has 288 milligrams. A cup of yogurt also has 7 grams of protein, milk 9 grams.

Fallacy: All carbohydrates are fattening.

Fact: Carbohydrates, sugars and starches are the main source of energy. Foods high in carbohydrates are in the vegetable, fruit and grain group. And, all carbohydrates break down during digestion into simple glucose—the only form of energy the brain and nervous system can use. The fact is, all foods are fattening if the calories are stored in the body's fat cells rather than consumed in physical activity. "Ounce for ounce, carbohydrates, whether starch or sugar, have the same number of calories as protein—4 per gram, or about

120 per ounce," says Dr. Jean Mayer, professor of nutrition at Harvard University from 1950 to 1976, and now president of Tufts University.

Fallacy: You will lose more weight quickly if you stick to only one meal a day.

Fact: The body burns fuel more efficiently when you eat three small meals a day. Not only is it impossible to get all the nutrients you need in one meal a day without grossly overeating, but your metabolism is thrown off balance. Basically, we live in a three-meal-a-day society, so one meal a day tends toward overeating. Three meals a day will help you keep your portions controlled and your body will use the food more efficiently.

Fallacy: I am really serious about losing weight and keeping it off, so I can never eat pizza again.

Fact: In moderation, you should be able to eat everything. And, Senator George McGovern's Nutrition Subcommittee found pizza to be an "ideal food" nutritionally, because it supplies the basic nutrients in approximately the amounts recommended for a dietary goal. For instance, carbohydrates in a typical piece of pizza represent about 58 percent of the slice, 15 percent of it is protein, and 27 percent is fat. Here again, *moderation* is the key word—don't eat the whole pizza. If you are trying to lose weight, count the calories of each slice you consume and add to your daily intake, limiting all quantities.

Fallacy: Foods high in calories are also high in vitamins.

Fact: This is debatable. For instance, food can be high in calories but vitamin poor (soft drinks and candy), low in calories and vitamin rich (broccoli and most of the green vegetables), rich in both calories and vitamins (nuts), or lacking in both (coffee and tea).

Fallacy: Polyunsaturated fats have no calories.

Fact: Whether it is polyunsaturated margarine or saturated butter, the calorie count per tablespoon is still the same. However, if we buy "diet" margarines, the calories are cut in half. Salad oils also contain 125 calories per tablespoon. Lard has 115 calories, vegetable shortening 110 calories, butter and margarine 100 calories per tablespoon.

Fallacy: Eating grapefruit prevents the absorption of calories from other foods.

Fact: The experts say "No." Neither grapefruit nor any other food is capable of neutralizing the effects of calories.

Fallacy: Dried fruits are higher in calories than fresh ones.

Fact: No. Drying fruit does not de-

(Continued on page 15)

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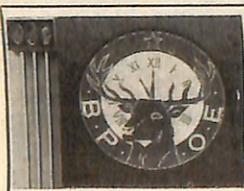
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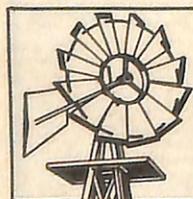
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YOU & RETIREMENT

by Grace W. Weinstein

FINANCIAL READING

With the economic world spinning in confusing circles, there are a host of new books on the scene to help you make sense of it all—or, at least, to make the most of your personal finances. Here are some suggestions, from the general to the specific:

Financial Survival in the Age of New Money, by business commentator Gordon Williams (Simon and Schuster), takes a broad look at the money world in which we live. From a history of money and an analysis of inflation, Williams moves into a discussion of banking and the Federal reserve—all in easy-to-understand, readable prose. Some chapter titles will give you the idea: The New Banking; or Why Your Banker Sells Money Like Kellogg Sells Cornflakes; Why Stocks Are No Longer the Only Game in Town; Electronic Money: Tomorrow is Already Here; Tax Havens, Tax Shelters, Tax Dodges and Other Tales of the Very Rich. The last chapter, Planning Your Survival in the Age of New Money, brings it all to the individual level. This is a book that is both informative and entertaining.

Personal Financial Survival, by David M. Brownstone and Jacques Sartisky (John Wiley & Sons), is a guide to lifetime financial planning, with cogent information on personal planning as applied to investments, real estate, and insurance. Two chapters—Accumulating for Your Later Years, and Continuing to Earn in Your Later Years—are of particular interest to older readers. This book also has two distinctive and very worthwhile features: a series of twenty case histories, demonstrating how people in different life situations actually manage their finances, and a glossary of financial terms. This "glossary" is actually much more: some 70 pages of lucid explanation of financial terminology. The book concludes with sources of information, a useful list of newsletters, journals, and books for the reader who wants to pursue financial planning.

More For Your Money, by Mary Bowen Hall (Houghton Mifflin), is a slim but useful volume. Its three parts—Understanding Your Spending Style, Money Traps and How to Avoid Them, and How to Spend Happily Ever After—deal with financial planning in the most personal sense. This is not a book about how to buy insurance or how to invest in the stock market. It is, rather, a book (and a

very good one) on how to understand what you're doing and get control of your own spending. It's complete with examples, which make for good reading, and worksheets, for your own planning.

How to Cash in on the Coming Stock Market Boom, by nationally known financial reporter/broadcaster Myron Kandel, is, in the author's words, "a storehouse of common-sense information and advice." No get-rich-quick schemes here, no magic formula for wealth . . . just solid information about making financial decisions. Kandel provides a guide to stock market investing, from picking industry groups to switching in and out of mutual funds to using investment advisory services. He tells you how to pick the right stockbroker . . . and how to be a good client. He tells you how to read an annual report. And he includes a lengthy section of advice from well-known financial experts, concluding with a list of stocks to look at in 1982 and beyond. This may not be the book for you if you're already knowledgeable about the stock market . . . but if you're a beginner, it may be just the ticket.

How to Buy Money, by Merrill Lynch vice president Wayne F. Nelson (McGraw-Hill), is less entertaining than Kandel's book but a more complete guide to, as the subtitle puts it, "Investing wisely for maximum return." It progresses from a discussion of your personal investment strategy (how, for instance, to buy deep discount bonds and plan bond maturity to coincide with retirement date) to "buying" U.S. Government money (through all the treasury and agency issues). It covers stock market investment (including how much your stockbroker is worth in commissions) and ways to shelter income from taxes.

How You Can Use Inflation to Beat the IRS, by B. Ray Anderson (Warner Books), is a thick paperback compendium, with somewhat small print. It's not an easy book to read. But you may find it very useful, as it deals with "All the legal ways to keep your money for yourself and your family . . . without getting in trouble with the IRS." That subtitle sounds all-inclusive. But the book is up-to-date with the 1982 tax law, and does cover a lot of territory: using inflation-indexing to work for you, inflation-proofing trusts and wills, avoiding probate, freezing your

(Continued on page 23)

LETTERS

• I wish the article, "How Much Do We Owe Our Kids?" (February, 1982) by Dorrine Anderson Turecamo, could be read by every parent. It was great. I'm passing it around to all the parents in my neighborhood. Congratulations. Very good and very interesting.

Rosella Harrison
Florissant, MO

• I found "How Much Do We Owe Our Kids?" to be an incisive analysis of what has been going wrong with recent generations. In an attempt to spare their offspring from the character-building adversities and burdens that civilized our forefathers, parents have done a poor job of civilizing today's children.

W. G. Wood
San Manuel, AZ

• A standing ovation for "How Much Do We Owe Our Kids?" Having raised two sons and having observed hundreds of children, we agreed 100 percent with the author. Her article should be mandatory reading for every empty-headed person having anything to do with education, along with every parent. Dorrine, we love you!

John Rossi
San Mateo, CA

• The article, "What's in a Name?" (March, 1982) by Jean E. Laird, referred to the problems of Michael Herbert Dengler, who tried to get his name changed to the number "1069" in a Minnesota court, but was unsuccessful.

I wish to call to your attention that this case was before the North Dakota Supreme Court and was decided November 5, 1976. Furthermore, this case was decided before the same Dengler approached the Minnesota court to have his name changed.

Except for not giving North Dakota recognition, the article otherwise was very interesting.

Paul M. Sand
Supreme Court Justice
Bismarck, ND

• Regarding the article, "Death of the Blue Meteor," (March, 1982) by Stephen G. Jones: the passenger pigeon is extinct because it had low intelligence, poor instincts, average reproductive ability, a voracious appetite, great beauty—and excellent flavor!

Betty Stevens
Pratt, KS

Letters must be signed and may be edited. Address to: Letter Editor, *The Elks Magazine*, 425 West Diversey, Chicago, Illinois 60614.

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San Pedro, CA.

NEWS OF THE LODGES

SAN PEDRO, CA. Lodge continues a 45-year-old tradition, as committee members gather for their monthly steak barbecue. Proceeds benefit handicapped children. From left are John Scala, Don Baumgart, Dean Heckman, Mike DeRenzis, Angelo Falcone, Bob Talbot, Ralph DeMegilo, PER Nick Capalia, PER Bob Smith, and Nick DiAmbrosi.

DENISON, TX. The ladies auxiliary of Denison, TX, Lodge donated \$1,000 to start a gymnastics program for the Denison Girls Club. The check was presented to Betty Jones, executive director of the club.

Mrs. Jones said that the money would be used to purchase floor mats for tumbling and basic gymnastics.

TOGUS, ME. Recently a large delegation of Elks gathered at the Maine Veterans Hospital at Togus to dedicate carillons for the patients. John Bunker, director of the center, accepted the carillons from SP Larry Ross. All 18 lodges in Maine helped raise money for this gift.

The carillons play special music in the morning, at noon, and in the evening. On special days—such as Christmas, Thanksgiving, and Veterans Day—appropriate selections are played.

In photo from left are (front row) Adjutor Pare, State National Service Committee Chm.; and Second VP Maroon Nemer; (back row) SDGER G. Anthony Jones; SP Larry Ross; Richard Gross, chief of voluntary service; Third VP David Perry; and First VP Amos McCallum. Directly behind the persons in the photo



is the mechanism used to program the carillon system.

FORKS, WA. Mrs. Clara Wang, mother of Walter Wang, PER, PDD, of Forks, WA,

Lodge, has made 15 lap robes and given them to the Veterans Retirement Home in Retsil, WA.

MADISON, TN. Lamar Outdoor Advertising of Nashville, TN, donated the use of a giant billboard in Nashville to announce the local Elks "Hoop Shoot" contest held January 9th by Madison Lodge at the Madison Community Center.

COCOA BEACH, FL. One of the goals of ER William Byrd of Cocoa Beach, FL, Lodge was to pay off the lodge's mortgage during the 1981-82 lodge year. This

Togus, ME.



was accomplished and a mortgage-burning ceremony was held.

While making the final mortgage payments, the lodge still maintained its commitments to the state Major Project, the Harry-Anna Crippled Children's Hospital, as well as to charitable and community projects.

ANAHEIM, CA. During a recent meeting at Anaheim, CA, the members of the Elks National Memorial and Publication Commission presented a braille wristwatch to Chairman-Emeritus, PGER Wade Kepner, in recognition of his many years of devoted service on the commission as a member and as its chairman.

Vice-Chairman PGER R. Leonard Bush is shown making the presentation to PGER Kepner along with other members of the commission (from left), PGER Edward McCabe, PGER George Klein, and the commission's chairman, PGER Raymond Dobson. Absent because of illness was PGER Robert Boney.



Anaheim, CA.

NEWPORT, KY, Lodge recently honored Brother Thomas Finley for his 24 years of devoted service as lodge secretary.

HAGERSTOWN, MD, Lodge presented checks of \$3,000 each to the Sharpsburg Area Ambulance Service and the Boonsboro Ambulance Service. Recently, the lodge made a similar donation to the Smithsburg Ambulance Service.

Pictured from left are Bill Ryan, Chief of the Sharpsburg Area Ambulance Service; then-ER Donald Keefer; Est. Lead. Kt. Edwin Kemp; and Bill Petefish, captain of the ambulance service.



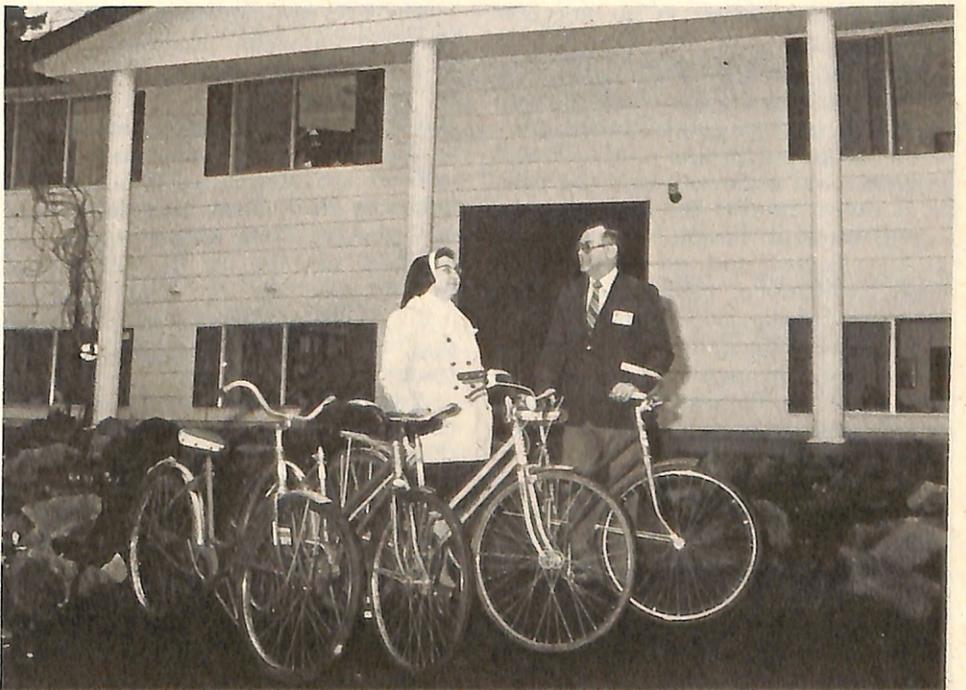
Hagerstown, MD.

GARDEN GROVE, CA, Lodge presented a movie projector and screen to Turning Point, a family drug and rehabilitation center. This is just a small part of the approximately \$50,000 donated annually by the lodge to various organizations in Garden Grove and the Orange County area.

PARADISE, CA. Three bus loads comprising 132 visiting Elks from San Leandro, CA, Lodge arrived in Paradise, CA, on a Saturday afternoon on what was billed as a "Mystery Tour" to an unknown destination.

The destination was Paradise Lodge, where the visiting Elks and their ladies were feted to a gala evening at the annual Valentine's Dinner-Dance. The visitors then spent the night at local motels.

On Sunday morning, the San Leandro Elks were hosted for breakfast at Paradise Lodge. Following breakfast, the visitors boarded their tour buses to see some of the local scenic places before returning home.



Tacoma, WA.

TACOMA, WA. From donations of used bicycles and parts, plus new parts, paint, and an electric air pump, Tacoma, WA, Brothers rehabilitated 26 bicycles and donated them to St. Ann's Childrens Home. Now each child has his own bike.

In photo are Sister M. Norine Graves and then-ER Jean Charron, Jr. delivering the last of the bicycles.

NEWS OF THE LODGES

LA JUNTA, CO. Brother John Denton, 73, organist of La Junta, CO, Lodge, donates his time on Wednesday nights and Friday afternoons as a pianist, playing selections requested by his audience.

All tips are donated to the Elks National Foundation. Brother Denton went over his goal of \$1,000 in tips earlier this year.

STATESVILLE, NC. Lodge honored the Statesville High School football team at the lodge. From left are Athletic Director Charlie Heye; PER Bob Sharpe; C.A. Frye, head football coach and a member of the lodge; Tony Johnson, an employee of the lodge whose son plays on the team; and Dr. Ben Carson, Superintendent of the Statesville City Schools.

PONTIAC, MI. The local lodge entered a float in the Super Bowl Parade held in Pontiac and won first place. The contest judges said the Elks float best depicted the parade theme of "Winter Wonderland."

The float depicted a skier on a hill in the front descending to a football field in the center, with 26 Girl Scouts as spectators in the bleachers at the rear. The Elk emblem was displayed on both sides of the float as well as on the back.



Statesville, NC.

BROOKSVILLE, FL. On Law Enforcement Day, Brooksville, FL, Lodge honored three "Officers of the Year" at a special dinner. Awards were given to Trooper R.J. Peters of the Florida Highway Patrol, Patrolman Jim Blade of the Brooksville Police, and Major Charles Crosby of the Hernando County Sheriff's Department.

ARLINGTON HEIGHTS, IL. The ladies auxiliary of Arlington Heights, IL, Lodge presented a check for \$625 to lodge Veterans Chm. Richard Eirich. The money was contributed toward the purchase of therapeutic pool equipment for the VA Medical Center in North Chicago, IL.

(Continued on page 36)



Resolution In Congress Salutes Elks



U.S. Rep. John Ashbrook, (R-Johnstown, OH) has introduced a resolution in Congress saluting the Benevolent and Protective Order of Elks for their successful volunteerism program to help the needy and disadvantaged.

Ashbrook said the more than 1.6 million Elks across the U.S. have distinguished themselves in an unprecedented manner.

Last year the Elks contributed more than \$20 million and thousands of man-hours to help those less fortunate. Also, they were very active in youth-oriented programs and organizations. The Elks, for instance, funded cerebral palsy research, veterans' hospitals, care for retarded children and provided wheelchairs, recreational facilities and other assistance for the handicapped.

The commitment to private initiative reflected in the achievements of the Elks should be harnessed as a catalyst for all similar organizations to reach the same heights.

"This effort by a private organization is precisely the kind of achievement President Reagan has urged in galvanizing the nation to private initiative," Ashbrook said.

"No one organization can cure the ills of the world, and clearly the needed cutbacks in federal government spending require the assistance of thousands

of individuals, organizations and communities. However, what the Elks have accomplished throughout their volunteerism program is at once a tremendous achievement and a beacon of inspirational light for all other organizations to sound their trumpets, to mobilize their efforts."

The Elks also devote a great deal of attention to youth programs. Lodges and individual members today sponsor more than 1,000 Boy Scout troops and 3,000 Little League teams, as well as Boys' Clubs and Campfire Girls.

There are more than 2,250 local Elks lodges in all 50 states and the District of Columbia. These lodges provide recreational facilities for the entire family and also are the focal point for many community service and charitable programs that have become an Elks tradition.

Ashbrook pointed out that the Elks have a tradition of charitable endeavor that goes back to the 19th century. For instance, in 1871 the Elks staged a benefit for victims of the Seattle Fire and the Johnstown Flood in 1889. The Elks were the first on the scene to supply money and rescue assistance during the San Francisco Earthquake of 1906. Today, disaster relief continues to play an important part in Elks activities.

"I am an Elk and proud of it," Ashbrook said. "The volunteerism program is a hallmark of private initiative. It is America at her best."

Ashbrook introduced the resolution as House Concurrent Resolution 279 on March 3. It was referred to the Committee on Post Office and Civil Service. Prompt action is expected.

The resolution reads as follows:

Whereas: The 2,250 Local Groups of the Benevolent and Protective Order of Elks in all 50 of the United States have donated substantial time and money to needy individuals and charitable organizations; and

Whereas: The service programs of the Benevolent and Protective Order of Elks have rallied the 1,650,000 members of Elks Lodges, and have served as an example to all Americans, concerning a program of private initiative to support programs which have formerly relied on government funding:

Now therefore be it resolved by the House of Representatives (the Senate concurring) that the Congress recognizes and salutes the Benevolent and Protective Order of Elks for its leadership role in a program of private initiative to support needy individuals and charitable organizations which have formerly relied on government support. ■

The Foods We Eat

(Continued from page 8)

crease or increase the calories. However, dried fruits are smaller than fresh fruits, so there is a tendency to eat more of them.

Fallacy: Bananas are lower in sugar than other fruits.

Fact: A fully-ripe banana averages about 1 percent starch and 20 percent sugar. Bananas are thus far richer in sugar than apples (14 percent), oranges (12 percent), or peaches (9 percent) or any other fruit.

Fallacy: Dry-roasted peanuts are lower in calories than regular peanuts.

Fact: The experts tell us peanuts absorb almost no oil at all in frying, so there is very little difference in calories.

Fallacy: Drinking large quantities of water "flushes away" the calories.

Fact: The experts contend drinking will not prevent the body's process of using calories or restoring them.

Fallacy: All soups are low in calories.

Fact: While bouillon and broths contain only 10 to 30 calories per cup, more substantial and creamier soups have greater amounts of calories. For instance, a cup of cream of mushroom soup contains more than 200 calories.

Fallacy: You shouldn't eat bread when on a diet.

Fact: Bread isn't as high in calories as you may think (it ranges from 65 to 80 calories per slice), and breads and cereals are good sources of carbohydrates, protein, vitamins and minerals. Whole grain breads and cereals are recommended over white bread because they increase the roughage in your diet, while retaining vitamins like thiamine, riboflavin, niacin, and the mineral iron. (These elements are partially depleted when the flour is milled for white bread).

Fallacy: If you wash rice before or after cooking it, the caloric count will be reduced.

Fact: "Not to any important degree," we are told. However, rinsing the rice before or after cooking will tend to wash away some vitamins.

Fallacy: Only high-calorie foods provide a "full" feeling after eating.

Fact: The body registers satisfaction from any bulky food, including those low in calories. However, foods containing greater amounts of proteins and fats are more slowly digested and seem to stave off hunger for a longer period.

Fallacy: All low-fat milks have about the same number of calories.

Fact: No. Whole milk contains about 3½ percent fat and has 160 calories per cup. Modified skim milks, which

contain added nonfat milk solids, contain 115 to 145 calories per cup, depending on the brand.

Fallacy: Sweetness determines whether one alcoholic beverage contains more calories than another.

Fact: Alcoholic proof is the prime factor in determining calorie content of alcoholic drinks. One and one-half ounces of whiskey, for instance, may vary from 85 calories for 70 proof to 125 calories for 100 proof.

Fallacy: Vinegar taken in a glass of water at each meal will thin your blood.

Fact: No. Vinegar has no effect on it. Nor is there any evidence that beets (not even Harvard beets) will build up the blood.

Fallacy: White eggs are more nutritious than brown eggs.

Fact: The color of the egg shell has nothing to do with the egg's value. Rather, the shell color depends wholly on the breed of hen. For example, white leghorns lay white eggs, and Plymouth Rocks lay brown eggs.

Fallacy: Washing the shell of the egg will have no effect on it.

Fact: Washing the shells will make the eggs spoil faster, since washing removes the viscid coating which keeps germs out of the interior of the egg, thus hastening spoilage.

Fallacy: The more candy or other sugary foods you consume, the more cavities you will develop.

Fact: Although sugar combined with

bacteria in the mouth leads to enamel-destroying acid formation on the teeth, the quantity of sugar consumed is not nearly as important as the AMOUNT OF TIME the sugar is left in contact with the teeth. If you brush immediately after eating a chocolate bar or dessert, without delay, you don't risk the cavities of someone who sucks for a long period of time on a single piece of hard candy and doesn't follow with brushing.

Fallacy: Synthetic vitamins are worthless.

Fact: The American Medical Association says "Medical experts have established that properly synthesized and manufactured vitamins have the same value in respect to health and maintenance as do the natural vitamins.

Fallacy: We all need vitamin and mineral supplements every day for adequate nutrition.

Fact: A well-balanced diet will insure adequate nutrition. However, the medical profession tells us that if you wish to ensure not only adequate, but really good nutrition, take a daily supplement of one multi-vitamin and mineral tablet. But don't over-indulge in vitamin pills. Too much of some vitamins can cause a myriad of physical problems.

There will always be believers in food magic, food fads and strange diets. But, the informed public is comprised of people who will refuse to allow sense to be overcome by nonsense. ■

HEROISM IN ELKDOM

Since the article, "Heroism: A Moment of High Nobility," by Wayne T. Walker, appeared in the March, 1982, issue of *The Elks Magazine*, we have learned of two Elks members who risked their lives to save others and received the Carnegie hero medal for their brave actions.

© On July 5, 1957, William C. Clark discovered two women in distress on the verge of drowning in the Atlantic Ocean off Miami Beach. Clark plunged into the water, and in near total darkness managed to pull out Frances Englestein who, unfortunately, expired. In trying to rescue the second woman, Dorothy Englestein, a fierce struggle ensued as the panic-stricken woman fought Clark for many minutes in the ocean. By a miraculous effort and act of will, Clark was finally able to save the lady and himself.

The Carnegie Hero Fund Commission awarded William C. Clark the bronze medal for heroism and the sum of \$500.

Clark, who is 82 years of age, has been a life member of the Elks since 1928. He is a member of Miami Beach, FL, Lodge No. 1601.

© A truck carrying tanks of oxygen and compressed air crashed into a tree and exploded on the night of March 22, 1981, in Bloomfield, CT. When Robert N. Coffey reached the demolished vehicle it was engulfed in flames. He knew that if he didn't get the passengers out of the wreck quickly, the two people would burn to death. The doors of the truck wouldn't open, but Coffey worked feverishly to pull Lorraine Tobin out through the smashed windshield and clear an escape route for the driver, James Scavetta. He took them a safe distance from the burning truck and helped extinguish the flames on their bodies. Both accident victims were badly burned and spent months in the hospital. Coffey himself was treated for smoke inhalation and burns.

Robert N. Coffey was awarded a Carnegie medal and \$2,000 in recognition of an outstanding act of heroism.

The son of Stephen J. Coffey, a member of Hartford, CT, Lodge No. 19 for 38 years, Robert was sponsored by his father for membership in Hartford Lodge.

The Lure of a Vanished Life

by Marjorie M. Hinds

The little country schoolhouse, once the pride of every hamlet in America, has all but disappeared from our national scene. For many whose childhood memories are associated with those days of early training, a certain emptiness prevails. A few of the little "one-roomers" which have not been allowed to crumble have been converted to modest dwellings along country roads. Some, fortunately, have been restored to their original state by local historical societies, thus preserving the memories of a nostalgic past.

Alexander Clark, an early schoolmaster's son, described in his book the old New England log schoolhouse he attended in 1829 as being "reared by quick hands in a single day" after scattered families decided the proper location for their little ones to "gather for instruction." The project often involved the leveling of huge trees, dragging out immense roots, and plowing through deep furrows. The site was not always selected for its beauty but rather for its convenient access to the families involved.

Probably the description given by Clark would be typical of any schoolhouse of that time. Situated on a little rise of bare, yellow ground, the building was hedged in by an orchard on one side and a deep forest on the other. The schoolhouse itself was but eighteen feet square with its small nine-paned windows permitting the children to cast their curious eyes on any traveler who might pass that way.

Clark describes the writing desks fastened to the wall, the crude oak benches without backs, and especially the huge chimney with its iron bar and fire grates erected in the center facing the front of the room. He remembers how the children enjoyed the hissing and cracking noises made by the monstrous logs on cold winter mornings.

It was not unusual to find fewer than a dozen attending one of these early schools, and often one teacher held the position indefinitely. Not until 1834 were examinations given to candidates for teaching. And many an American today cherishes the memory of some teacher dedicated to the best interests of her "scholars," one who taught not only the three R's but the Golden Rule as well.

At best, the teacher's duties were varied. She had to light the fires, sweep the floor, and see that the water pail

was filled. The slate pencils had to be whittled, and an ample supply of goose quill pens had to be on hand for the older pupils. The children's slates ranged from 4-by-6 inches for the smallest youngsters to 9-by-13 inches. There were also hinged slates with two writing surfaces, all of which were enclosed in wooden frames. For erasers, the teacher covered small blocks of wood with sheepskin with the woolly side out.



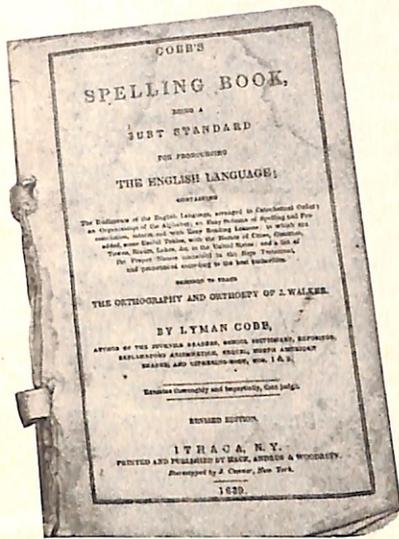
The early octagonal schoolhouse (top) provided secure protection from wintry winds and snow. The traditional one-room Amish school of today (above) contains belfry, wood stove and neat furnishings.

She was expected to maintain strict discipline at all times, and punishment usually consisted of three types: using the ruler to harden the children's small hands, stooping for a half hour and pointing to a crack in the floor, or holding a stone in the hand with the arm muscles firm and straight. These were the duties of a teacher, plus countless more—all for a salary ranging between \$8.00 and \$14.00 a month.

Probably the teacher's most difficult problem was the lack of study material, for in the "log school days" each pupil brought the only reading matter that he could find at home. Consequently,

the Bible was often the only reader available. The class would stand in a row in front of the teacher and each read a verse in turn. Pupils, knowing their position in class, then could pick out in advance the portion that would be theirs next to read.

One incident describes a class that was reading the third chapter of Daniel, and since the thirteenth verse fell to a lad who had not mastered the words Nebuchadnezzar, Shadrach, Meshach and Abednego, the teacher scolded him fiercely. Trembling, the boy counted the remaining verses, and, discovering that the one to fall to him on the next



Cobb's Spelling Book.

An illustration of John Greenleaf Whittier's poem "In School Days" in Brumbaugh's 5th Reader, 1889.

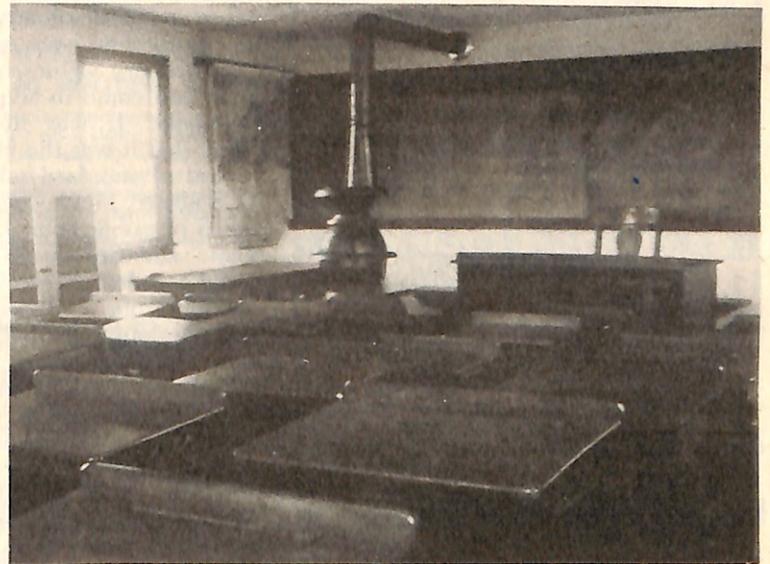


"little red schoolhouses" stands today in Sudbury, Massachusetts. It is more than legend that "Mary had a little lamb that followed her to school," and although certain details about the incident are somewhat controversial, at least we cannot deny the popularity of the poem nor the historic interest aroused by the little school itself.

Mrs. Sarah Hale, New England native and editor of the famous *Godey's Lady's Book*, published the poem and was credited with being its author. But Mary Sawyer of Sterling, Massachusetts, verifying the identical facts related in the poem, set up a different claim. It was John Roulston, she said, who had written the poem and handed it to her the morning after the incident. Embarrassed as Mary was over the lamb's escapade, she had taken the poem containing twelve lines and read it carefully.

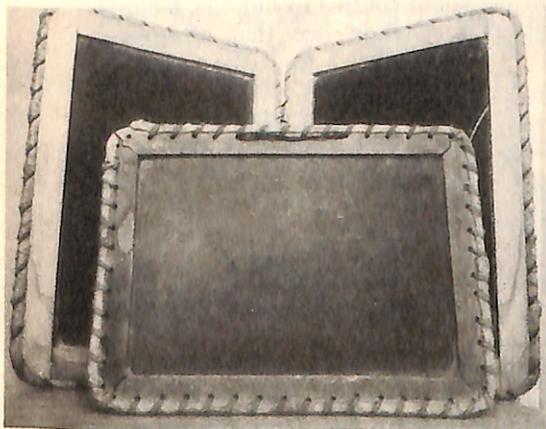


A neglected one-room schoolhouse from days long ago.



The interior of a modern Amish school is orderly and basic.

Hinged slates with two writing surfaces were used in early schools.



round contained those same names, burst out crying. Asked the cause of such an outburst, he blubbered, "Here come them same buggers agin."

But time doesn't stand still and neither did the demands made in rural America for the benefit of its children. By 1840 several changes had come about in both schoolhouse construction and facilities. Frame buildings appeared, even stone. In 1848 records show that Erastus Guard built a frame schoolhouse in one of the Northeastern states, furnishing the lumber himself and doing all the work for \$150.

Perhaps one of the most famous

Mr. and Mrs. Henry Ford, always interested in preserving Americana and aroused by the nostalgia that this incident invoked, collected several documents to prove the claim made by Mary Sawyer Tyler, and purchased the school in 1926. Upon restoring it to its original state, the Fords had it moved to Sudbury in 1929 on the grounds of Longfellow's Wayside Inn, which they had purchased earlier.

Critics now are of the opinion that the other twelve lines attached to the original poem were penned by Mrs. Hale as a moral to the children's story. At any rate two large stones have been

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placed in the schoolyard, one of which bears this inscription:

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 "Mary Had a Little Lamb"
 and of
 Mary Elizabeth Sawyer—the Mary of
 the poem

Rebecca Kimball—the teacher
 John Roulstone—author of the first
 twelve lines

Sarah Josepha Hale—Whose Genius
 Completed the Poem in Its Present
 Form

Facilities for teaching in the 1840's were a vast improvement over those of the early log cabin days. Blackboards came into use, and though made of pine or basswood painted black, they achieved an effective means of group learning. And since reading, writing, and arithmetic were soon recognized as "the primary virtues of education," the time had come to acquire regularity in textbooks. It was not a coincidence, then, that it was the very period for the arrival of standard school readers.

William McGuffey, whose famous series of public school readers bears his name and are much sought after by today's collectors, had secured his education from a wilderness school himself. Undoubtedly his awareness of its countless limitations prompted him to launch his life's work. In their time his books became as truly symbolic of an era in American life as fireplaces and rail fences. The series, seven in number, began in 1836 and continued with additions until 1857. The books contained only a few woodcut illustrations and the contents today would be regarded as unappealing to children, but more than 122,000,000 copies were sold. Thus McGuffey was known to thousands as "the man that taught America to read."

Handwriting, an art seemingly lost in public schools today, was taught by imitation. Whether from copybooks prepared by the teacher or as an integral part of the children's "language" texts, penmanship had its rightful place.

A rather fascinating feature of the arithmetic texts—surely a "gimmick" to add interest to what otherwise might be a dull subject for some—was the appearance of problems in poetry form.

"Whereas an eagle and a cent
 Just threescore yards will buy,
 How many yards of that same cloth
 For fifteen dimes have I?"

Soon to be added was a standard text for spelling. Among the most widely used were Cobb's Spelling Book and one authored by Webster. Cobb's furnished, as well, a rather thorough study of the English language, exercises in syllable divisions, and pronunciation.

But in spite of the inadequate facilities in those earlier country schools, scores of America's renowned have been the products of that early training. W.S. Tyler, a former Amherst College professor, has been quoted as saying, "I have a vivid recollection of frosts and snows as I drew my home-made sled up the long, steep hill to that little schoolhouse, but what I gleaned from the years I spent inside can never be fully measured." William Cullen Bryant, eminent Massachusetts poet, used the recollections of his boyhood as the veritable background and inspiration for his poetry. Henry Longfellow referred to the little district school as "a place in childhood so well remembered." And even a song "In the Little Red Schoolhouse" appeared in 1922.

But probably the work best remembered by the American people today is the poem "In School Days," which appeared in school readers in the late 1870's. It was, in fact, so popular that several different textbook authors included it, accompanied by their own versions of illustration. John Greenleaf Whittier, whose childhood was that of the "barefoot boy" and whose home surroundings are well described in "Snow-bound," was well acquainted with the most primitive educational opportunities. What little training he had was in a district school several miles from the family's isolated farm. Little wonder, then, that his immortal poem tells in the loveliest and most pathetic lines yet written by an American poet, a story of that little school, beginning:

"Still sits the schoolhouse by the road
 A ragged beggar sunning;

Around it still the sumachs grow,
 And blackberry vines are running."

Then the poet recalls the rays of a winter sun touching the "tangled golden curls of a little classmate" and who, upon leaving school, delayed her steps so she could confess to him her feelings about a spelling bee that afternoon:

"I'm sorry that I spelt the word;

I hate to go above you,
 Because"—the brown eyes lower fell—
 "Because, you see, I love you!"

When Oliver Wendell Holmes read the poem, he wrote to Whittier: "You have written the most beautiful school-boy poem in the English language. I just this moment read it because I was writing to you, and before I had finished 'In School Days,' the tears were running." Probably the tender tone of the poem is due in part to Whittier's own memories. He was sixty when he

wrote it, and the little girl it describes had been dead forty years.

Not to be excluded from the one-room schoolhouse scene are those found in the little Amish settlements in several states extending from New England to the state of Iowa. Once considered apart from our regular educational system, their schools are now mandated to meet the specifications laid out by the laws of each individual state. The structures are always most ordinary with the traditional belfry, wood stove and neat furnishings.

The regular opening exercises of each day include Scripture reading, the Lord's Prayer, and singing. Because of their loyalty to God and a desire to put Him first in their lives, the Amish omit the pledge of allegiance to the flag in their morning program.

An appointed school board selects the teacher for her general knowledge gained in her own eight grades and for her potential capability at maintaining discipline. In isolated areas the teacher's duties resemble those of earlier days—arriving at a snowed-in country schoolhouse, shoveling a path to the front door, building a wood fire in a frigid schoolroom, and sweeping the floor at the close of the day. In the meantime she is not only serving as teacher but counselor, mother, and nurse for a roomful of children ranging from first to eighth grade.

Despite the tendency of critics toward this particular system, the Amish can in several respects often put the public schools to shame. The orderliness of their schoolroom, the respect for each other's rights, and an early ingrained impression that "to work is honorable" reflect the basics of their everyday schooling. Recently a large consolidated school in Pennsylvania extended an invitation to the four upper grades of a small Amish system to participate with their own pupils in taking a general examination testing skills and intelligence. To the surprise of the more sophisticated instructors, the Amish competition exceeded the public school's record by 20 percent. Their practical knowledge of how to put out fires, how to keep from getting lost in the woods, as well as their scholastic ability, was unbelievable.

Probably the most unusual type of country schoolhouse was entered recently on the National Register of Historic Places in Washington, DC. Located a mile from a small Pennsylvania village, the octagonal structure was erected in 1838 and in operation until 1900. But if George B. Emerson, co-author of *The School and the Schoolmaster*, published by Harpers in 1842, had had the opportunity to inspect this particular building in its heyday, he

(Continued on page 22)

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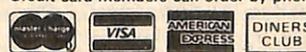
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MEDICINE & YOU

by Larry Holden



DOCTOR VISITS & WATER

You certainly need to get the most out of a visit to your doctor. By following some simple—yet out-and-out effective—steps you can be assured of increasing the quality of your health care and of getting your money's worth at the doctor's office.

"The bottom line is communication. Clear, honest and straightforward communication between patient and doctor is essential," explains Dr. William Stason, an associate professor of health policy and management at Harvard University. So, to help you do your part in obtaining such a line of communication, here are some guidelines:

- ⊙ Come to the point and tell the doctor *exactly* why you decided to see him. Many patients actually avoid coming to the point and being direct. Clearly tell your doctor when you first noticed the problem and how frequently it occurs.
- ⊙ Be absolutely thorough in answering the doctor's questions about your medical history. Make sure you let him know if you are taking painkillers, sleeping pills, reducing pills and even non-prescription medicines. "Most diagnoses are made from the patient's history, not from physical examinations," notes Dr. Martin Litwin, medical director of the Tulane University Medical Center in New Orleans.
- ⊙ Be sure you understand everything the doctor tells you. If the physician begins to describe your condition or treatment in "professional language," ask him to explain things so that there's no chance you'll misunderstand. Just make sure the doctor is talking your language when he's giving you instructions. Be sure you completely understand his instructions, even if you must ask him to go over everything again.
- ⊙ Never be afraid to ask questions about any phase of your treatment. "In all my years of practice, I've never heard a dumb question," comments Dr. Stason.
- ⊙ Be sure you know why you are taking the specific medicines the doctor has prescribed. Most physicians agree that it's very difficult for a patient to take medication unless he knows why he's doing it.
- ⊙ Find out what possible side effects your medication might have on you. A pill that causes drowsiness could be a critical matter to many patients. Harvard's Dr. Stason advises patients to ask

the blanket question: "Is there any precaution I should take while undergoing this medication?"

⊙ Arrange for a follow-up appointment. That way, you not only get an update on how things are going, but the date of the next visit will also set a time frame in which you can expect noticeable results.

⊙ Let your doctor know if you have any trouble following his advice. For example, will it be impossible for you to soak your foot during the day as he has prescribed or to find water at work for all those pills? The doctor may be able to alter his advice—but only if you explain your problem.

⊙ Make sure you follow your doctor's instructions to the letter. Once you leave his office, you're responsible for carrying out your own treatment.

You can be healthier and live longer by simply drinking plenty of plain old water. That's the consensus of medical experts all across the country.

"If people were to switch from what they are drinking now to plain water there's no question it would improve their health, and in many instances it's very likely to prolong their lives," states Dr. Peter Lindner, former president of the American Society of Bariatric (obesity) Physicians.

Water cools and lubricates the body, flushes out wastes, maintains the body's proper chemical balance, protects the body from infection and helps metabolize the foods we eat. Failure to drink enough water could lead to kidney problems, dehydration and lowered resistance to infections.

The experts agree that drinking six to ten glasses of water a day will boost your health. Drinking coffee, tea, soft drinks or alcoholic beverages is no substitute for drinking plain water. Some of these other drinks contain harmful chemicals and stimulants, and some of them contain sugar—which adds to your weight.

"Water is one of life's most important substances—you could not subsist without it much longer than 48 hours," declares Dr. Lindner. Water is vitally necessary to transport nutrients from the food we eat to the body cells. It also flushes waste products from the cells to the kidneys.

You need water to regulate your body temperature. If you live in a hot environment and you sweat, it evaporates on your skin and cools you. Water lubricates your joints and internal organs.

Even your breathing depends on water. If you didn't have any moisture in your respiratory tract, you couldn't survive. Water keeps the mucous membranes moist—which helps prevent colds and other upper respiratory infections. Moisture is needed by the body to wash away germs that could invade the lungs and bronchial tubes. Even some types of sore throat can be treated by simply drinking drinking eight to ten glasses of water a day. The more you allow yourself to become dehydrated, the more susceptible you are to all the contaminants just floating around in the air. ■

Christmas Charities Winners

The following are the winners in the Christmas Charities Brochure Contest:

Lodges with less than 301 members

1. Gatlinburg, TN
2. Plano, TX
3. Longview, TX

Lodges with 301 to 600 members

1. Clifton, AZ
2. Ionia, MI
3. Johnson City, TN

Lodges with 601 to 1,000 members

1. Miles City, MT
2. Tucson East, AZ
3. Omaha, NE

Lodges with 1,001 to 2,000 members

1. Clawson-Troy, MI
2. Joplin, MO
3. Garden Grove, CA

Lodges with 2,001 or more members

1. Pueblo, CO
 2. San Mateo, CA
- No third place winner

Lodge Bulletin Winners

The following are the results of the Grand Lodge Bulletin Contest for the fraternal year 1981-82. Over 300 bulletins were reviewed, and the judging committee was deeply impressed with the varied and noble programs carried on throughout Elksdom.

Lodges with less than 301 members

1. Plano, TX
2. Kerrville, TX
3. Clear Lake (Kemah), TX

Lodges with 301 to 600 members

1. Warren, MI
2. Mahwah, NJ
3. Margate, FL

Lodges with 601 to 1,000 members

1. Ferndale, MI
2. Kern River Valley, CA
3. Biloxi, MS

Lodges with 1,001 to 2,000 members

1. Wheeling, WV
2. Grants Pass, OR
3. Pasadena, CA

Lodges with 2,001 or more members

1. Charleston, SC
2. Honolulu, HI
3. San Mateo, CA

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... Vanished Life

(Continued from page 19)

would have been most disgruntled.

Emerson believed that an octagonal schoolhouse was the ideal structure. He advocated a "centrally located fireplace, small unglazed windows for ventilation only, and that light should be supplied, when necessary, by a large centrally-hung lantern. The master's desk likewise was to be situated in the center of the room." One might wonder what discomfort the teacher would endure, however, if his desk were placed so close to a roaring fire.

This particular school was built of 18-inch stone blocks providing secure protection from wintry winds and snows. It still remains a sturdy structure, gray in tone with its long angular wine-covered roof. Time has diminished some of its chimney's top bricks, but its heavy wooden door is still made secure by a sturdy latch.

History reveals that the first teacher was an eighteen-year-old girl whose family owned the property on which the building was erected. Since this unique structure did not allow for a belfry, the children were summoned into the schoolroom by the teacher's large

brass hand-bell, so heavy it had to be wielded by both hands.

A platform measuring six by eight feet and six inches high is situated in front of one of the octagonal sides rather than in the center of the room. On it stands the teacher's desk, thus giving her a sufficient vantage point from which to view her little flock. Besides serving its ordinary purpose, it was also a repository for confiscated marbles, balls, penknives and all the other customary possessions of young boys and girls. Behind the platform are six slate blackboards, which came into use in 1860, replacing those of basswood.

With a wood stove in the center and six tall windows on the straight sides of the room, each pupil was provided an equal amount of light and heat. The white plastered walls and ceiling also aided in giving the interior a more homelike atmosphere. Surprisingly, the concept of an octagonal building was so well received in the area that two others were erected within a small radius, both of which were later allowed to deteriorate when consolidation took place.

Not until after the Civil War was emphasis given to education for *all* children, and throughout the years our one-room schools followed much the same theory. The simple wall decorations were usually a calendar, a clock, and

perhaps a picture of Washington or Lincoln. Other traditional items were a flag and either a world globe or a mounted set of maps. Later came dictionaries, a set of Appleton's Encyclopedia, and uniformity of textbooks in all subjects. One of the greatest improvements was the appearance of colored illustrations and text material more to the liking of children.

The 1920 census showed 187,948 one-room schools still in operation in the forty-eight states. By 1944 the number had been reduced to 100,000; in 1952, 40,000. By 1976 the U.S. Department of Education reported that eighteen states had succeeded in closing all of their one-room schools. The reader is left to decide whether this trend is for the betterment of America, or whether all that has been done in the name of progress has improved the condition of our national school system.

The days of lunch boxes, water pails, and fire-stoking may have disappeared, but one thing is certain: What was once a close teacher-pupil relationship and a genuine respect for discipline can never be replaced by the school system today. The job of the old district school is over, but the little red schoolhouse lingers as a hallowed tradition in the memories of millions who attended them in the past. ■

ELKS NATIONAL SERVICE COMMISSION

"So long as there are disabled veterans in our hospitals, the Benevolent and Protective Order of Elks will never forget them."



The ladies auxiliary of Hillside, NJ, Lodge presented 12 lap robes, crocheted by its members, to the wheelchair patients at the Lyons VA Medical Center, Lyons, NJ. The presentation was made by Bea Kaspar (second from left) to veteran Max Bieles. Assisting in the presentation were (from left) Veterans Committee Chm. Joseph Richkus, PDD Patrick Fitzgerald, DDGER John Powers, and Barbara Loke, assistant chief of voluntary services.

John Hanks, Veterans Chm. of Decatur, IL, Lodge, presents a check for \$1,000 to Warren Taylor, chief of voluntary services at the Danville, IL, Medical Center. The money will be used to purchase color TV sets for use by the veterans.



Brooksville, FL, Lodge donated to an account established to purchase a closed-circuit TV unit for the Veterans Hospital at Tampa, FL. The unit will be used by the hospital chaplain to telecast religious services to patients at bedside, and will also be used to televise programs of medical instruction, therapy, and recreation. From left are Hospital Chaplain Homer Steffens, Director Richard Silver, ER George Bolland, and lodge Veterans Chm. Garnett Hamilton.



You and Retirement

(Continued from page 10)

estate to keep taxes down, tax shelters and tax deferrals, and much much more. Anderson tells you about the new rules on marital deductions from an estate, about the perils of joint tenancy, about second-marriage estate problems. The book ends with some very useful forms (such as a power of attorney) and charts (one compares death taxes in various states while another indicates which states permit out-of-state executors and trustees). A very useful book . . . if only the print were larger.

The Invisible Bankers, by Andrew Tobias (The Linden Press/Simon and Schuster), is subtitled "Everything the insurance industry never wanted you to know." It's not so much a book about how to buy insurance as it is a book about the insurance industry and all that's wrong with it.

Tax Shelters that Work for Everyone, by Judith H. McQuown (McGraw-Hill), is not new (it was published in 1979) but it contains some cogent advice about tax shelters. There's a good introduction to tax shelters—how they work, how to

choose one, how to analyze it—followed by a major section on conservative tax shelters (from tax exempt securities to life insurance) and another on high-risk tax shelters (from theatrical investing to oil and gas exploration). The tax laws have changed somewhat since this book was written, so be sure to get up-to-date advice before investing.

Get Out of Debt Now, by Fred Graver (Little, Brown and Company), is, as the dust jacket puts it, "a no-nonsense tool for everyone who feels trapped on the credit merry-go-round." It describes credit problems from too many credit cards to declaration of bankruptcy and delineates your credit rights, including what debt collectors may and may not do. And it tells you how to make a financial plan you can stick to. If you need this kind of advice (and I hope you don't) this book will be very helpful.

If you are managing your money satisfactorily and focussing your energies on other aspects of retirement planning—what to do, where to do it, and who to do it with—my own book may be of interest. For a copy of *Life Plans: Looking Forward to Retirement* (Holt, Rinehart & Winston), send \$6.25 to Grace W. Weinstein at Dept. E, 283 Maitland Ave., Teaneck, New Jersey 07666. ■

did you know..



over government offices, learning and acting out the duties of their positions. Elwood, IN, and Van Wert, OH, are only two of the many communities where Elks provide this opportunity for young people.

The Order of Elks under GER Joseph B. Kyle first designated March 24, 1951, as Elks National Youth Day. The event was an immediate success and drew extensive newspaper, radio and television coverage. The following year, in contrast to Communist May Day, GER Howard R. Davis designated May 1 as Elks National Youth Day. The theme at the time was "Make May Day American."

The committee reported: "Elks National Youth Day was a thrilling and magnificent demonstration of public patriotic fervor and a manifestation of our faith in the Youth of America."

As more and more Elks Lodges across the nation added their voice to those highlighting Juvenile Delinquency, in contrast to Juvenile Delinquency, famed broadcaster Ted Malone and ABC paid tribute to the Elks' youth work.

Elks National Youth Day eventually became Elks National Youth Week and is annually observed throughout the country. Governors of the various states are pleased to proclaim May 1-7 as Elks National Youth Week.

Speaking of Elks youth activities, many lodges sponsor youth in government, especially during Elks National Youth Week. High school students take

When it comes to charitable contributions, Elks in the 14 lodges in Arkansas donated some \$76,966 to charitable, educational and welfare programs. In addition, 22,589 volunteer working hours were expended. Not included in these figures is the \$5,076 also contributed to the state's major project, Arkansas Human Development Centers located in Arkadelphia, Alexander, Booneville, Conway, Jonesboro and Warren. The Human Development Centers are residential facilities for the education, training and rehabilitation of mentally retarded and developmentally disabled individuals between the ages of 6 to 40. In response to federal budget cuts, the lodges of Arkansas and other states throughout the nation are increasing their efforts to raise monies for beneficent purposes.

The Utah Elks' major project is Aid to the Hearing Impaired. They have provided a new mobile hearing clinic for use by the state Board of Education. The clinic is a specially constructed van containing a Brainstem Audiometer and other electronic and calibrating equipment so that complete hearing evaluation and hearing aid evaluation can be made "on the spot." The unit costs in excess of \$75,000.

The Utah State Board of Education said: ". . . The testing van was a very unusual and generous gift befitting the lofty purposes of your organization."

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Dude Ranching in Arizona

by Jerry Hulse

A familiar scene of wide open prairie and determined riders is being repeated with a growing frequency in Arizona these days. Only no one's trading shots as they did in earlier shoot-'em-up episodes. This particular group is riding just for the heck of it as those once-empty saddles at a scattering of dude ranches are put to use by city slickers. The place is Wickenburg, where a revival among dude ranches picks up steam with the appearance of would-be cowpokes thirsting for escape in a serene setting of clear skies, open spaces and sweet, sweet silence.

Nowhere is the action more subdued than at Rancho de Los Caballeros with its casual *casitas*, its laid-back lounge and its poolside pleasures. Dude ranching, like the Old Gray Mare, ain't what it used to be. Not at Los Cab, at any rate. There was a time out West when the dudes helped with the chores, stoked the fire and slept in unheated bunkhouses, looking on the whole thing with some sort of masochistic pleasure. Well, the folks at Rancho de Los Caballeros figured a little comfort could be introduced without destroying the Western theme. So proprietor Rusty Gant ordered wall-to-wall carpets, forced-air heating and a slick new golf course that unfolds like an oasis in the center of the Sahara. The golf course circles the ranch, features a couple of man-made lakes and the occasional appearance of a jack rabbit, a deer and even a coyote. As a result of its fancy trimmings, Los Cab has become known as a *guest ranch* rather than a *dude ranch*, with hand-painted furniture, Palm Springs-style golf carts and a poolside sun deck that could have been lifted from the lawns at the Beverly Hilton.

At Los Cab, guests are put up in 62 snug rooms with beamed ceilings and picture windows. Once settled in, they are delivered by horse and limo to cookouts at Skyline Ridge, Vulture Peak and South Yucca Flats. It's all as casual as a Saturday movie matinee. Besides golf and tennis, Los Cab's vacationers play billiards, tramp along mesquite-lined trails, gather books from the library and sit for a session of Country and Western. Although guests at Los Cab are pampered, certain sybaritic

pleasures aren't in the cards. For example, one can't just ring up room service and order a pot of coffee and the morning paper. This for a couple of reasons. First, there are no telephones. And even if there were, Los Cab doesn't make room deliveries. For that morning mug of java, one must crawl out of bed and stroll off to the lounge. On the other hand, there are the fringe benefits. Big with parents is the idea they can send the kids off with a chaperon and forget them. They play, ride and dine with youngsters their own age while parents go golfing, shopping or do a turn on the tennis courts.

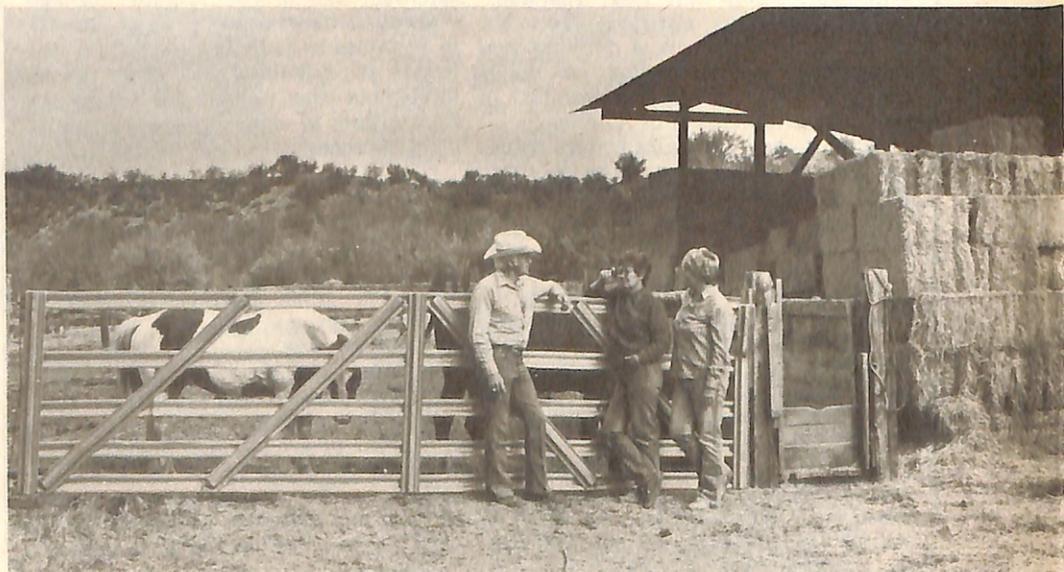
At Los Cab, guests arrive in everything from a Toyota to a Rolls. Some bring their own horses. A few even fly their own private jets. Seldom does anyone stay for less than a week. Guests at the 20,000-acre ranch—there are 70 head of horses—spend from \$118 to \$138 a day (this for a double) that includes room and all meals. Riders are offered three types of horses by resident wrangler Buford Giles: fast, medium or slow. If they don't cotton to horses, they can ride a golf cart.

It's a totally different scene a few miles away at the little 60-acre Kay El Bar Ranch. Operated by sisters Jan Martin and Jane Nash, the Kay El Bar is strictly a riding ranch. No tennis, no golf. Only horses. The girls bought the Kay El Bar three years ago after a lifetime love affair with dude ranches that began when they were youngsters living in Washington, D.C. After their own children were grown, the sisters decided that what they needed was a new

career. And just like that they moved to Wickenburg, plunked down the money on the Kay El Bar and took over the reins. Never mind that Jan's husband Charlie sells bonds and Jane's husband Jay fools around with computers. The girls are happy and that's what counts.

With its old adobe buildings, the Kay El Bar has gained itself a listing in the National Registry of Historic Places. Jan describes it as a "regular old-time dude ranch" that's family oriented ("providing the alternative for someone who wants something homey and relaxful"). At the Kay El Bar there's the feeling of having escaped the frustrations of the real world out there. The ranch rises in the foothills of Wickenburg alongside the Hassayampa River. A fire blazes in the lounge which Jane describes as a "warm, comfortable, kick-your-shoes-off kind of place." Walls are lined with books, games and puzzles, and there's a piano in case someone hankers to hammer out a tune. Meals are served family-style (homemade breads, rolls, cookies, cakes and pies) in a room whose walls are plastered with pictures of old-time cowboy actors (William S. Hart, Sunset Carson, Wild Bill Elliott, Ken and Kermit Maynard). At the Kay El Bar, two can live the good life for \$98 a day, including a bunk and three meals.

And then there's the Wimbledon of Wickenburg, the Wickenburg Inn Tennis & Guest Ranch, a multimillion-dollar spread of adobe bungalows featuring 11 tennis courts. Now in its sixth



Visitors soak up the "western sun" while enjoying the full range of facilities and pleasures offered at Arizona resorts.



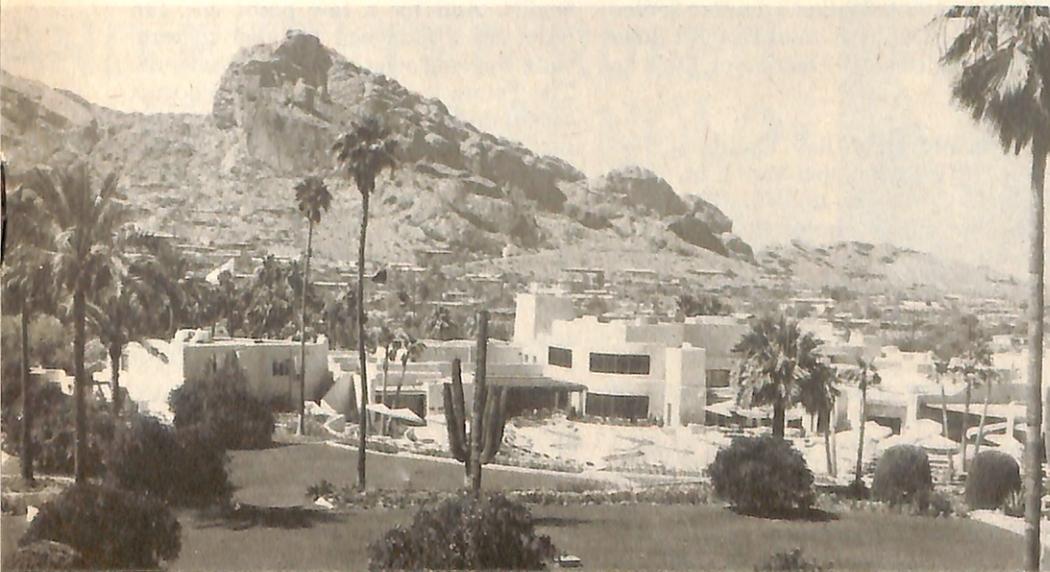
year, it's a combination of the old Wickenburg and the new, with wranglers and horses along with tennis and pros. The main lodge with its restaurant and bar is surrounded by 41 *casitas*. Rates start at \$80 a day for a double and climb as high as \$216, this for a deluxe *casita* with sun deck, patio, wet bar, fireplace, beamed ceiling, firewood,

antique furnishings and a Jacuzzi. Meals, tennis and horses are part of the deal, as well as free lessons in arts and crafts. Afternoons are given over to hikes across the inn's 2,295-acre wildlife preserve with its coyotes, cotton-tails, birds and lizards.

High on the list of Wickenburg's guest ranches is Vi and George Wel-

lik's low-key Flying E with its Slopping Buzzard Bar, free boots and cowboy hats, horses and home cooking. A room with meals starts at \$55 a day per person, double occupancy, in a setting so silent "you can hear the quiet," says Vi. At the Flying E (barn dances are held in the hayloft), guests ride with a purpose, helping check out pastures, mending fences and chasing after an occasional runaway calf. Last on the list is Rancho Casitas, with eight units that command \$675 a month for a double with TV, telephone, electric blanket and wood for the fireplace.

As for Wickenburg, it was founded in 1863 on the wealth of the famed Vulture Mine. In its heyday, the mine produced upwards of \$50 million in bullion and the town ranked No. 3 in the state. Now crowds arrive for Gold Rush days in February and the Wickenburg Blue Grass Festival in November with its old-time fiddling, banjo plucking and flat-pick guitar playing. Silver-maned Buck Wayne, the boss man at the Wickenburg Roundup Club, looks as if he'd just walked off the set of a cowboy Western. What he is, it turns out, is an ex-disc jockey from San





Diego who got it in his head that he wanted to settle out where the West is still relatively untamed. Says Buck of Wickenburg: "It's just a laid-back little ol' place with miles of contentment." For other details, write to Wayne, c/o the Wickenburg Roundup Club, Drawer CC, Wickenburg, AZ 85358.

Meanwhile, a few miles away in Scottsdale there's a new European flavor of sorts. It has to do with a scaled down version of Italy's walled village of San Gimignano, a little hamlet that lies not far from Florence and Siena. Only in Scottsdale it's called the Borgata. The Borgata is a \$10-million shopping complex complete with Old World towers, sprawling piazzas and fountains like those that flow so musically in Verona. Narrow avenues dart among its walls—the Via Montenapoleone and the Via Tornabuoni. It is a setting where one half expects to run head-on into Rosanno Brazzi and Sophia Loren as they linger beside one of the Borgata's lovely fountains. Couples sit at little tables outside La Reserve,

contemplating the happy mood of the Borgata. Customers sip espresso and *cappuccino* and read the newspaper and study the seven towers of the Borgata and its three piazzas. Squeezed among them are 49 shops and galleries.

The Borgata is being likened to New York's Fifth Avenue, Rodeo Drive in Beverly Hills and Worth Avenue in Palm Beach. There's one particular merchant who negotiated for what appears to be half the treasures of Europe. Gerry McNamara claimed them for his fashionable ladies' salon, Capriccio. Antiques, paintings, sculptures and other effects inside McNamara's high-fashion apparel store create the impression of a mini-museum. There are dozens of other shops.

In keeping with the Old World theme, Scottsdale's newest hotel, the Alamos, appears like some transplant from Europe. Only instead of playing up the Italian theme, the Alamos looks like something out of Granada or Cordoba with a touch of Guadalajara. Its 170 low-rise suites are scattered across 25 acres of rolling lawns. They feature beamed ceilings, Spanish tile, Italian headboards and coffee tables like those seen in Seville. For entertainment, guests can order a group of strolling mariachis. They come with a fiesta package that includes tacos, enchiladas, burritos, refried beans and margaritas that arrive by the gallon.

A similar Spanish/Mexican theme is served up at La Posada, a spread of 270 low-rise adobes next door to Marriott's Mountain Shadows and Camel-

back Inn. Developer Pete King spent \$18 million creating the mission-style resort with its graceful arches, lovely courtyards and musical fountains. Like the Alamos, La Posada is heavy on health. Along with six tennis courts, there are two racquet and handball courts, a putting green, a couple of therapy pools and two saunas for loosening up the joints at the end of the exercise.

In keeping with the European/Mediterranean theme that's springing up around Phoenix/Scottsdale, there's the matter of The Pointe. This is the resort that was laid out originally for all the Marlboro types. They served buffalo steaks and rattlesnake and mugs of beer. They still feature bakin' soda biscuits at the Hole-in-the-Wall restaurant along with corn on the cob, ranch-style beans and eggs Sundance. But the management decided to give The Pointe a touch of the Mediterranean atmosphere, so they added tropical courtyards, grew bougainvillea and did the rooms up to resemble one of those slick resort villages you see along the Costa del Sol in Spain. With 600 suites, The Pointe makes the claim that it's the largest resort in the Southwest. It also tells of the Southwest's highest room occupancy—something in excess of 90 percent. The Pointe's popularity is due in part to a package that includes a free breakfast and a free open bar each afternoon from 4:30 to 6. The brains behind The Pointe is Bob Gosnell, whose parents are catalogued as the pair who launched Phoenix's venerable Green Gables restaurant. The Gosnell spread features swimming pools with underwater melodies. There are also hayrides, barbecues and other rides into Phoenix's wild and woolly back country.

Combined with all the Western shenanigans is The Pointe's Spanish atmosphere. Shady courtyards enclose dozens of fountains like those seen in old Seville. And for a few pesos one can order up a flamenco guitarist to serenade the lady who shares his hacienda. The Pointe is flush up against Phoenix Mountain Preserve, a 2,700-acre spread that reaches to infinity. Besides the suites, Gosnell rents two-bedroom, two-story villas. And if that won't do he'll provide you with the keys to a couple of four-bedroom homes that have attracted the likes of actors James Garner and Robert Redford. Both homes are anchored high on a mountain with a splendid view of Phoenix. Now Gosnell has unveiled his second resort. Known as Pointe Tapatio, it promises to be bigger in every way when completed, with more than 700 deluxe suites, dozens of fountains, hundreds of horses, a rodeo arena and an old time Western restaurant. ■

Departed Brothers

DISTRICT DEPUTY John Besel of Hardin, MT, Lodge died February 28, 1982. Brother Besel served as District Deputy Grand Exalted Ruler for the Central District of Montana.

PAST DISTRICT DEPUTY Stuart Wallace of Panama Canal Zone (Balboa), R. de P., Lodge died December 9, 1981. Brother Wallace served as District Deputy Grand Exalted Ruler for the Canal Zone in 1978-79.

PAST DISTRICT DEPUTY Clarence C. Amerine of Canon City, CO, Lodge died January 17, 1982. Brother Amerine served as District Deputy Grand Exalted Ruler for South District of Colorado in 1967-68.

PAST DISTRICT DEPUTY Earl M. Shelton of Montgomery, AL, Lodge died September 9, 1981. The news of his passing was received by this magazine only recently.

Brother Shelton served as District Deputy Grand Exalted Ruler for the South District of Alabama in 1957-58. He was also a past president of the Alabama Elks Association.

PAST DISTRICT DEPUTY Walter E. Dundore of Port Clinton, OH, Lodge died March 6, 1982. Brother Dundore served as District Deputy Grand Exalted Ruler for the Northwest District of Ohio in 1979-80.

PAST GRAND TILER Ray Creith of Plymouth, MI, Lodge died March 14, 1982. He held that office in 1974-75.

Brother Creith also served as District Deputy Grand Exalted Ruler for the Southeast District of Michigan in 1961-62 and was a Special Deputy Grand Exalted Ruler in 1977-78.

PAST DISTRICT DEPUTY Roy E. Wise of Clearfield, PA, Lodge died January 16, 1982. Brother Wise served as District Deputy Grand Exalted Ruler for North Central District of Pennsylvania in 1967-68. He also served as Special Deputy Grand Exalted Ruler in 1968-69.

on tour with
Raymond V. Arnold



When GER Raymond V. Arnold (second from left) visited Downey, CA, Lodge, he was met at the front door by Brother E.S. "Ed" Cox.

Ed: "I don't care who you are, sir. I'm ordered to see your paid-up card!"

"You're right." Brother Arnold proudly showed it.

Frank Prieto (left), then-ER of Downey, CA, Lodge, presented GER Raymond V. Arnold with a true scale model of the Columbia space shuttle. The GER was visiting Downey Lodge on the occasion of its Silver Jubilee Celebration.



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GER Raymond V. Arnold and his wife Eleanor were warmly received by Santa Maria, CA, Lodge on a recent visit. Representatives of all 10 West Central Coast District lodges were present. In all, more than 350 Elks and their wives attended this gala affair.



At Santa Maria, CA, Lodge, GER Raymond V. Arnold was accompanied by some prominent California Elks. In front row from left are PGER Horace Wisely, GER Arnold, SP Leland Simas, and PGER R. Leonard Bush. In back row are PGER Gerald Strohm, then-Santa Maria ER Norman McDonald, endorsed GER candidate Marvin Lewis, and DDGER William Ashbrook, Sr.

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There's an economic uneasiness today that disturbs virtually everyone. It dampens the spirit of even the most optimistic among us.

It's causing a growing number of Americans to tune out or pass over the expanded business coverage media is offering. The fact is that media must share a part of the blame.

I'm talking about the rhetoric of responsible people who appear to be more interested in trying to provide good copy or quotes than offer sound explanations. I'm also talking about stories with errors that carry bias that is so subtle it slips past less observant reporters. Without balance or background, such information could be confusing.

Recently, for example, a Washington researcher, Mary McCarthy of the Business Environment Risk Information, went home to East Lansing, MI, and was interviewed by the *Lansing State Journal*. She didn't provide the typical hometown girl in Washington interview, however. McCarthy, who has a Ph.D. from the University of Minnesota, is in the business of socio/economic/political prognostication. She predicted that there would be violence against the late Anwar Sadat in Egypt back in December, 1980.

Her company, she claims, is in the business of perceiving what's happening in the United States so that approximately 300 foreign investors can be prepared.

United Press International reported that McCarthy told the *Lansing Journal* readers that "our timing (for a riot) is the summer of 1983 . . . That's when we time the economic recovery and when the urban underclass will see itself as being left behind."

McCarthy's views are shared by others in and outside the business community.

McCarthy says that the "permanent underclass" as she calls unskilled and unemployed Blacks and Hispanics will see the rest of the world prospering as programs for them are cut. "There will be widespread urban violence, the kind of thing we saw in the 1960s. The problem will continue through the decade because policymakers in the U.S. have not really faced the situation of what happens to the unskilled."

Her comments, whether you agree or

disagree, are not the central issue. She may be right. Without an opposing argument in the story, though, such inflammatory remarks can become self-fulfilling prophecy. The newspaper I read carried only her dire predictions, nothing else.

But others have offered equally confusing details about Reaganomics and the implementation of the President's plan. Under a headline that said "Students Support Reagan Plans," a southwestern student newspaper contended not long ago that about 35 percent of the students at Oklahoma State University believe the president's economic program will be effective in saving the country from a crisis. The paper admitted, however, the polling methods and the conclusions were "unscientific."

"About 500 OSU students were polled and about 300 of these were processed," the paper said in giving the reader some idea of the statistical data involved. That's a far cry from 35 percent of the students at the university if you take the time to look up the enrollment. I did. It's 18,887 according to my 1982 World Almanac. The 500 students polled would be a mere fraction of the total . . . not 35 percent.

But students aren't the only ones attempting to offer answers or reflect opinions. Faculty members can frequently cloud economic issues, too. A political science professor recently tried his hand at explaining the national debt. He pointed out that it was possible a "billion" has a psychological effect on the public.

"It's really just more zeroes behind the number. It was \$900 billion. There's not much difference," he said. An economist tried to explain further:

"There are legitimate reasons for having a debt. Certainly, there is no virtue in having a debt hanging out there, but it can be considered positive in stimulating the economy or financing government expenditures. If you stop and think, the total debt as a proportion of the gross national product is less than in 1960. The output of the economy is a great deal larger . . . we're really not hurting that bad."

Lester Thurow, a contributing editor of *Newsweek* and a professor of economics at MIT, insists something else; a sag-

ging productivity is the number one problem with the economy. "We live in a competitive environment that we have never lived in before. Now, we are forced to be export oriented, where we ask foreign countries, 'what would you like and we'd be delighted to build it to your specifications,'" he says. As technology in other countries keeps pace and actually surpasses the US in some instances, he adds, "we're running back, while the other countries are running ahead."

The more you read, in other words, the more contradictory the newsmakers and their statements. Yet, many agree, we cannot afford to confuse the public. Clever advocacy, distorted communications and growing distrust of those in charge can make matters far worse.

The point?

Certainly not to restrict anyone's access or the free flow of information. My journalism education is too Jeffersonian to envision any curtailment of the sacred constitutional right. But there is a need to urge newsmen and editors to monitor more carefully the sources who shoot from the hip in the rush to be heard, seen or read. Especially in financial news.

We're being bombarded by a new wave of business journalism. Local and national media are devoting more time and space to it; regional magazines—frequently called business reviews—have sprung up throughout the country.

Unlike the accident or police beat stories that provide the "who" and the "what" and even the "how" immediately, business stories are much more complex in development. They require special treatment . . . they require objective reporting. They need to be prepared with healthy skepticism . . . and digested with one thing in mind: did the reporter offer both sides or explain why he didn't?

The reasons are obvious. A national survey commissioned in 1980 by the Advertising Council revealed that while Americans are concerned about economic conditions they have a limited grasp of the fundamentals. Economics and business subjects have never been popular among the hundreds of journalism majors I've had in my classes over 20 years. The public appears to have the same view of such matters.

The survey showed that 60 percent of those interviewed, for example, believed the United States has the highest productivity rate in the world when, in fact, the U.S. trailed all the major industrial nations except Great Britain. Sixty-five percent could see little difference between productivity and production among the major misconceptions discovered.

If uneasiness is to be alleviated . . . we desperately need clarity in communicating. And we can start by educating ourselves about our economic system and why we believe in it. And you can start by writing a letter to the news director or editor of your paper to let him know how you feel.

Address your comments and questions to John Behrens, c/o The Elks Magazine, 425 W. Diversey Parkway, Chicago, Illinois 60614.

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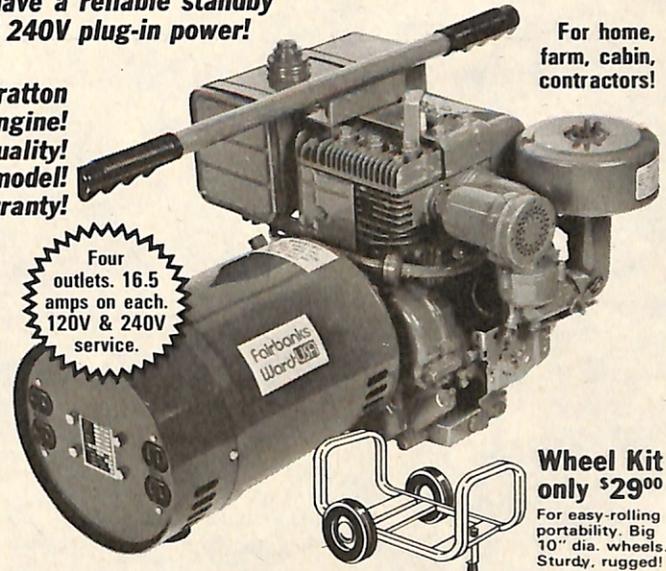
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"The truth," wrote John Myers Myers in his book *The Alamo*, "is that the story of the Alamo is at once familiar to everybody and not known at all." Scholars of Texas history, for example, have long taught that all the defenders of the Alamo perished on that tragic Sunday in the spring of 1836. In fact, they say, the only survivors of the massacre were Susannah Dickinson and her infant daughter. In actuality, at least 15 women and children fled the mission after it was taken by Santa Anna's troops.

To be sure, some of the myths and

legends that have grown through the years came into being to protect the images of the illustrious folk heroes who fell there. It's probably true that Davy Crockett didn't die in glorious battle, as the legends say, but was gunned down ignominiously after surrendering to Mexican soldiers. No doubt, Jim Bowie did have to relinquish command of the garrison in favor of William B. Travis because Bowie fell ill with pneumonia, and not because he was injured, as legend would have it, while reinforcing a gun emplacement. But the glory of the men who perished at the Alamo is in no way diminished by these truths.

It is a fact, for example, that James Bonham, Travis' good friend, did fight his way back into the mission on

March 3 after his unsuccessful foray in search of volunteers. It's also true that Sam Houston ordered the destruction of the Alamo but Bowie and Travis, sensing how important a delay in the advance of the Mexican army could be, decided to fight it out.

It's a fact, too, that one of the defenders of the Alamo survived the siege, and was granted freedom by Santa Anna, and told his eyewitness story to Houston and other members of the cabinet of the brand-new Republic of Texas. It was just two weeks after the last shot was heard when that witness appeared in Washington-on-the-Brazos,

temporary capital of the new nation, to give testimony regarding the events of which he had been a part.

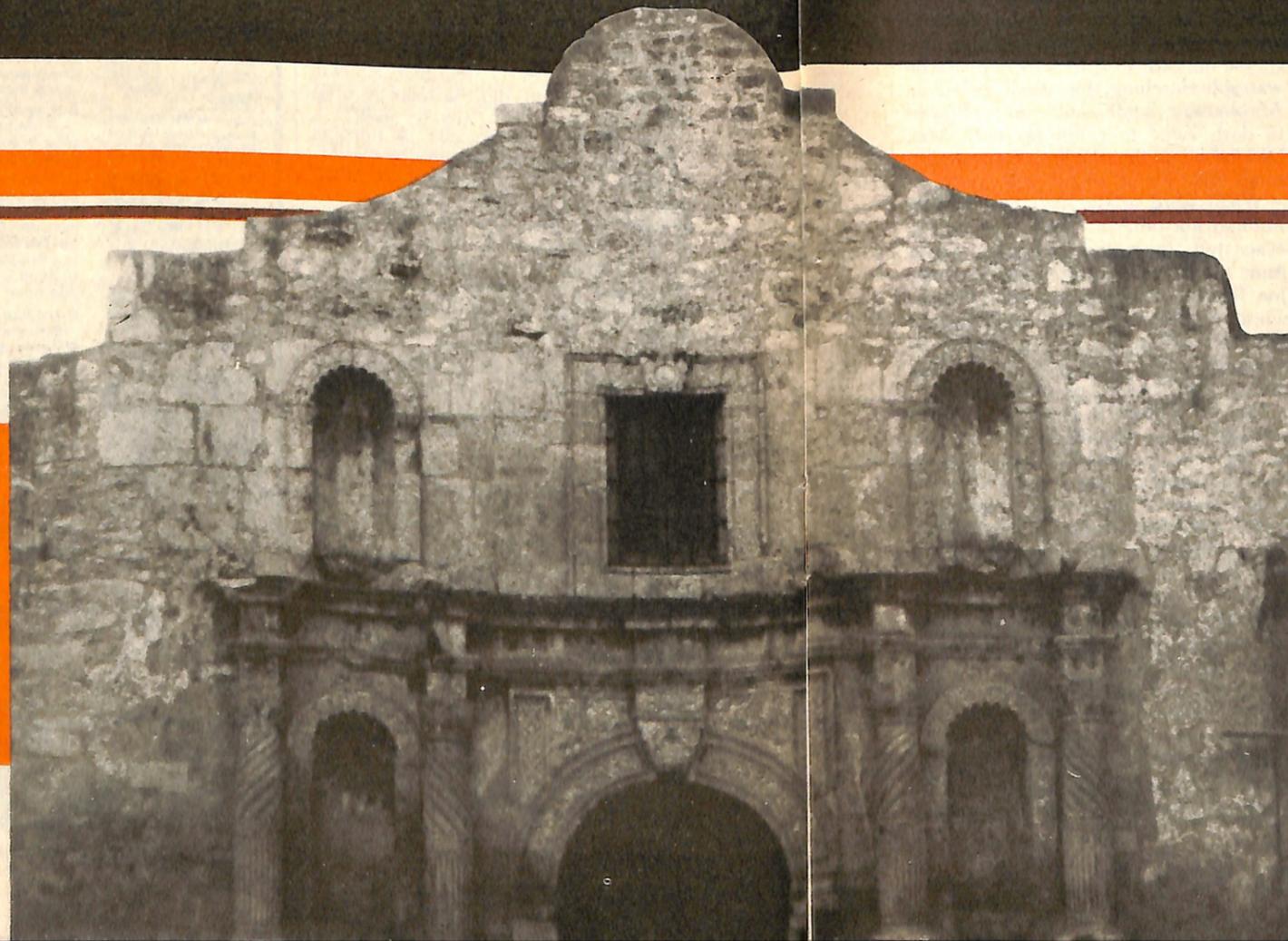
The identity of that witness is hidden behind another fact that has been largely glossed over in the romantic retellings of the saga of the Alamo. The truth is that not all of the combatants were Indian fighters, mercenaries, and scouts. Some of them, Travis and Bonham, for example, were gentlemen, raised in the tradition of the antebellum South. When those men went off to battle they took with them their body servants, slaves who lived at their sides and often were closer than brothers. Travis' slave was named Joe, and he survived that dreadful day in San Antonio de Bexar.

The siege of the Alamo was, of

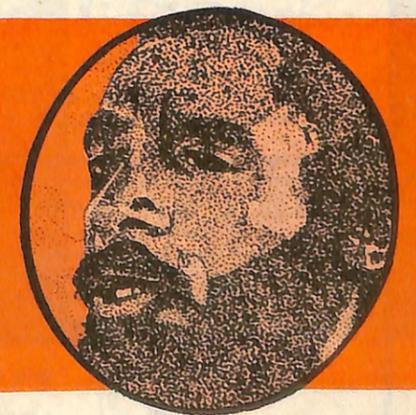
course, more than just a single day of horror and death. It lasted two weeks, providing those inexperienced defenders—the 16-year olds from Gonzales, the colonists who had been farmers, clerks, and tailors—with training in the essential skills of battle. Confident, during those early days, that their number would be swelled several-fold by volunteers who were already en route, they made ready for the final effort. In a form of on-the-job training, they worked at getting their 21 big cannons into advantageous positions and reinforcing the thick walls of the old mission compound.

THE ALAMO

by Ruth Pittman



Contrary to legend and folklore, one man survived the Alamo tragedy that led to the birth of Texas.



ONE DID SURVIVE!

Those walls, reportedly thick enough to withstand all but siege guns, were old indeed. Built in 1724 by Spanish missionaries, the Alamo was one of 36 such missions established during the work of converting Indians of the area. When Spanish power in the new world declined, the influence of the missions waned, too. San Antonio was abandoned and lay neglected for many years until it was taken over in 1800 by a contingent of Spanish soldiers who called it "El Alamo."

By 1836 the old chapel was a ruin, filled with rubble from its two towers, its roof and two domes that had caved in years before. Still intact, however, were barracks and other sturdy, hefty-walled buildings that formed the perimeter of a large courtyard. There were, however, no redoubts or bastions for the defenders to use, and it was these shortcomings that the inexperienced troops attempted to remedy while they awaited the arrival of the hundreds of volunteers who would fight with them.

In that fashion, Joe, Travis' body servant and friend, accustomed to knotting cravats and polishing boots, became expert with pistols and cannon balls. He was as seasoned a veteran of battle as most of the 185 or so men with whom he fought off Santa Anna's first tentative attacks.

As the days wore on and shelling became more destructive, the stout little garrison at last came to realize that the reinforcements they hoped for might not arrive. It was then, on March 5, when Mexican fire unexpectedly tapered off in the late afternoon, that Travis called the entire band to assemble in the walled plaza.

Mrs. Dickinson would later relate how she was brewing tea over an open fire near the front of the church and heard what Travis told his group. It had become obvious, he pointed out, that their options were few. Since no troops were going to arrive in time to lend a hand, he said, they now had a choice between leaving the mission at once or staying to face almost certain death. There's no doubt that Joe was included in the offer to save himself and turned it down.

Soon night fell, with a thick layer of clouds obscuring the moon, and still the shelling hadn't resumed. After sending a final messenger to report that the walls were beginning to yield to the long bombardment and, after paying a quick visit to the women and children who huddled in the old church, Travis lay down for a nap. Wrapped in a blanket, he slept in the room that served as his headquarters, sword and shotgun at his side. Just a few feet away, Joe slept, too, his own weapons close at hand.

Before long, faint traces of pink

tinged the eastern sky. Mexican troops, who had taken advantage of the cloud-covered moon to move into position closer to the mission, waited for the signal to attack. Shortly after five it sounded. Within minutes the soldiers were surging toward the mission lugging ladders and crowbars.

Travis, hearing the cry of the lone man standing watch on the north wall, sprang up and seized his weapons. Joe followed and, when Travis yelled, "Come on, boys!" the slave was beside him. Shoulder to shoulder they fought to stem the tide of attackers struggling up the north wall. Suddenly a volley rang out of the darkness and Travis fell, hit in the head. When Joe saw that his master was dead and the Mexicans were "pouring over the wall like sheep," as he would later report, he emptied his pistol, then fled to a small closet in the barracks. He saw no more, but heard all the terrible sounds of battle: the running footsteps, the agonized gasps, and the explosions.

Less than half an hour later it was all over. Joe, hearing only silence, crept from his hiding place to surrender to soldiers who were sweeping the compound in search of survivors. One Mexican shot at him, another brandished a fierce-looking bayonet, but an officer shoved them aside and took Joe to Santa Anna. Assuring the terrified slave that no harm would come to him, the general ordered Joe to point out the bodies of Bowie and Travis. Reluctantly, Joe obeyed. In spite of the pistol he was still clutching, Joe was labeled an "involuntary combatant" and allowed to dash away to catch up with Mrs. Dickinson on the road to Gonzales, a small town about 70 miles away.

When word of the slaughter at San Antonio got out, the town was hastily evacuated, its residents fearing Santa Anna might turn his attention to them. Joe fled to Washington-on-the-Brazos, where the Republic had been formed just days before. Presenting himself to members of the cabinet, he told them the story of the fall of the Alamo.

Captain William F. Gray wrote in his diary on March 20, 1836, "The servant of the late lamented Travis, Joe, a Black boy of about twenty-one or twenty-two years of age, is now here. He was in the Alamo when the fatal attack was made. He is the only male, of all who were in the fort, who escaped death . . ." Gray went on, "He related the affair with much modesty, apparent candor, and remarkably distinctly for one of his class."

All across the United States, newspaper editors pushed local news off their front pages to report the tragedy, attributing their information to Mrs. Dickinson. The reports however, were nearly identical to the one in Captain

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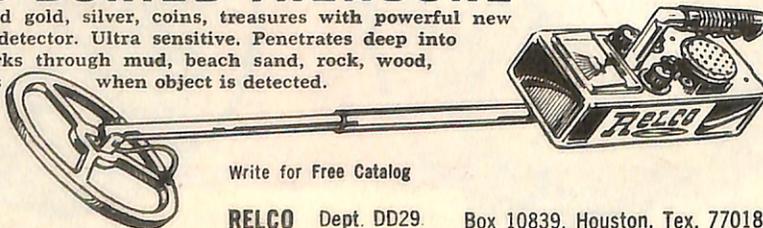
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Gray's diary. Apparently, those editors believed the story would be better received if it was related by a pretty young widow.

What happened to Joe immediately after he testified isn't quite clear. Legend says that he went to Alabama to tell Travis' parents how their son died.

At any rate, the next time Joe was mentioned in print was on May 26, 1837, in an advertisement that appeared in the *Telegraph and Texas Register*. "Fifty Dollars," the ad read, "Will be given for delivering to me on Bailey's Prairie . . . a Negro man named Joe, belonging to the succession of the late Wm. Barrett Travis . . ." The ad went on to describe Joe, including the comment that he was "very black and good countenance." It even proclaimed, "This Negro was in the Alamo with his master when it was taken; and was the only man from the colonies who was not put to death." No evidence exists to show when, or if, Joe was ever returned to the executor of Travis' estate.

That Joe lived to see the emancipation is apparent from an editorial that appeared in the *Austin Daily Statesman* of April 7, 1877. Editor John Cardwell wrote, in trying to drum up support for a San Jacinto Day celebration, "Two

years ago the old colored body servant of Col. Travis was in this city and his home was not far away. Why not have him brought to the capital?" At that time Joe would have been past 60 and a free man, almost surely married and a father. Newspapers of the time don't indicate whether there was such a celebration that year, with or without Joe as guest of honor.

After that brief mention by editor Cardwell, Joe vanished. Unlike so many

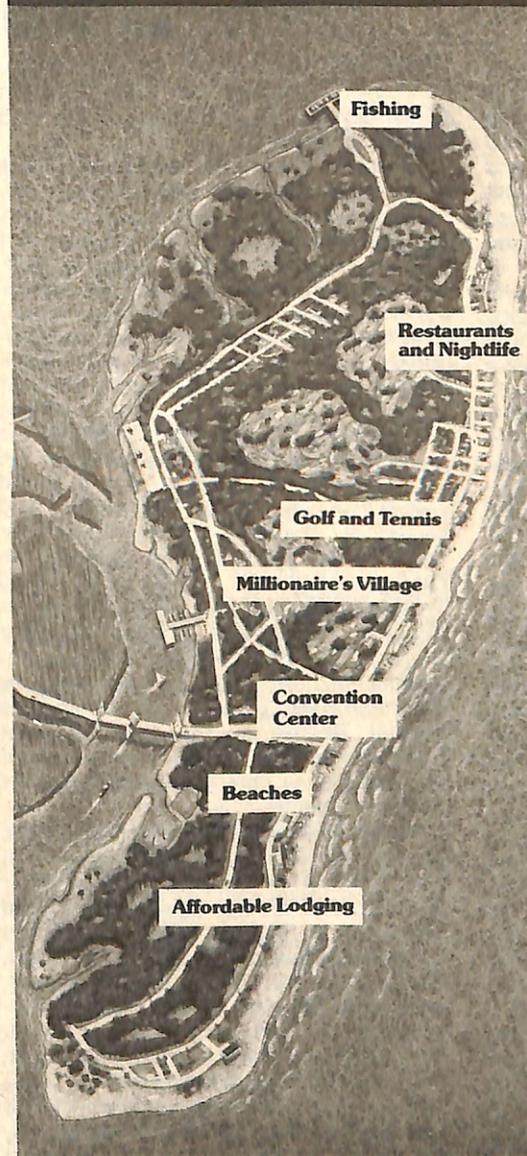
slaves, he apparently didn't choose his master's surname when granted freedom, for no trace can be found of a black named Joe Travis. And so his trail disappears. It's likely that he told and retold to his children and grandchildren the tale of his hour of glory, but that's supposition, not fact. In spite of all the legends and myths, however, the truth is that one man did survive the tragedy that was the birth of Texas. ■

State Association Conventions

State	Date	Place
AK	5/12 to 5/15	Homer
AZ	5/5 to 5/8	Tucson
AR	5/21 to 5/23	Hot Springs
CA & HI	5/12 to 5/16	Sacramento, CA
CO	9/9 to 9/11	Pueblo
CT	6/4 to 6/6	Swan Lake, NY
FL	5/20 to 5/23	Daytona Beach
GA	6/9 to 6/12	Jekyll Island
ID	6/10 to 6/12	Wallace
IL	5/14 to 5/16	Springfield
IN	6/3 to 6/6	French Lick
KY	5/27 to 5/29	Ashland
ME	5/21 to 5/23	Rockland
MD, DE & DC	6/18 to 6/20	Cumberland, MD
MA	6/11 to 6/13	Chicopee
MI	5/21 to 5/23	Pontiac
MN	6/17 to 6/19	Rochester
MT	7/29 to 7/31	Missoula
NE	5/21 to 5/23	Scottsbluff
NV	6/17 to 6/19	Carson City
NJ	6/3 to 6/6	Wildwood
NY	5/13 to 5/16	Kiamesha Lake
NC	5/21 to 5/22	Winston-Salem
ND	6/13 to 6/15	Fargo
OR	5/6 to 5/8	Lincoln City
PA	5/5 to 5/9	Tamiment
RI	5/14 to 5/15	Cape Cod, MA
SC	6/18 to 6/20	Rock Hill
SD	6/4 to 6/5	Yankton
TX	6/17 to 6/19	El Paso
UT	5/14 to 5/16	Price
VT	6/4 to 6/6	Whitefield, NH
VA	6/25 to 6/27	Roanoke
WA	6/17 to 6/20	Bellevue
WV	8/5 to 8/7	Huntington
WY	5/14 to 5/16	Cody

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Candidates For Grand Lodge Office 1982-1983

Watertown, WI, Lodge Presents John R. Casanova for Grand Esteemed Lecturing Knight



Whereas: Brother John R. Casanova has been a member of Watertown, WI, Lodge No. 666 since his initiation in 1940 and has served actively, with honor and distinction, for 42 years at the lodge, district, state and Grand Lodge levels. He was granted Honorary Life Membership for his leadership and service in 1958. Served as Exalted Ruler for three terms from 1947 to 1952. Elected "Elk of the Year" in 1969. Was District Deputy Grand Exalted Ruler in 1956-57. Served as President of Wisconsin State Elks Association in 1961-1962. Was a member of the Grand Lodge Ritualistic Committee for several years and put on Ritualistic Clinics in five states surrounding Wisconsin. Has been a Trustee of Wisconsin Elks Association for the past 18 years and is presently serving as Chairman of that board. Was a Certified Ritualistic Judge for eight years and has attended a record number of Grand Lodge Conventions; and

Whereas: His community and humanitarian services are many. He was voted Watertown "Citizen of the Year" by the Watertown Chamber of Commerce in 1968. Served on the Watertown Board of Education for several years. Active many years on the Potawatomi Area Boy Scouts Advisory Committee and for two years was Chairman of the Boy Scout Area Fund Drive. Was a member of the committee that organized the first Girl Scouts in Watertown. Charter member of the Watertown Curtain Club organized to promote dramatics in this community. He was one of the organizers of the Inter Fraternal Community Service which raised and disbursed thousands of dollars over a period of many years to help finance medical needs of boys and girls in our area—crippled children, muscular dystrophy, cerebral palsy and other charities. Was Chairman of two public drives (1964-1968) that raised over \$1,500,000 for the purchase of St. Mary's Hospital and the building of our new Watertown Memorial Hospital; and

Whereas: He was held in high esteem in his dental profession, holding offices of President, Vice President and Secretary of the Jefferson County Dental Society and was on the Wisconsin State Ethics Committee for many years. Received citations after World War II from U.S. President Franklin Roosevelt, U.S. President Harry Truman and Wisconsin governors Heil and Rennebohn for meritorious service as the examining dentist for Selective Service Draft System in Jefferson County; and

Whereas: His talents were recognized in many endeavors. He was President of Watertown Rotary Club in 1963-64 and has a perfect attendance record for 24 years. He is past Grand Knight of Wat-

ertown Council No. 1478 Knights of Columbus and a past District Deputy for that organization. Served as National Director for the Catholic Knights Insurance Society for 15 years, several years as national Vice President and recently retired as National President and presently serving as President Emeritus and Chairman of the Board;

Now therefore be it resolved that Watertown, WI, Lodge No. 666 is honored and privileged to present to the Grand Lodge Convention the name of John R. Casanova as a candidate for Grand Esteemed Lecturing Knight.

Milo Shackley, Exalted Ruler
Glenn F. Friedl, Secretary

Centralia- Chehalis, WA, Lodge Presents Frank O. Garland for Grand Esteemed Leading Knight



Whereas: For the past 34 years Brother Frank O. Garland has served Elksdom at all levels, lodge, district, state and Grand Lodge; and

Whereas: He served as Exalted Ruler of Centralia-Chehalis, WA, Lodge No. 2435 in 1955. He then served the next ten years as Secretary of his lodge, and then as a member of their Board of Trustees. In 1965 he was elected President of the Washington State Elks Association, after having served on the Ritualistic Committee, and as a member of their Major Project Committee for ten years, three of them as Chairman. In 1970 he was named District Deputy of the Southwest District of the State of Washington. In 1973 he was appointed to the Grand Lodge State Associations Committee and served as Chairman for the lodge year 1975-76. In 1976 Brother Garland became a member of the Board of Grand Trustees, serving four years. First, as Building Applications Member for the lodges in the West, and two years as Approving Member, and his last year as Chairman. He presently is serving as Special Deputy to the Grand Exalted Ruler. He is also Honorary Chairman of the Washington Elks Therapy Program for Children; and

Whereas: Brother Frank O. Garland has served his community as President of the Chamber of Commerce, a member of Centralia Planning Commission for 20 years, ten of those as Chairman. He has served as President of the Rotary Club, Chairman of the United Good Neighbors, and as a Director of Centralian's, Inc. which is the industrial commission for the community. He is currently serving on the Board of Directors of the West Coast Savings and Loan, and he was awarded the outstanding Citizenship Award by the Centralia Rotary Club. He is also a member of the First United Methodist Church; and

Whereas: He has always demonstrated his devotion to the Order of Elks by mak-

ing himself available;

Now therefore be it resolved that Centralia-Chehalis, WA, Lodge No. 2435 is honored and privileged to present to the Grand Lodge Convention in Chicago in July the name of Frank O. Garland as a candidate for election to the Office of Grand Esteemed Leading Knight of the Benevolent and Protective Order of Elks of the United States of America.

Harold Taylor, Exalted Ruler
Robert G. Judson, Secretary

Bismarck, ND, Lodge Presents Edward R. Weimer for Grand Inner Guard



Whereas: The officers and members of Bismarck, ND, Lodge No. 1199 recognize Brother Edward R. Weimer, Past Exalted Ruler 1971-72, and an Honorary Life Member, as one of our most distinguished members, and appreciate the many years of service that he has given to our Order, our lodge, and the North Dakota State Elks Association; and

Whereas: Brother Weimer has well served his Lodge in a variety of important capacities; and was named in 1981 as Bismarck Lodge's first "Elk of the Year"; and later was chosen as North Dakota's first "Elk of the Year"; and

Whereas: Brother Weimer has served in numerous important capacities at the State Association level in North Dakota, including 8 years of dedicated service on the State Ritualistic Committee; and was recognized for his outstanding contributions to the handicapped children of North Dakota by being named recipient of the Handicapped Children Award issued by the North Dakota State Elks Association in 1979;

Now therefore be it resolved that Bismarck, ND, Lodge No. 1199 is proud and honored to present to the Grand Lodge Convention of 1982, the name of Brother Edward R. Weimer as a candidate for Grand Inner Guard.

Richard W. Blair, Exalted Ruler
William Sprynczynatyk, Secretary

Niagara Falls, NY, Lodge Presents Lucian A. Masur for Grand Tiler



Whereas: Brother Lucian A. Masur has faithfully and honorably served the Benevolent and Protective Order of Elks at the lodge, district and state levels since his initiation; and

Whereas: He served his lodge as Exalted Ruler in 1968-1969, as Trustee for eight years and was granted Honorary Life Membership in 1969; and

Whereas: He was appointed District Deputy Grand Exalted Ruler for the New York West District in 1972-1973 by then-Grand Exalted Ruler Francis M. Smith; and

Whereas: He is a member of the Advisory Board of the New York State Elks Association, having also exhibited dedicated leadership to that state association while serving as its Chairman of the National Veterans Service Committee for two years 1973-1975 and State President 1975-1976; and

Whereas: He has devoted his time and efforts in various community and civic endeavors, and is presently serving as Vice President of the Board of Directors of the Niagara County United Cerebral Palsy Association;

Now therefore be it resolved that Niagara Falls, NY, Lodge No. 346 is honored and privileged to present to the Grand Lodge Convention the name of Brother Lucian A. Masur as candidate for the Office of Grand Tiler.

Harold Leeman, Exalted Ruler
Jeremiah M. O'Leary, Secretary

Wilkesburg, PA,
Lodge Presents
Fred N. Reno
for Grand
Esteemed Loyal
Knight



Whereas: Brother Fred N. Reno has served Wilkesburg, PA, Lodge No. 577 for the past 42 years in various capacities through all of the chairs, appointive and elective, beginning with Chaplain in 1940, and Exalted Ruler in 1945-46. As Exalted Ruler, he led the Wilkesburg Lodge Ritualistic Team to the state championship in 1946—but as the convention was not held until August, the team was ineligible for national competition. He was elected twice to Trustee and as Chairman of Trustees of his lodge; and

Whereas: He has also served the Pennsylvania Elks State Association in many capacities, as Committeeman and Chairman and as President in 1962-63, and as a member of the Advisory Committee and is a member of the Advisory Board of Pennsylvania Elks Major Projects Inc., which raises and spends almost one half million dollars annually for the relief, treatment and therapy of cerebral palsy; and

Whereas: He has served the Grand Lodge as District Deputy Grand Exalted Ruler under GER William Jernick and as Special Deputy Grand Exalted Ruler under GER Fred Bohn, and as a member of Grand Lodge Activities in 1964-66;

Now therefore be it resolved that Wilkesburg, PA, Lodge No. 577, unanimously approved this resolution and is honored to present to the Grand Lodge Convention in July the name of Fred N. Reno, for the high office of Grand Esteemed Loyal Knight of the Benevolent and Protective Order of Elks.

Joseph A. LaRotando, Exalted Ruler
Jack F. Stevenson, Secretary



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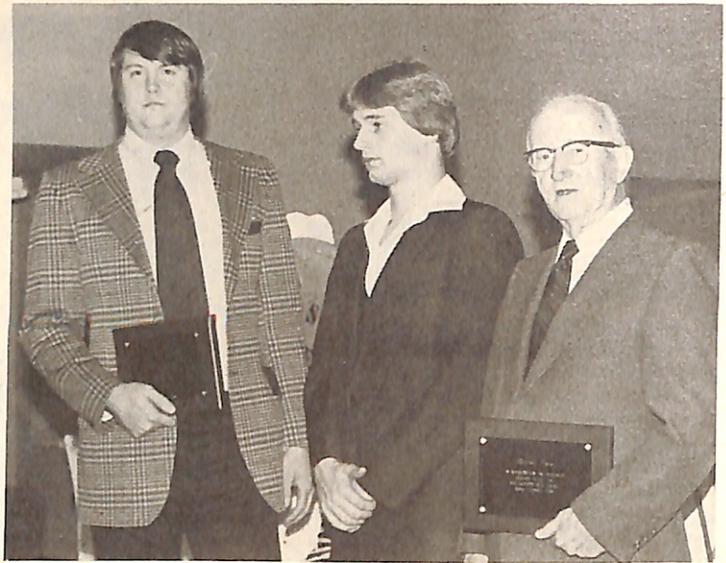
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NEWS OF THE LODGES

(Continued from page 14)



GREENWOOD LAKE, NY. Lodge together with the Chamber of Commerce honored Jack Radar (second from left) as Citizen of the Year. DDGER William Lockett (left) presented the Grand Lodge Certificate. At the same time, then-ER Peter O'Connor (second from right) received a Certificate of Appreciation from Chamber President Edward Cudney, in recognition of the many hours of voluntary service donated by Greenwood Lake Elks at village functions.



SISTERSVILLE, WV. For the past 10 years the local lodge has been providing after-game meals to both the home and visiting teams after each home football game of Sistersville High School. Recently the school's Boosters Club presented awards to the lodge and to the Brother who has been chairman of this affair since its inception. From left are then-ER Michael Carson, Co-captain Randy Kehrer, and Chm. S.E. Poole.



MANSFIELD, MA. A new lodge has been instituted at Mansfield, MA. Leaders of the organization committee and charter officers are (from left) Secy. James Roach, ER Ben Boynton, and Est. Lead. Kt. Ronald Doucette.



WEST PALM BEACH, FL. Lodge honored PGER William Wall's 50th anniversary as a member of the lodge. From left are SP Richard Shashy; PGERs Willis McDonald, William Wall, and Robert Grafton; and then-ER Harvey Schwier.



MIDDLETOWN, CT. Then-ER Jerry Winzer (left) of Middletown, CT, Lodge presented a check for \$500 to Danny Cienava, Chm. of the Polish Relief Fund. This helped push the total to \$20,000. Looking on is Secy. Fran Patenaude.



SALAMANCA, NY. Lodge was awarded a plaque in recognition of its participation in raising funds for Children's Hospital in Buffalo, NY. For each of the last four years, an average of \$17,000 per year has been raised by the lodge. Chm. Lee Burlin (left) presents the award to then-ER Harold Lee, as Est. Lead. Kt. William Luzier looks on.



HILLSIDE, NJ. A mortgage-burning ceremony was held at Hillside, NJ, Lodge. Following the ceremony a dinner-dance was held. From left are DDGER John Powers; Est. Lect. Kt. George Schwab; Chap. Robert Baise; Trustee David Pearce; Salvatore

Lomonaco, Mayor of Hillside and guest speaker; PER and Chm. Harry Loria; ER Radomir Vlaisavljevic; Est. Lead. Kt. Vincent Gueci; Est. Loyal Kt. George Helock; Esq. Ronald Johnson; and VP Harry Riker.



HOLIDAY ISLES, FL. Lodge presented a check for \$270 to the Madeira Beach Police Department for the purchase of two "Second Chance" bullet-proof vests. From left are PER Thomas DeVeny, then-ER Francis Ryan, Police Chief Fred Donzero, Ralph Nelson, Del Mack and Arnie Larson, Sr.



NEW PORT RICHEY, FL. A Pledge Fund Dinner was held at New Port Richey, FL, Lodge for the purpose of obtaining cash and pledges for a new lodge home. Mr. and Mrs. George Butterworth (second and third from left) made the largest donation, a check for \$1,000. Others in photo are (from left) then-ER John Drummond; incoming ER James Slattery, chm. of the fund-raising committee; and Trustee Eugene Gabriel.



NIAGARA FALLS, NY. Lodge joined with Chapter No. 283 of the American Association of Retired Persons to raise money for awards to two nursing students at Niagara University who excelled in the study of geriatrics. Pictured is the award presentation. From left are award winner Brenda Empson, lodge trustee Kenneth Tompkins, Sister Mary Balthasar of the university staff, Ethel Gray of AARP, and award winner Patrick Coyne.



HAVERSTRAW, NY. Law Enforcement Night was held at Haverstraw, NY, Lodge. Proceeds of over \$3,000 were donated to the families of two local police officers who died in the line of duty. Shown making a presentation are (from left) Peter O'Connor, then-ER of Greenwood Lake, NY, Lodge; Jack Winston, then-ER of Haverstraw Lodge; DDGER William Lockett; Clarkstown Police Chief G.R. Schnakenberg; Nyack Police Chief Thomas Coffey, and Rockland County District Attorney Kenneth Gribetz.

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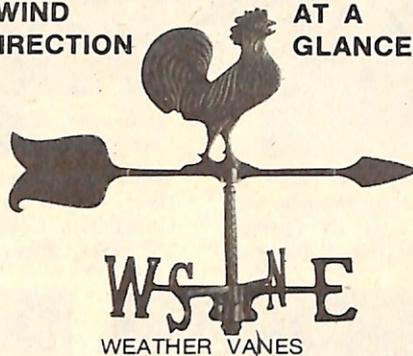
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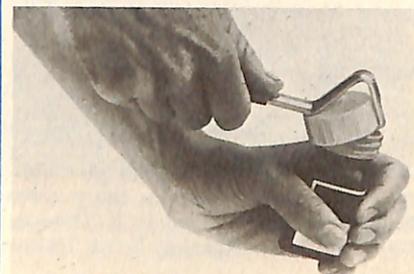
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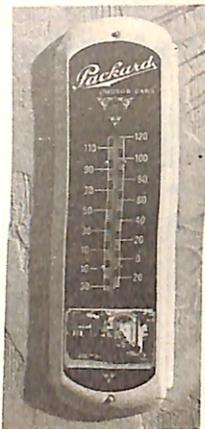


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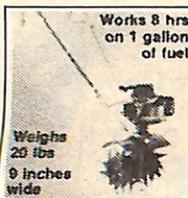


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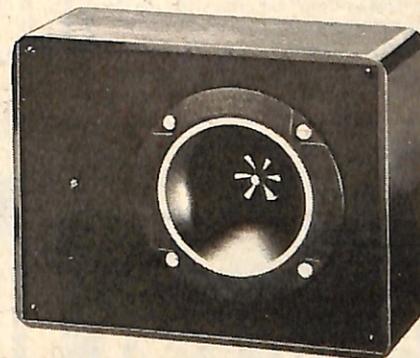
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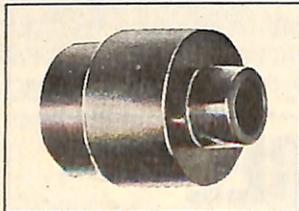
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A clutch-locking device that allows the tiller to be locked in reverse gear may present a safety hazard, a spokesman said: Seven serious injuries have been reported, despite warnings to users not to lock the roto-tiller in gear when operating the machine in reverse.

Owners of the roto-tillers are urged not to use them before obtaining a free parts replacement kit, being offered by Roper. The kit contains a new clutch handle and new clutch linkage device that eliminate the clutch-lock feature altogether. The feature was intended for use only with forward gear; the injuries reported have involved only tillers locked in reverse gear.

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(Continued on page 42)

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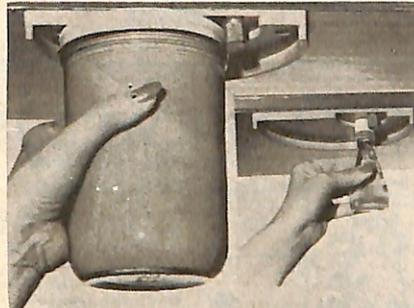
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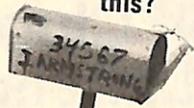


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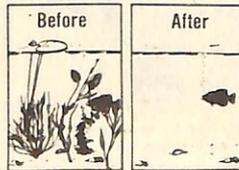


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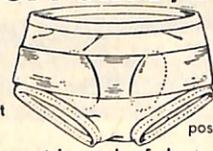
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		<input type="checkbox"/> EEE	AB
Brown		<input type="checkbox"/> D	AC
		<input type="checkbox"/> EEE	AD
Slip-On Belge		<input type="checkbox"/> D	AE
		<input type="checkbox"/> EEE	AF
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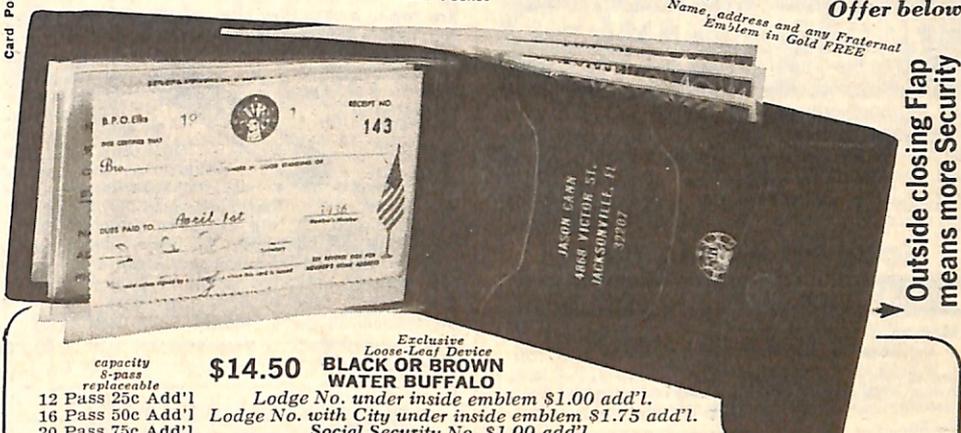
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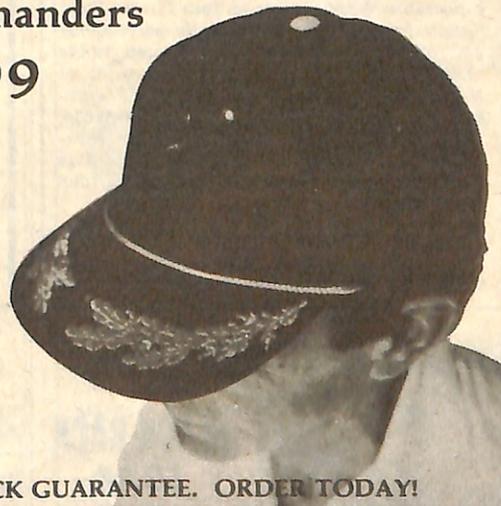
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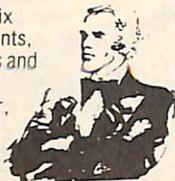
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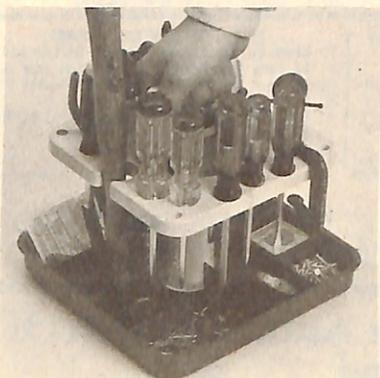
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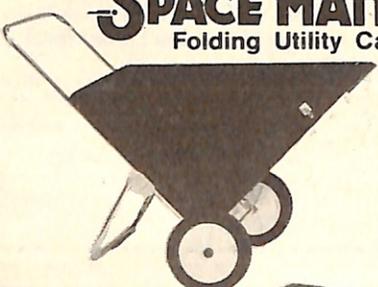
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Elks Family Shopper consumer/news

sumers, send your name and address on a postcard to the Consumer Information Center, Dept. 599K, Pueblo, CO 81009.

Most fires happen when everyone is asleep. According to the U.S. Consumer Product Safety Commission, every home needs at least one smoke detector close to where you sleep—to wake everyone up in case of fire. Many deaths and injuries are actually caused not by the fire itself, but by smoke and gas.

A helpful booklet, *Home Fire Safety*, gives vital information on preventing a disaster in your home. To get a copy, send \$1.50 to the Consumer Information Center, Dept. 201K, Pueblo, CO 81009.

Each year, more than 6,000 deaths and nearly 30,000 injuries happen as a result of home fires. These fires start from many ignition sources, like gasoline, flammable fabrics in clothes, cigarettes, space heaters, and so on. But if you follow these tips, you can minimize the possibility of a fire loss in your home:

1. Store gasoline outside the house, and well away from ignition sources.

(Continued on page 46)

Carrots Love Tomatoes

(But don't plant beans near onions!)

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Name _____
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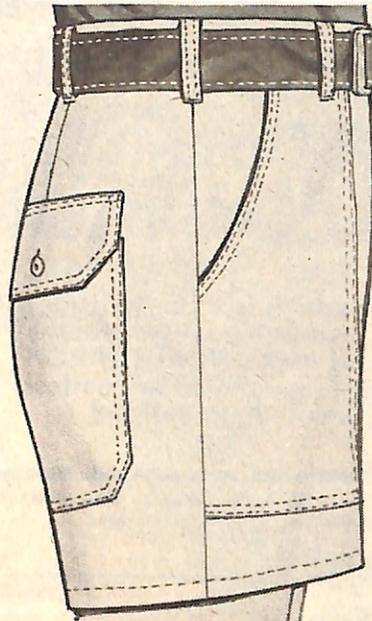
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RIDE UP TO 15° COOLER with SIDLES SHADES Custom made from durable aluminum to block out the sun's rays. Easily installed and instantly removable. Increases air conditioner efficiency and saves passengers and contents from the ravages of a blazing sun. For free information send year, make, series, model (sedan, station wagon, pickup, bus, etc.), and style (2 or 4 door), with your name and address to **SIDLES MFG. CO., INC., Box 3537E, Temple, TX 76501.** For questions and/or same day shipment on Master Charge/VISA/UPS COD phone orders, call TOLL FREE (800) 433-3101. In Texas call (800) 792-3030.

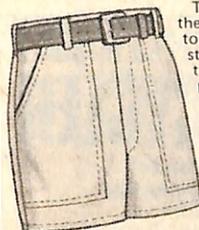
Mountain Shorts



You don't climb mountains?

Most of us don't! But we do spend a lot of time at the beach, boating, hiking, touring or just plain hammocking. Here's the most comfortable, most practical pair of shorts to come along in years, from Haband — the Surprising Savings Company in Paterson, N.J.

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These are the real thing, with the full 12" deep front pockets, tough reinforced double track stitching, big 8 x 7 inch cargo-type buttoned flap back pockets, the works — Even the heavy, deluxe "Kilimanjaro Cloth" No-Iron polyester and cotton.

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Mountain Shorts
2 pairs for **21.95**
3 pairs for **32.50**

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Please send me the shorts specified for which I enclose \$ + \$1.25 toward shipping.

Available in Sizes 30 thru 54
(Sizes 46 thru 54, add \$1.25 ea. pair!)

Or Charge To: VISA MasterCHARGE

Acct # _____ Exp. / /

If on receipt I do not choose to wear them, I may return the shorts within 30 days for full refund of my remittance.

72A-00D

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Colors	Qty.	Size
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Sky Blue B		
GREEN C		
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HABAND for MEN

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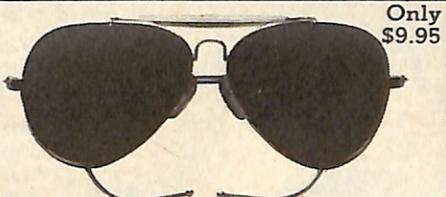
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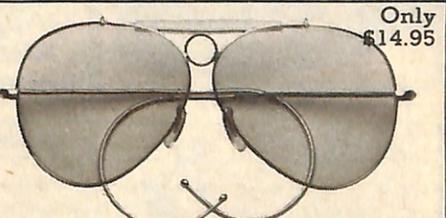
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	30A	X		
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Add Postage, Handling, and Insurance \$1.00 per pair

Total _____

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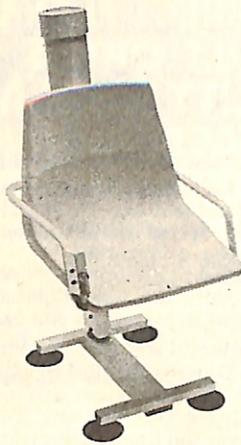
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Bath Lift

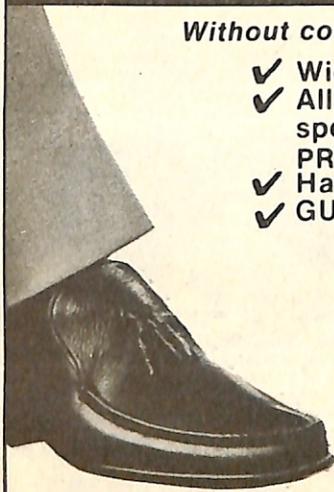
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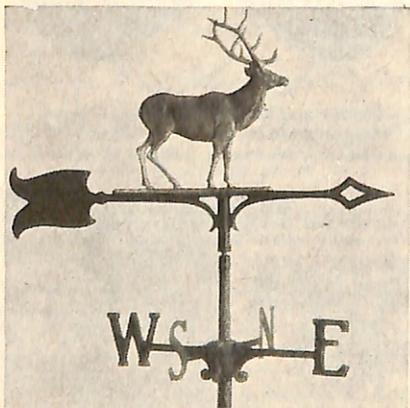
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2. Store gasoline *only* in containers designed specifically for this purpose.

3. Never use gasoline for cleaning clothes, machine parts, or anything else.

4. Use charcoal starter for lighting outdoor grills. Never throw any flammable liquid, like gasoline, on burning or smoldering fires.

5. Follow the washing instructions for flame-resistant clothing to preserve their protective quality.

6. Teach everyone in your household to "drop and roll" on the floor or ground in case clothing should catch fire.

7. Don't wear loose robes or other loose night clothing when you're cooking.

8. Keep upholstered furniture away from wood stoves, ranges, space heaters and fireplaces.

9. Caution smokers against placing ashtrays on the arms of upholstered furniture, or smoking when drowsy, when drinking alcohol, or taking medication.

10. Every gas or fuel-burning space heater must be properly vented. ■

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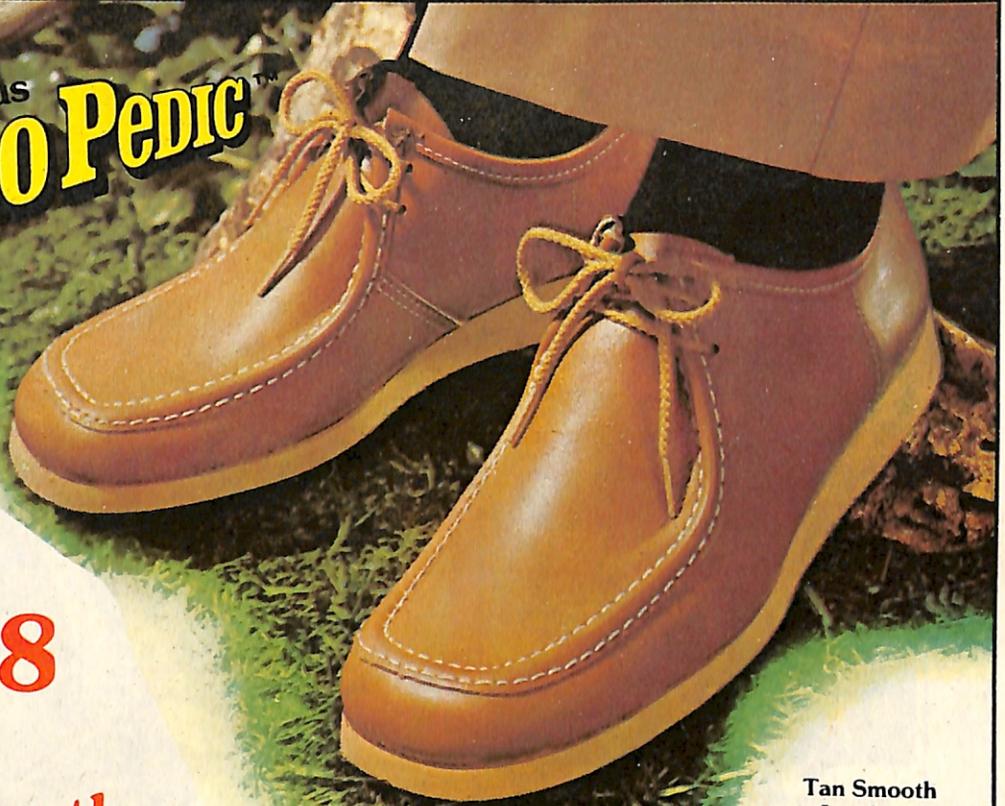
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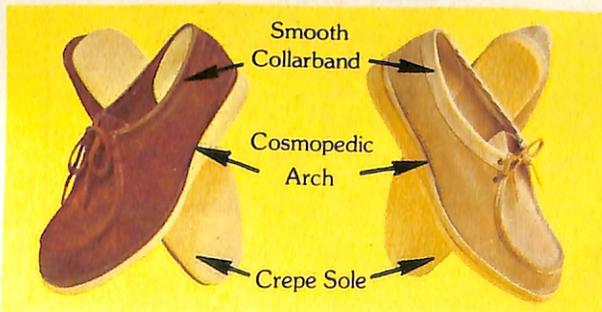
for Men and Women

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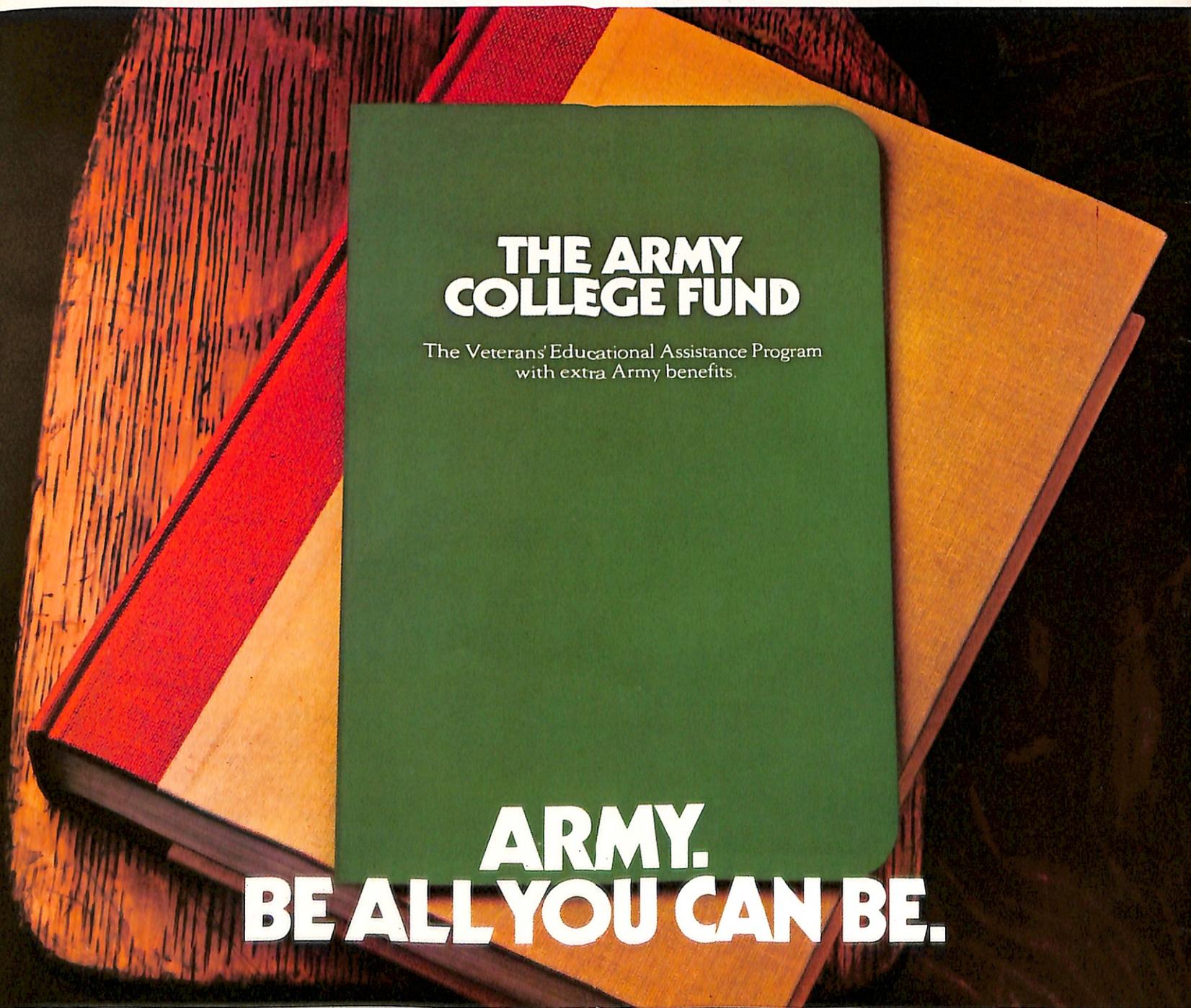
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