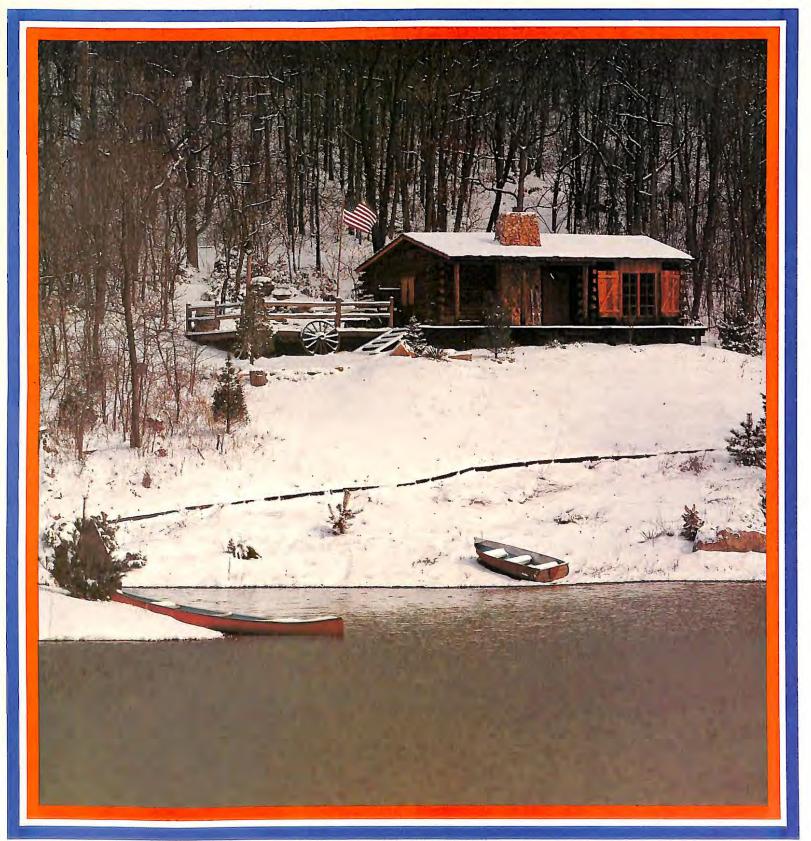


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Body Computer

Discover your body's natural ups and downs with the world's first biorhythm calculator from Casio.

Everybody has ups and downs. Some days you're sluggish and depressed, and other days you have enormous energy and things go right. Many of these body cycles are not only predictable in advance, but they can guide you towards a better understanding of yourself and your friends—all through the science of biorhythm.

Predicting your ups and downs is not all biorhythm can do for you. There are specific days when you are more likely to catch a cold, have an accident, or make a mistake. Simply by knowing these exact days in advance, you can very often prevent these occurrences from ever happening.

THE FOUR BASIC RHYTHMS

The body has four basic rhythms. The first, called the circadian rhythm, has a 24 hour cycle. Proven scientifically, the body reaches a peak in alertness usually between 6 and 9pm and then drops to a low between 4 and 7am. This rule applies to everybody, even people accustomed to working at night.

The remaining three rhythms, called the biorhythms, are the physical (a 23 day cycle), the sensitivity or emotional (28 days), and the intellectual (33 days). During the positive phases of each cycle or the "ups," your body is expending energy. During the negative phases or "downs," your body is recharging. Critical days occur during the exact middle of a cycle when you are neither positive nor negative. It is the day that causes the body its greatest turmoil and requires the greatest caution. Your biorhythms start from the day of birth and continue on the same 23, 28 and 33 day cycle for the remainder of your life.

HOW TO COMPUTE YOUR CYCLES

Determining your body cycles requires a series of mathematical calculations, graphs and tables. Computer printouts have been used which have cost subscribers as much as \$50 per month. Inexpensive but complicated plastic slide rules are also used.

The new Biolator, an outgrowth of America's calculator technology, is a computer specifically pre-programmed to accurately plot your body cycles. The Biolator automatically figures out the number of days you've lived since birth, makes the needed adjustments for leap years, divides by each of the three body cycles, and then translates that figure to three points on a curve above the display. You can then visually see exactly where you are on a specific cycle.

Sound complicated? Not really. To compute your biorhythm for any date just enter that date in digits, subtract your birth date and then press the "biolate" key. That's all there is to it. You can also determine the exact number of days you have lived by pressing the equal key. The Biolator is also a four-function calculator with constant and large green fluorescent display—great for everyday use. Its ability to figure out the exact number of days between specific dates makes it great for bankers and salesmen who

have to figure installment contract periods. The Biolator also tells you the exact day of the week for every date you enter.

MANY OTHER USES

Not only can you use the Biolator to predict your own ups and downs and critical days, but you can also use it as a conversation piece at a party, with your girlfriend or with business associates. Use it to anticipate the moods of your wife or children, or as a tool for improved personal relationships; use it to predict the moods and abilities of others and their reactions; or use it as a calculator to replace that outdated one you own.

BIORHYTHMS FOR SAFETY

Swissair has been studying the biorhythms of its pilots for almost a decade and no accidents have occurred in which biorhythm safety techniques have been applied. The Zurich Municipal Transit Company in Switzerland and Japan's Ohmi Railway Company have reduced accidents by over 50% using biorhythm in its safety programs.

WILL IT WORK FOR YOU?

Not everybody is equally affected by biorhythms. Some people can almost predict their exact biorhythm cycles without charts. Others are affected by one or two of the three basic rhythms. And, still others claim that biorhythms have little effect on them at all.

But the important questions is "Will it work for me?" Nobody knows for sure if your body's biorhythms are predictable. We could quote spectacular statistics of hundreds of famous people and events that were predictable using biorhythms. But to you these statistics are meaningless. Should this science, however, reflect your body cycles, then not only is it important to you that you know them, but it can prove to be a valuable personal tool that can help you throughout your life.

AN EASY WAY TO FIND OUT

Do you respond to the three biorhythms? Order a Biolator for \$29.95 plus \$2.50 postage and handling, (Illinois residents add 5% sales tax.) While you wait for delivery, keep track of your moods, mistakes, physical feelings and right and wrong decisions. Then, when your Biolator arrives, check to see if your body rhythms are indeed those suggested by the Biolator. Check your diary or calendar notes of past accidents or events. Keep the Biolator for a few weeks and continue to test it. If the Biolator does not reflect your true physical, emotional and intellectual cycles, then return it within one month for a prompt and courteous refund. We give you the opportunity to personally test the science of biorhythm on yourself without any risk or obligation. You can't lose!

You can quickly become an expert in Biorhythms with the detailed explanations and interpretations sent free with your unit.



The new pocket-sized Biolator computer is programmed to determine your emotional, intellectual, and physical cycles automatically.

If, however, you're interested in learning more about Biorhythm, you may also purchase, with your Biolator, an in-depth study by Bernard Gittleson called *Biorhythm*, A Personal Science. The hardcover book is available from JS&A for only \$8.95 with your order or separately with \$1.00 extra for postage and handling.

With each Biolator you also receive a set of AA cell batteries, carrying case and a one year warranty. An optional AC adapter at \$4.95 is also available.

It's time to discover your body's ups and downs. Order your Biolator at no obligation, today!

\$2995

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THE NIGHT THE DEWY SPRINGS ELKS CLUB STARTED GOING PLACES.



It was Delbert Pixler's idea to charter a Trailways bus for the monthly meeting. And boy how attendance picked up *that* night.

Delbert had 'em set up a table in the aisle of a Trailways bus. When he called the meeting to order, they were all on the way to the tastiest steak dinner anyone ever had.

You know, you might make a similar suggestion to your club. There's nothing to it.

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A Message From the Grand Exalted Ruler

STAMP GREATNESS

As we travel more and more about our country, meet more members of our Order, see the great pride in accomplishment everywhere, and learn of the wonderful service which is being rendered to others by our Order, we are filled with a great feeling of satisfaction. It is this knowing of the work aimed at strengthening the limbs of little children so that they can walk and use their arms and hands, the training of less than normal minds, the preservation and restoration of sight, speech and hearing therapy, and developing skills for teaching, which fills us with pride.

We spend more each year in service to others than all the expenditures for buildings throughout our Order. Recently we attended a meeting which lasted two hours, and during this entire time not one word was aimed at selfish motives, but the entire time was spent in planning and financing programs for assistance to others. This, in our opinion is what places the stamp of greatness on our

Order, and makes us proud to be members.

Another phase of our devotion to duty and our sense of obligation, is the service rendered by our National Service Commission. I am at a loss to even imagine, as I am sure you must be also, the horedom, the tedium of a life of confinement. This is the lot of many of our disabled veterans in our hospitals throughout the land. To be confined to a bed or a wheelchair and to have the same companions day in and day out, or to be limited to the same activities, or same amusements, or identical recreation, must be terribly frustrating.

Into this atmosphere, through your monetary support of the Elks National Foundation, and as the result of the devoted efforts of many of our members, is injected the entertainment, the recreational activities and the wonderful therapy of associations with new faces, names, and interests which we are assured, brings sunlight and

cheer into what must otherwise be a drab existence. Even the devoted families of these men will testify to the beneficial effect of new and different associations afforded by our Order.

To those who gave so much for all of us the cost seems small indeed. It is fervently hoped that we shall never forget nor neglect the pledge, "So long as there is a disabled veteran in our hospitals, the Benevolent and Protective Order of Elks will never forget him." Only then may we continue to have PRIDE IN ELKDOM-PRIDE IN AMERICA.

In this Bicentennial Year perhaps we would do well to review the courage of John Adams of Massachusetts who, in 1770 was asked to defend the British sentries who fired on an unruly mob in Boston, a most unpopular assignment, and dangerous. In accepting and successfully defending his clients, Adams said:

"Whatever may be our wishes, our inclinations, or the dictates of our passions, they cannot alter the state of facts and evidence. The law will not bend to the uncertain wishes, imagination and wanton tempers of men... If I can be but the instrument of preserving one life, his blessings and tears shall be sufficient consolation to me for the contempt of mankind."

If each of us would exhibit such courage in time of crisis, the future of our nation would be assured.

Willis C. McDonald

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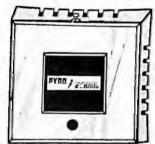


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The following letter was addressed to Lynwood Mark Rhodes in reference to his article "Return of the Family Doctor," [December, 1974].

 My sincerest congratulations on your receipt of Third Place in 1975 Journalism Awards, of The American Academy of Family Physicians. The article "The Return of the Family Doctor" by Lynwood Rhodes.

After over 30 years as a GP and 20 years as an Elk I feel this was a just and informative article. We GP's are the last of the breed and we can only hope the new Family Physician will produce and reproduce to take our place. The process has barely begun; malpractice suits from every disgruntled pa-tient, with a "Marcus Welby" complex, teamed with the money hungry lawyer, looking for a replacement for fees lost with the enactment of "no fault" auto insurance, plus the socialistic and bureaucracy of the government, is driving, we elders, out of the arena.

Keep up the good work.

Earl S. Davis, M.D. Belvidere, IL

 As an Independent Insurance Agent, I read with interest the article "Cutting Costly Small Business Insurance" [January, 1976]. Mr. Ruhter advised against "piecemeal purchasing" and referred to the availability of "package policies." Package policies for small, medium and large businesses have been available for a number of years from 95% of the companies licensed to do business. Any agent who is worth his salt converted his accounts to "Comprehensive Package Policies" long ago.

As to cutting costs ... Mr. Ruhter is really dreaming! Underwriting losses plus investment losses for the past two years have been the worst in history. Many major companies lost their Best A+ rating because of the effect of these losses to their "Policyholders Surplus."

Yes, larger deductibles will help cost-wise but increases in rates as the results of items mentioned above will more than offset any savings. The small business, medium and large, best prepare for an increase in insurance costs anywhere from 25% to 75% annually.

We hate to disillusion the readers who have read Mr. Ruhter's article but as a well known commentator often says . . . We're just telling it like it is!

Lester S. Wise Springfield, MO

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



☐ Be it resolved that Lincoln Lodge No. 80, Benevolent and Protective Order of Elks, respectfully presents to the Grand Lodge the name of its most distinguished member, George B. Klein, for the office of Grand Exalted Ruler for the year 1976-1977.

Brother George B. Klein was born in Junction City, Kansas, October 3, 1914 and moved to Nebraska in 1918 where he has resided ever since. He was educated in the Lincoln Public Schools graduating from Lincoln High School in 1931. He entered the University of Nebraska in 1931 and was awarded the William Gold Scholarship at the end of his freshman year as one of the top ten scholastically in the Business Administration College. He was graduated in 1935 with a Bachelor of Science Degree with Distinction from the College of Business Administration, after having been elected to Beta Gamma Sigma, a Business Administration Honorary Fraternity, and being awarded a Certificate of Superior Scholarship for being on the Honor Roll for four years and being in the top 3% of his class.

Brother George Klein was employed by a Southeast Nebraska Bank as assistant cashier from 1935 to 1937 and was then employed by the U.S. Treasury Department in accounting and tabulating work from 1937 to 1940.

In 1940, he joined Woodmen Accident and Life Company in Lincoln as surpervisor of the Tabulating Department and made continued progress achieving the office of Second Vice President in charge of Computer Systems in 1969.



Lincoln, Nebraska Lodge No. 80 Presents George B. Klein For Grand Exalted Ruler

During his career at Woodmen Accident and Life he held various offices in the Insurance Accounting and Statistical Association, including Director, Secretary-Treasurer, Convention Site Committee, and member of the Electronics Research Committee. He is also a member of the Data Processing Management Association and the Professional Member of the Association for Systems Management.

Brother Klein is a member of the First Presbyterian Church in Lincoln and a member of Masonic Lodge No. 40 in Humboldt, Nebraska.

He was initiated into Lincoln Lodge No. 80 in 1945 and was Exalted Ruler in 1959-1960. While an officer of our Lodge he was All State Exalted Ruler.

Brother Klein has been an active member of our Lodge having been the ritual coach from 1961 to 1971. During this time Lincoln won the State Ritual Contest in 1966, 1967, and 1971. He is still a Certified Ritual Judge and has judged contests in Iowa, Kansas, Missouri, North Dakota, South Dakota and Oklahoma. He was Chairman of the Board of Trustees in 1963 and the Board of Governors in 1964. He was a member of our Building Committee from 1965 to 1967.

In 1964, he was elected an Honorary Life Member in our Lodge and in 1965 was presented the Elk of the Year award.

Brother Klein was elected a Trustee of the Nebraska Elks Association in 1960 and was Chairman of the Youth Activities Committee the same year at which time Nebraska was the first place winner in the nation.

He was Chairman of the Scholarship and Leadership Committee in 1961-1962 and was made Second Vice President of the Nebraska Elks Association in 1963-1964.

Brother Klein was State President in 1964-1965 and has served as Chairman of the Nomination and Advisory Committee since 1967 as well as Trustee for a two year term from 1966-1968.

His Grand Lodge Activities include District Deputy Grand Exalted Ruler Nebraska East 1962-1963, member of Committee on Credentials 1966-1970, Chairman of Committee on Credentials 1968-1970, Board of Grand Trustees 1971-1975, Secretary of Board of Grand Trustees 1972-1973, Pension Member of Board of Grand Trustees 1973-1974, and Chairman of Board of Grand Trustees 1974-1975.

Brother Klein married Ruth M. Tapley in 1935 and they have two sons, Larry and Robert, and five grandchildren.

Larry, who resides in Costa Mesa, California, is a member of Lincoln Lodge No. 80 and Robert, residing in Tacoma, Washington is a member of Tacoma Lodge No. 174.

Therefore, Lincoln Lodge No. 80 proudly and respectfully presents its Honorary Life Member, George B. Klein, as the Candidate for Grand Exalted Ruler with full confidence that his election will insure that the duties of that office will be discharged with efficiency and dignity and in keeping with the records of his distinguished predecessors.

JOHN F. ZIMMER Exalted Ruler

HOWARD SPAHNLE Secretary





nation today and that the number is increasing. In an effort to stop the tide, AA officials have started chapters for junior members aged 10 to 20.

Dr. Morris Chafetz, director of the National Institute on Alcohol Abuse and Alcoholism, is appalled by the frightening phenomenon of the young alcoholic.

"It's a far more serious problem than we ever imagined," he says. "It isn't uncommon to see severe alcohol problems in kids 9, 10, 11 and 12 years old."

This shocking fact was publicized several months ago by KNXT-TV in Los Angeles in a program called "The Young Alcoholics." The program pointed out that a Field Research Corporation survey revealed that teenage drinking is more damaging than drugs and that most parents aren't aware of the extent to which youngsters drink. The filmed interviews, with children as young as 13, recorded some astonishing remarks. For example:

Girl: "Not knowing where you've been the night before and waking up in strange places . . . That's scary!"

Boy: "I got sick on the altar one time."

Girl: "When I came home from school I used to go to my mom's liquor cabinet . . . I'd go through a quart in about four days."

Boy: "I started drinking when I was nine. I used to go to school with a thermos bottle full of milk and Scotch."

The Field survey discovered that 43 percent of parents believe their children never drink. But of the parents interviewed, 74 percent of the fathers and 45 percent of the mothers admitted that they drank when they were young. Why do parents think their kids are any different?

Teenagers, of course, have been drinking alcohol for generations. A common practice was to raid their parents' liquor supply for a wild weekend party. But in recent years the age of youngsters drinking has become lower and their drinking more abandoned and compulsive.

Compounding the current situation, however, are the children who mix alcohol with drugs and as a result suffer serious physical and mental repercussions—sometimes even death. For example, one day about a year ago, a superior student at a San Francisco high school popped some pills and washed them down with several drinks. He was found dead the next morning.

According to the National Council on Alcoholism, statistics show that three out of four teenagers drink. Seven out of 10 youngsters taste their first alcohol by age 14. At 16, 87 percent have tried alcohol. In 1974, the age of the youngest alcoholics brought to the Council's attention dropped from 14 to 12.

Why are so many youngsters drinking today?

Mrs. Jean Vandervoort, director of the Council on Alcoholism in Pasadena, California, says there is more teenage drinking "because the other drugs are harder to get, they present problems of legality, the jail sentences if the youngsters get caught are hefty, and they present very serious health problems. Teenagers feel alcohol is not that bad, that it's acceptable in a social sense."

Many children decide that alcohol is just as much "fun" as marijuana—before they become alcoholics, that is—and a lot easier to obtain.

"A lot of us used to smoke pot," a high school senior says, "but we gave that up a year or two ago. Now we drink a lot. In my book, a high is a high."

The most alarming aspect of the drinking revival among youth, authorities say, is that it has filtered down to schoolchildren in the lower grades. In a recent study of youthful drinking habits in the upper-middle-class Boston suburb of Brookline, 36 percent of the eighth-grade pupils reported having been drunk on wine or beer—as did 14 percent of the sixth-grade class.

Teachers say older students are literally pushing booze on younger kids, and the latter are drinking it, in many cases, to appear grown up. But another reason for the increase in young drinkers is tolerant parents, most of whom drink a little or a lot.

Dr. Chafetz notes that children often follow the drinking habits of their parents. He also points out that parents sometimes approve of their teenagers' drinking because they figure children who drink won't take other drugs—often a false assumption.

"Parents who learn their children are not taking the so-called other drugs but the drug alcohol are relieved." Dr. Chafetz says. "And while we're not getting into a competitive battle with other drugs, but a comparative one, parents are being 'relieved' into a serious situation. Since no drug comes

The most alarming aspect of the drinking revival is the use of alcohol by school children.

close in any measurement to the human and social destruction of alcohol problems, these parents are being relaxed into a situation similar to jumping from the frying pan into the fire."

Dr. Robert Niedich, superintendent of schools in Levittown, New York, agrees this is a prevalent attitude among

parents.

"I talk to parents about an incident involving their kid drinking," he says, "and the first thing they say is, 'Thank

God, it's not drugs!"

Norm Southerby. of the Los Angeles County Alcohol Safety Action Program, has had much the same experience. He says that "parents who hassle their kids about drugs are willing to look the other way on alcohol." He remembers one couple who had experienced so much grief as a result of their 19-year-old son's use of pot and pills that they were deeply relieved when their younger daughter started drinking.

"She got so drunk that she would throw up in the morning." Southerby recalls, "yet her parents were happy."

How do children become alcoholics? Often well-meaning parents introduce them to alcohol, a socially-sanctioned drug. A parent or relative will give a child a drink at a party and think it cute to see him get tipsy. But that one drink, given in fun and innocence, could start a child on the way to catching one of the most deadly diseases known to mankind—alcoholism.

Consider the case of Ken, 13. He had his first drink at the age of nine. His uncle gave it to him at a family reunion and thought it amusing to see such a small boy drunk. But what happened during the days and years that followed wasn't a laughing matter. Ken, who has been sober for a year since attending AA meetings for juniors in Los Angeles, tells his story in these words:

"I was drinking vodka and taking pills regularly before I was ten," he

TOUKE ALEUHOLIE

said. "I got the barbiturates from a friend whose mother worked in a pharmacy. My mother is an alcoholic. I started taking care of her when I was seven after my dad died. I never brought any friends home.

"I ran away from home when I was twelve. I was placed in several foster homes and transferred from one school to another. I began drinking to feel good, It was simple to buy booze. You just stand outside a liquor store and wait for a nice guy and ask him to buy you a six-pack because you're having a party. I never had to wait long.

"If I wanted vodka or whiskey, I could always steal some from a foster parent. I would drink to get drunk, mostly on weekends. I knew I had a problem, but I didn't want to identify myself as an alcoholic because I didn't want to be what my mother was."

Ms. Yvonne Kaye, a consultant with Group Educational Consultants of Conshohocken, Pennsylvania, works closely with AA in the matter of child alcoholism. She, too, believes alcohol can be more deadly than drugs.

"In comparison with drugs, there are probably one and one-half times as many children on alcohol," she says, "and one reason it's so bad is because people are so damned blind. The fallacy is that all drug addicts start on marijuana. In my experience, 90 percent of the people started on cheap wine, beer, any kind of booze they could get."

Ms. Kaye has been working for 20 years trying to prevent drug and alcohol abuse among the young. Her experience has given her some insight as to why children become drunks.

"A psychologist would give you a list of reasons a foot long," she says, "but the answer is really terribly simple. Youngsters who become alcoholics have no self-respect. They do not like themselves. They haven't been educated to like themselves, to make choices, and to accept the responsibility for living with the consequences of those choices."

Ms. Kaye claims that when a child is confident of his own worth he doesn't need the props of alcohol or drugs. But what happens to the ones who do become hooked on liquor?

"They become either very hyperactive or very sleepy," says Ms. Kaye. "Some of them can't function in school unless they have a drink. They sneak it at their homes. Nothing's important,

nothing bothers them. Their drinking problem is a problem for us, not for them. They're at the stage where they enjoy it. It's doing the job. It's obliterating reality. Until they realize it's a problem to themselves, the only thing we can do is work with their parents.

"And this presents problems of its own. How many times have I heard them say, 'I'd rather have my kid on booze than on drugs.' They won't accept that alcohol is a drug, just because it's legal. Yet alcohol is the biggest drug problem we have. Still, many doctors and hospitals won't treat alcoholism in children because they don't believe it exists."

What can be done to curb alcoholism in young people? How can parents and teachers impress upon youngsters the dangers of drinking?

Authorities agree that the best preventive medicine is parental success in helping children achieve self-esteem. As Southerby puts it: "You can have beautiful children, but they can feel unlovely on the inside. And low esteem

is one of the chief characteristics of young people who become addicted to alcohol,"

Southerby is critical of liquor advertising that glamorizes alcohol with such deceiving ploys as picturing celebrities posing behind a bottle and call-



ing them "Men of Distinction."

"Conerned citizens should instead start a 'Men of Extinction' campaign, showing pictures of people who have been ravaged and destroyed by the demon disease," he suggests. "It's terrible the way the liquor industry has touted pop wines to the point that young people equate them with Coke. Pop wine isn't the alcohol beverage choice of adults—it appeals to the teenage market. Liquor stores can't keep enough of the stuff in stock."

Southerby urges an early start in alcohol education—the sooner the better. A few enlightened school districts have already aimed alcoholism prevention programs at children as young as kindergarten age. But more must be done.

"It's got to be done at the elementary school level," says Southerby, "where we can prevent the illness if we can help children avoid excessive behavior as they learn to make decisions. Even though alcoholism is an excessive behavior type of illness, these programs do not advocate abstinence from alcoholic drinks, but rather moderation. They attempt to teach children to pursue a life of moderation, not excessive behavior, in all their habits."

Karen DeYoung, a reporter for the St. Petersburg (Florida) Times, recently summarized the new concept in these words:

"A new campaign has been started, based on the theory that what kids don't know about alcohol can hurt them. Its aim is education. Teach the children in the classroom exactly what is involved in drinking and allow them to make their own decisions.

"Tell them why people in our society drink—the good points and the bad. And tell them why and how alcohol affects the body and the mind. Let them discuss it in a calm atmosphere, without peer group pressure. Tell them what we now know about alcoholism; its causes, the steps to it, its cures."

Ms. DeYoung pointed out that in 1970 the Florida Legislature passed the Drug Abuse Education Act. Its purpose is "to insure development of a comprehensive drug abuse education program—including alcohol and tobacco—for all children and youth from kindergarten through grade twelve." In addition to calling for regular instruction, the law recommends that qualified individuals from education, medicine, law enforcement and social services be brought into the classroom to address students about drug use and abuse.

Charles Lewers, coordinator of alcoholism programs for the Mental Health Association of Pinellas County in Florida, is one of the experts. An alcoholic (Continued on page 32)



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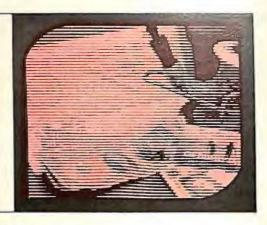


E-3

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YOU AND RETIREMENT

by G. W. Weinstein



BE A VOLUNTEER

Do you want to feel needed? Useful? Productive? Want to stay active and healthy? There's a one-word solution to post-retirement ills of all sorts: volunteer.

The American Medical Association's Committee on Aging, discussing mandatory retirement, points to a direct relationship between enforced idleness and poor health. "Chronic complaints," the Committee points out, "develop more frequently when a person is inactive and without basic interests." Yet you may not want another job after retirement. Volunteer work may be your answer, as it has been the answer for thousands of other men. Volunteer work, following in the long tradition of American voluntarism that started with neighborly barnraisings, offers the personal rewards of new friends and new challenges, new vigor and a renewed sense of productivity.

The need for volunteers-and your opportunity for service-is virtually endless, as educational and religious and social welfare organizations of all kinds expand their services to meet expanding needs. Your local hospital alone probably has at least a dozen tasks waiting to be done. If you like to work with people you can deliver books and messages to patients, staff a visitor reception desk or gift shop, or escort patients to X-ray; if you prefer less personal contact, you can type or file or fill pill bottles under a pharmacist's supervision.

There is nothing quite as rejuvenating as working with young people, and most local schools welcome volunteers. You can teach English to foreign-born schoolchildren, work in a remedial reading or math program, or offer general assistance to a classroom teacher. Or you can offer your services, on an occasional basis, to teach a special skill: woodworking or ceramics or a foreign language. Some communities sponsor agencies which bring volunteers into the schools to talk about careers or hobbies or travel. And after-school youth groups always need leaders, and assistants, as well as resource people in various skills.

Even if you are housebound yourself, you can fulfill a useful community function. One retired couple assists a community blood bank by keeping records of donor blood types and telephoning to enlist donors when there is a special need. Others help to run telephone reassurance services, making a daily tele-

phone call, at a pre-arranged time, to ill or elderly people who live alone. The caller provides social contact, making small talk about the news of the day, and, even more important, notifies relatives or authorities if the person does not answer the phone. Such services have been established in many communities, and can be established in yours.

In addition to all these opportunities for service—and your local United Fund or Volunteer Bureau can suggest more -ACTION, the umbrella agency which coordinates federal volunteer programs, offers many possibilities. If you want a full-time challenge, VISTA or the Peace Corps might be for you; if part-time service in your own community is your goal, RSVP probably has the answer.

The Peace Corps, which trains Americans to serve overseas, requires a commitment of two years. There is no upper age limit and many volunteers are retirees, including a former teacher from Montana now teaching in Thailand, and a former plumber from New Jersey now teaching plumbing in Honduras. Not all Peace Corps volunteers teach, of course; many help to improve agricultural methods, work in health programs, develop local business skills. Couples may enroll together. The life is difficult, under oftenprimitive conditions, but the potential sat-

isfaction is substantial. VISTA, Volunteers in Service to America, is the domestic counterpart of the Peace Corps. Volunteers-and right now some 300 are over 60-work in American communities on projects determined by local need. Some forty per cent of VISTA volunteers work in their own cornmunities, making VISTA particularly attractive for retirees. In Boston, a retired social worker directs a telephone referral service in her own neighborhood, referring citizens to available services. In Chicago, volunteers, many both elderly and bilingual, seek out elderly ethnic residents to tell them about benefits for which they are eligible. In San Antonio, volunteers are working in consumer and health education, and recreational programs for teens and senior citizens. VISTA volunteers teach grape-growing techniques, work in mental health centers, conduct neighborhood surveys, establish credit unions, renovate housing, and more, much more.

(Continued on page 55)

A 67-year-old man talks about how age becomes an advantage once you reach 55.

"It wasn't until I turned 55 that I became eligible to make one of the best investments I've ever made. Two dollars for a membership in AARP.

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AARP has more than 2250 local chapters around the country. You can use them to meet new friends, to get involved in community activities or to take advantage of a wide range of educational materials on subjects of special importance to older people.

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en the sea

By Richard Trubo



of the "Atlantis in the Pacific" project.
"It's only a matter of time until it becomes a world-wide trend."

Certainly the city-on-the-sea concept has had an impressive beginning with the Aquapolis in Okinawa. The 15,680 ton structure measures 341 feet long, 328 feet wide, and 104 feet tall. It consists of three square decks built on three different levels, supported by 16 semi-submerged pillars. It is designed to withstand winds of 134 miles per hour and waves 38 feet high.

At the recent EXPO '75, Aquapolis attracted up to 2,400 visitors at a time, most of whom reached the floating city via a 550-foot-long bridge from shore. There is also a beliport on the artificial island.

Aquapolis' main attractions are seaoriented exhibits, tracing the history of the ocean and its inhabitants from the earliest times to the present, Also, under and around the connecting bridge, the waters have been stocked with almost 50,000 yellowtail, sea bream, and other species of fish.

Although EXPO '75 ended January 18, Aquapolis will remain as a permanent monument to man's ingenuity. While there are no definite plans yet for its future use, the structure could easily be converted into a convention site. It already has large exhibition rooms, a spacious auditorium, and some observation galleries. The structure is designed to be self-sufficient for years to come, with its own independent electric power facility and a manufac-

turing device for purifying water and sewage disposal.

Construction began on the Japanese floating city in the fall of 1973, at a special dock near Hiroshima. Then in April of last year, it was towed to the exposition site by three tugboats.

Although Aquapolis is now the world's only completed floating city, it is not the first to be conceived. In fact, the Honolulu city-on-the-sea proposal has been on the drawing boards for several years, and the Japanese government borrowed heavily from it in creating its own structure.

Dr. Craven of the University of Hawaii believes that the Okinawa and Honolulu projects could open up the oceans to human settlement. "We view our floating exposition as a demonstration city," he explains. "In a non-fanciful way, it would be something like Disneyland, which is a kind of demonstration city in many ways."

Although construction has not yet begun on the Hawaiian project, it will likely become a major tourist attraction, complete with international marine exhibits, restaurants, swimming areas, and hotel rooms for 8,000 guests. The floating island will accommodate 40,000 visitors daily, as well as provide permanent residences for 2,000 people.

Since everything on "Atlantis in the Pacific" will be within 30 minutes walking time, automobiles will probably be banned on the 25 acre structure. A monorail or other rapid transit system will be available on the island, and the

floating city itself will be linked to Honolulu via high-speed air and water transportation.

"If people are going to live on floating cities someday, it is essential that they have access to a very good transit system to move them to the mainland," suggests Craven. "They should be able to get up in the morning, jump into a helicopter or a hydrofoil boat, and be in the center of downtown within min-

Originally, there were hopes that "Atlantis in the Pacific" would be completed by 1978, which is the 200th anniversary of the discovery of the Hawaiian islands by Captain James Cook. But project engineers now agree that the target date may not be realized, since the source of construction funds is still not settled.

The floating city concept was originally launched in 1970 when the Hawaii state legislature authorized Craven to research the possibilities of holding a marine exposition at an offshore site. By spring of the following year, a joint study began under the auspices of the University of Hawaii, the Oceanic Foundation and the U.S. Navy's Naval Undersea Center. The report issued by the study group recommended an island city floating on hollow legs of reinforced concrete.

The final plans of "Atlantis in the Pacific" include an elaborate communications system, which will allow residents of the artificial island to shop by computer without leaving their living

cities

rooms. Newspapers will be delivered through pneumatic tubes. Hotels and restaurants will be underwater, allowing visitors to dine while watching fish swim by.

A system of pulleys anchored to the ocean floor will actually rotate the Hawaiian floating city, as well as move it up and down a five-mile track. Thus, a visitor will be able to watch the sun rise in the east and set in the west from the same hotel room.

Not long ago, the federal government's National Oceanic and Atmospheric Administration appropriated \$85,000 to erect a one-twentieth scale model of the proposed floating city off Honolulu. The construction and launching of that model, which weighs 150 tons, became a community project to which many Hawaiians volunteered their time. Students and military divers were eager to offer their assistance. Construction companies loaned their trucks and forklifts. The Navy supplied a tug to tow the model to sea, where it still remains floating in Kaneohe Bay on the north shore of Oahu.

When the city-on-the-sea itself is finally constructed, it will be stabilized in the ocean by 350-foot-tall underwater pylons, which will be bolted together and weighed down with ballast. Three of these pylons will support a single block-long platform or "module." Ten of these modules will be fitted together in a circular pattern to form the floating city. Each of the 10 modules is expected to cost about \$10 million to build.

Despite the apparently high price tag, Craven nevertheless believes that when viewed in the proper perspective, the cost is not nearly so staggering. "The entire project will cost less than doing the same thing on land," he observes. "And when I refer to cost, I'm also talking about the reduced toll upon our environment if we do some of these things on the ocean floor as opposed to on land.

"Offshore cities could be used for power plants, for example. We could burn coal on them without great detrimental effects upon our environment.

"I'm absolutely convinced that floating cities are the solution for many coastal-zone urban problems. We should be reserving the land for low-density functions, like universities, government centers and golf courses. And the cities-on-the-sea could handle the high-den-

sity functions, like condominiums, office buildings, shopping centers, theaters, sports arenas, industrial plants, and power plants."

Other observers of the offshore city concept agree with Craven. Dr. Athelstan Spilhaus, a prominent oceanographer and a fellow at the Woodrow Wilson International Center for Scholars in Washington, D.C., believes that some floating islands could be utilized solely for industrial purposes, housing both petroleum refineries and power plants. He foresees that the United States will need 58 new refineries by 1980, and that they could be erected upon the coastal waters with only minimum environmental damage.

Meanwhile, as the Hawaiian project approaches actual construction, similar floating islands are being planned elsewhere, including off New York City. The report recently issued by the Long Island Sound Regional Study asked that a recreational island be constructed by landfill in Pelham Bay. The study earmarked the U.S. Corps of Engineers as the agency to build the island, beginning in 1978.

The proposed island would include 1.5 miles of beach, 200 picnic sites and 500 boat slips. It would be reached by ferry.

(Continued on page 34)



How To Cut 5 to 15 Strokes Off Your Score — Guaranteed!

By Phil Cooper *1975, Lincoln Press

If you play golf I would like to send you something that comes in a plain brown wrapper.

No - not dirty pictures or anything like that!

But it is something that you won't want your friends and golfing partners to know you have.

Not for a while, anyway.

Here's why:

I'm going to send you five minutes worth of reading material that will show you a guaranteed way to take 5 to 15 strokes off your golf score — and do it so fast that your friends are going to think you've taken private lessons from Johnny Miller.

I'd like you to try this method the very next time you play without telling anyone what you are doing.

That's because I'm afraid that if you tell anyone about the secret method before you start on it, they might be able to talk you out of it. They'll try to tell you that there is just no way to improve your game so much without private, professional lessons.

But there is.

And, I'm sure that if you try it privately for just one round of golf — no one will ever be able to talk you out of it then.

Before I go on, I'd like to tell you that I am not a golf pro or anything like that.

I'm a businessman.

A short time ago, I was a businessman who could never break 100 for eighteen holes. Not anymore.

I still don't shoot in the seventics, but finally, after years of being little better than a duffer, I consistently shoot in the eighties.

It's wonderful.

For years I struggled to bring down my score. I tried everything — practice, practice, practice — read miracle golf books — bought special golf gloves — took lessons — went to the driving range — everything. Then, by accident, I stumbled onto the real secret of cutting strokes off my game. The very first round I played after I discovered this secret, I broke 100 for the very first time.

The secret is simple — but I'm not about to give it away for nothing. What I've been able to do is "smarten up" my game — and by doing this I took almost 30 strokes off my score all told. (I haven't been able to break 70 yet, but I will!)

I know it sounds impossible — but I've actually learned to "smarten up" my game — after everything else I tried (and cost me a fortune) had failed

Before — it seemed that I was hooking or slicing on every drive — continually in the traps or rough — and 3-putting every hole. After I made my amazingly simple discovery— my drives went down the middle of the fairway — my irons put me on the green — and my putting improved tremendously.

It was so simple, in fact, that I haven't yet figured out why no one ever thought of it before. But, since I've read every book on golf I could find — and tried all the "gimmicks" — I can assure you that I've never seen this secret printed anywhere before.

When my friends saw how much my game had improved they asked me to give them my secret. I typed out the complete details on my secret — the step-by-step, easy-to-follow method that had cut all those strokes off my game. For lack of a better name I called it "The Phil Cooper Golf Improvement Plan."

I gave it to three friends who make up my regular foursome. It worked for them, too. Their game improved as much as mine.

Now, you and I both know that there's a lot of money to be made for the person who comes up with a method for cutting strokes — a method that



really works. I am certain that I have done just that! But, was our new golfing success a fluke? Perhaps there was something special about our foursome that made this "miracle" possible. I don't believe that for a moment!

However, I MUST PROVE IT NOW!

For, once I prove that my golf secret works — really works — I will offer it to all golfers for \$25 — and it will be worth every penny of it. (How many times have you said to yourself that you'd pay a fortune to take 15 strokes off your score?)

So, to prove that my secret works for all golfers

— I'll teach it to you — and to a limited number of
other golfers — for little more than the price of
having it printed up.

Remember, I'm willing to do this for my own selfish reason. Once YOU have succeeded — once YOU have taken off those strokes — I'll probably make a mint when I offer the PROVEN plan through newspapers and magazines.

But, you must make me a promise. You must report your stroke losses to me promptly — first when you take 5 strokes off your score — then when you break 100 — when you break 90. This will be the proof I need.

Ifeel certain that it makes no difference whether you are a man or a woman (it works for both) — whether you are young or old — whether you've taken lessons or not — THIS METHOD WILL WORK or it won't cost you a single penny!

There is only one way for you to see if I'm right—to get your guaranteed copy of "The Phil Cooper Golf Improvement Plan"—and that's to order it now—by mail. It's not yet available at any bookstore or pro shop in the world—at any price.

In fact, you might be interested to know that the Plan has been Registered and Copyrighted with the U.S. Government so that the secret cannot be copied or stolen.

Furthermore, you can order it without a worry because you are protected by an ironclad, 100% no-risk Double Guarantee of cutting strokes from your game:

- If you don't like the Plan when it arrives for any reason under the sun — send it back for a full refund — absolutely no questions asked.
- 2) Or, keep and use the Plan for as long as you like. You are still protected. You must cut those strokes from your score or return the Plan at any time. You still get every penny of your money back without quibble or question. You are the sole judge and jury. Isn't this the fairest guarantee you've ever seen?

To get your guaranteed copy of "The Phil Cooper Golf Improvement Plan" ---

- Print your name and address clearly on the coupon below.
- Attach your check, cash or money order for just \$10.
- Mail to me: Phil Cooper, 2525 E. 21st Street, Tulsa, Oklahoma 74114.

Let me repeat. It makes absolutely no difference how many ways you've already tried to improve your game dramatically — your time for real success has finally come.

Send for your guaranteed copy of my Golf Improvement Plan as soon as you can — TODAY if possible.

MAIL THIS COUPON TODAY

Make your check payable and mail to:

Phil Cooper 2525 East 21st Street Tulsa, Oklahoma 74114

Yes! I want to cut strokes off my score once and for all. Rush me my guaranteed copy of your Golf Improvement Plan. Here is my \$10. I promise I will report to you when I have broken 90 — when I have broken 80. I understand that I run absolutely no risk since I am protected by your 100% Double Guarantee of golfing improvement shown above. Thank you for this chance to share your golf improvement secret!

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Mr
Mrs.
Miss
Zip
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 Please send the material airmail. I am enclosing an extra \$2.00 to cover the cost.



Peaceful World

A place where the wind sings, and the whistle of a bird is as startling as the roar of a jet.

BY JERRY HULSE

Several months ago I made a sentimental journey home to Colorado, a wilderness land of pure air and unpolluted water, a peaceful world in which the wind sings softly through aspen and fir, and the voice of a bird is as startling as the cry of a jet. Caravans of vacationers share my devotion for the columbine state, innocents who've been captivated by its awesome beauty. They arrive to inhale the freshness of the land in springtime and to fish and camp during summer; others witness the spectacle of Colorado's fall foliage and remain to ski the Rockies during winter's finest hour.

ter's finest hour.

On this recent journey I boarded the Denver & Rio Grande's famed narrow-gauge railroad and traveled to Silverton, the storied mining town in the

lovely San Juans. The train crawled through valleys and forests and came to a standstill beside the River of Lost Souls. Later I crossed the state by car, camping in its national parks and exploring dozens of old mining towns. Within this 104,000 square-mile vacationland are nearly a dozen national forests, four national parks, nearly 9,000 miles of trout streams and more than 1,000 lakes. For your visiting pleasure,

we have prepared the following guide, National Forests

Arapaho-You'll discover dozens of resorts, motels and dude ranches in





Whether it's for skiing, fishing, or just plain relaxing, you are assured a rewarding vacation at the top of the nation.

Arapaho. There are also 56 picnic and camping grounds and eight of Colorado's winter sports areas: Loveland Pass, Berthoud Pass, Winter Park, Arapaho. Basin, Keystone, Copper Mountain, Breckenridge and St. Mary's.

Grand Mesa National and Uncompandere National Forests—Grand Mesa is famed as the largest flat-top mountain in the world, a 10,000 foot-high lava-capped tableland sheltering more than 200 lakes.

Gunnison National Forest-Elevations from 6000 to 14,000 feet; hundreds of species of wild plants. This is the fourth largest of Colorado's national forests (on the western slope of the main range of the Rockies).

Pike National Forest-Known throughout the world for Pike's Peak (14,110 feet). The highest is Mt. Lincoln: 14,286 feet. Nearly 100 camps and picnic areas, 300 miles of fishing streams. Loads of wildlife.

Rio Grande National Forest—Plenty of campgrounds in this 1.8 million-acre park. Visit the Upper Rio Grande Primitive Area, La Garita Wild Area and Wheeler Geologic Area.

Roosevelt National Forest-Named for President Theodore Roosevelt, this forest reaches across more than one million acres. Surrounded by Rocky Mountain National Park on three sides.

Routt National Forest-Lies astride

the Continental Divide. Excellent trout streams and alpine lakes. Headquarters: Steamboat Springs.

San Juan National Forest-Takes in such mining towns as Telluride Sawpit, Placerville and Silverton. Marvelous country for jeep trips. Durango is the headquarters.

White River National Forest-Mountain peaks above the 14,000 foot mark; spectacular scenery, including Glenwood Canyon. Also a number of ghost towns.

National Parks And Monuments

Black Canyon National Monument— Noted for its narrowness, great depth, ruggedness. South rim remains open year 'round; north rim is closed by winter snow. Comprises an area of nearly 22 square miles.

Colorado National Monument—Centuries of wind, sleet and snow have sculpted one of nature's grandest monuments: fluted columns, sheer canyon walls. This is a must for every visitor. Take Colorado Highway 340 and the Rim Drive from Grand Junction.

Dinosaur National Monument—More than one million years ago prehistoric animals roamed through this area of northwestern Colorado. Area encompasses more than 200,000 acres. Take U.S. 40 west from Craig.

Great Sand Dunes-These dunes in south-central Colorado comprise the

highest sand hills in the United States. Driven by winds, they are constantly shifting over an area of 60 miles. Visitors are welcome year 'round.

Mesa Verde National Park—Here southern Colorado is the scene of Indian cliff-dweller homes. Only a short drive from Cortez or Durango.

Rocky Mountain National Park—One of Colorado's most popular play-grounds; lovely meadows, rugged canyons, towering peaks. Straddling the Continental Divide, the park contains 84 peaks above the 11,000 foot mark. Camping

Reservations—Space is filled on a first-come, first-served basis.

Permits—Required in most national parks and forests. They're available at ranger stations and park entrances.

Time Limit—In some areas ten days or less. Elsewhere you may remain as long as you wish.

Facilities—Most campgrounds are equipped with fresh water, tables, benches, fire grates, garbage containers, sanitation stations and incinerators.

Note: Write for a list of private facilities to Colorado Campground Ass'n., P.O. Box 965, Colorado Springs 80901. Fishing

The fishing season in Colorado extends from May to October in most areas, although many of the higher level lakes and streams remain open year



To all Subordinate Lodges and Members of The Grand Lodge of the Benevolent and Protective Order of Elks of the United States of America

GREETINGS:

The Grand Exalted Ruler, by and with the approval of the Board of Grand Trustees of the Benevolent and Protective Order of Elks of the United States of America, acting upon authority given him under Article III, Section 6, Grand Lodge Constitution, does hereby proclaim that the next session of the membership and representatives of the Grand Lodge of the Benevolent and Protective Order of Elks will convene in Chicago, Illinois, July 4, 1976, with the opening and public meeting to be held at the Conrad Hilton Hotel, 720 S. Michigan Avenue, July 4, at eight-thirty o'clock in the evening.

The opening business session will convene at the Conrad Hilton at 9:00 Monday morning, July 5, 1976, at which session the election of Officers for the ensuing year will be held. Business sessions will continue thereafter each morning at 9:00 on July 6, 7 and 8 until the business to come before the sessions is finished.

The Conrad Hilton has been selected as headquarters, located at 720 S. Michigan Avenue, for the 112th Session of the Grand Lodge. Space in the Conrad Hilton has been set aside for all REGISTRATION.

Room reservations for Past Grand Exalted Rulers, Grand Lodge Officers and Committeemen will be made by Bryan J. McKeogh, Convention Director, 370 Lexington Avenue, Room 715, New York, N. Y. 10017. He will mail reservation forms and a letter outlining the procedure.

All other room reservations-with the exception of the Grand Lodge people as outlined in the preceding paragraph—will be made through the State Associations. The National Convention Committee, following the practice of previous years will assign rooms to each State Association and those planning to attend the Convention are urged to make the fact known to their State Association Housing Chairman immediately. Neither the National Convention Committee, nor the Chicago official convention hotels will accept reservations directly from Lodges or individual Elks.

Dated: February 1, 1976

WILLIS C. McDONALD, **GRAND EXALTED RULER**

ATTEST:

Homer Huhn, Jr. **GRAND SECRETARY**

round. Out-of-state licenses cost \$10 a year, or there are ten-day permits for \$5. Children under 15 pay nothing. Rivers, streams and lakes offer the fighting-est trout in the world. Also salmon, whitefish, walleyed pike, white bass, catfish and perch.

Skiing

Ski areas include A-Basin (66 miles from Denver); Arapaho East (15 miles from Denver); Aspen Highlands (11/2 miles from Aspen); Aspen Mountain; Berthoud Pass (23 miles west of Idaho Springs); Buttermilk (near Aspen); Ski Cooper (ten miles north of Leadville); Copper Mountain (70 miles from Denver); Cranor Ski Hill (three miles north of Gunnison); Crested Butte (28 miles north of Gunnison); Geneva Basin (ten miles north of Grant); Hidden Valley (ten miles west of Estes Park); Werner Mountain (at Steamboat Springs); Keystone (70 miles west of Denver); Lake Eldorado (16 miles west of Boulder); Loveland Basin & Valley (56 miles west of Denver); Monarch (21 miles west of Salida); Pike's Peak (20 miles northwest of Colorado Springs); Powderhorn (21 miles east of Grand Junction); Purgatory (25 miles north of Durango); Ski St. Mary's (45 miles west of Denver); Ski Broadmoor (four miles south of Colorado Springs); Ski Dallas (ten miles northeast of Placerville); Ski Idlewild (two miles northwest of Winter Park); Snowmass (nine miles southwest of Aspen); Squaw Pass (13 miles west of Bergen Park); Steamboat (two miles northeast of Steamboat Springs); Stoner (28 miles northeast of Cortez); Sunlight (10 miles south of Glenwood Springs); Telluride near Ouray; Vail (110 miles west of Denver); Winter Park (67 miles west of Denver); Wolf Creek (18 miles southwest of South Fork).

Dude Ranches

Colorado calls itself the Dude Ranch Capital of the West. (Although Arizona will dispute this!) Some are operating cattle ranches. Accommodations range from rugged to luxurious. Seasons extend from May through October.

Aspen-Besides its reputation as one of the nation's finest ski areas. Aspen attracts thousands of summer visitors as well. It is situated in the beautiful Roaring Fork Valley, its slopes carpeted with the tree for which it is named. Fall in Aspen is a picture never to be forgotten. An easy drive either from Grand Junction or Denver.

Boulder-Here where the "Mountains meet the Plains," 20,000 students from 50 states and dozens of foreign nations attend the University of Colorado. The campus is considered one of the hand-

(Continued on page 51)



by M. R. Clawson

Frankly, I'm an armchair adventurer. But, like Superman or Capt. Marvel, I sometimes explode out of my timid disguise.

Once a year-shazamm!-I turn into a flamboyant mixture of all the ancient men who ever explored the wilderness, and I undertake an Annual Adventure, a foray into a new outdoors challenge.

My recent Adventure was an attempt to forage food from the land, a basic survival technique.

When I first told my wife Jane of the plan, she asked, "How can you cram a year's longing for challenge into a few weed hunts?'

"That's part of the challenge," I answered.

"How's this scenario?" she asked.

"Junior and I get mired in quicksand, while you, crazed with locoweed, try to save us."

"Sounds good," I admitted.
"Unfortunately," Jane c continued. "your left foot is captured by a Venus'flytrap, and a giant thorn bush quietly pricks you to death.'

I smiled. It was nice to have an understanding wife.

Realizing that a food-foraging expedition demanded more than a spare afternoon and a paper sack, I took my family for supplies.

Junior bought a canteen, a compass, and a year's supply of Tootsie Rolls. Jane purchased a three-piece cocktail dress and explained she needed new threads in case she met Euell Gibbons.

I bought only the basics; a blue jumpsuit, a pair of waders, a backpack, three standard botanical reference books, and a slew of field guides with titles like Munchies U Can Pick Yourself and Nature's Freebie Grocery Store.

Next we needed information. I contacted a friend who was into natural foods.

My friend said he wasn't into the

hard stuff, but he came over and helped me pick a salad from my lawn. "Like, wow," he exclaimed, "your yard is one big salad bowl." He said that some food faddists eat lawn grass, but I didn't have enough Kentucky Blue to fill a coffee cup. My yard, he said, was full of edible weeds.

When I offered to share the dandelion greens, wild onions, and violets with him, he said, "Thanks, man, but I'm going out for pizza,"

As I washed and chopped the plants for dinner, Jane said that she'd always been under the impression that violets were only eaten by perverts. Naturally, I felt safer. Who'd ever heard of a pervert being rushed to the hospital because of violet-overindulgence?

Jane and Junior ate submarine sandwiches and watched me chomp my na-

WILD GIPGER

ture-salad, which tasted like gritty weeds flavored with overly-potent onions. Later I had to admit that the dish wasn't very filling. Much, much later I slipped into the kitchen and surreptitiously ate three submarine sandwiches for dessert.

I decided I needed more information, preferably about heftier plants that

wouldn't leave me with a social problem (i.e., bad breath).

A retired man who organizes Boy Scout survival trips gave me this advice: "If the plant tastes bitter, don't cat it. If you don't know what the plant is, don't eat it. This isn't in the books," he said, leaning closer, "but if the plant is purple, don't eat it."

Puzzled, I asked, "But what do your Scouts eat?"

"Hot dogs and marshmallows," he answered.

Next I studied my new books, but I found that reading botany books was

similar to studying an unending newspaper filler. For example, I learned that two common lilies are the onion and garlic, and a South American relative of the daisy is used for lumber. Furthermore, the vanilla bean is really an orchid, and did I know that the Mexican jumping bean "jumps" because a hot caterpillar is inside? Big botanical deal!

When I'd absorbed what knowledge I could, I announced that our first forage would begin immediately after I delivered a white-paper lecture on plants.

Junior was excused from the expedition when he said that he had both baseball practice and a passionate urge to read the entire works of Fedor Dostoyevsky. (Maybe he was kidding. Junior didn't even belong to a baseball team.)

I flipped through pages in the field guides and lectured to Jane. "Here's a drawing of burdock and here's a picture of wild ginger," I said. "They're edible. On the other hand, here's a picture of hellebore and water hemlock, and they're poisonous."

"They look alike to me," Jane said. "How do you tell one from the other?"

I studied the black-and-white freehand drawings, which looked as if they had been sketched by a schizophrenic four-year-old. I admitted that Jane had a good point. "You probably have to see the plants in their natural habitat," I answered.

We began our adventure by driving to a woods posted: NO TRESPASS-ING! NO HUNTING! NO FISHING! NO ANYTHING! AND THIS MEANS YOU!

It seemed prudent to ask the owner's consent before we gobbled up all of his wild ginger.

"May I have your permission..." I asked the owner.

"Can't you read?" he asked.

"...to pick weeds from your property?"

"We don't tolerate no fly-by-night gardeners around here, no how," he shouted.

"You don't understand, sir," I said. "My wife and I are, er, naturalists, and we want to pick your weeds for a meal."

The owner not only gave me his consent, but he threw in his blessing and five minutes of hysterical laughter. He'd probably never seen any naturalists before.

Jane and I hadn't walked far into the woods, when I pointed to the tiny lagoon and shouted, "Food!"

"I overlooked the violets," Jane said, "but if you eat that crippled duck, I'm going to have you committed to Hazyview."

Earwax: the sneak thief of sound.

............

Everyone knows that hearing problems and age go hand in hand. But not everyone realizes that many hearing problems can be due to excess earwax build-up.

Excess earwax can muffle sounds and build up so you can gradually be robbed of your hearing without your realizing it. Of course, anyone suspecting a hearing problem should consult a physician. If it is due to excess earwax, your doctor may very well recommend the safe, effective way to remove earwax by using DEBROX® Drops. DEBROX is recommended by thousands of doctors who know it safely removes wax and can be used regularly to prevent build-up. DEBROX Drops cost only pennies a day. Available at pharmacies without prescription.

Debrox Drops

Recommended by doctors, used by millions

DC-1376

Father Flanagan's

BOYS TOWN CHOIR

Frank Szynskie Director

"Now Booking" 31st Annual Concert Tour Fall of 1976

MIDWEST AND EAST

Write

Father Robert P. Hupp Boys Town, Nebraska 68010

After I assured her that the food was in the cattails, she helped me remove the backpack full of books. I handed her the field guide that said the rhizome of the cattail was edible.

I was out in the middle of the lagoon before I realized that I had no idea what a rhizome was or where it was located. Obviously, I had to capture the whole plant so the rhizome wouldn't escape.

I gave the cattail a mighty swack with my 20-year-old Boy Scout knife, which promptly buckled. Angered, I hacked, wrestled, and worried the

plants into submission.

When I returned to shore, I stuffed the 6-foot reeds into a grocery sack. where they waved around like berserk danger flags on the rear of an overload.

Meanwhile, Jane had skimmed through the field guide. She announced that she was going up the hill to look for watercress, because she'd read that we could use it for a green salad, a cooked vegetable, a casserole, a sandwich, and tea. Add a couple of Tootsie Rolls, she said, and we'd have a complete meal.

Soon I found a bonanza of small foliage. I crouched in the middle of the patch and noted the green color, the three leaves, and white berries. Using my field guide checklist, I was just in the process of determining whether the leaves were paired oppositely or alternately on the stem, when Jane returned and asked, "Why are you sitting in poison ivy?"

For the record, my lurch out of the patch was quite adroit. It was the subsequent double-somersault that tore my jumpsuit, bloodied my arm, and

sprained my ankle.

Jane administered first aid and admitted that her enthusiasm for my project was running low. "Listen to these plant names I found in your book," she ordered. "Skunk cabbage, pignut, horsetail, sour grass, prickly pear, hog brake, and-yech! I can't stand it!-deer tongue."

I promised we wouldn't eat any of those plants even if they were cooked by an international gourmet society.

Since my adventure was stalled, I decided to take a plant, any plant, and try to identify it from the books, just for practice. Jane dutifully brought me a flora specimen.

After studying it for a prolonged time, I finally proclaimed, "This is definitely a pokeweed, or an elm tree, or a chrysanthemum." We began to realize that we had a problem.

Then we found nettles. My books said the roots produce yellow dye, the mature stems can be used for fishing lines (one uses the thorns of the haw-

(Continued on page 52)



Citizen of Service



One of the most colorful Americans in history, Samuel Houston served this nation in many capacities. He was Governor of two states . . . Tennessee and Texas . . . and was the first President of the Republic of Texas after he led his army to the liberation of the territory from Mexico.

Houston was born in Virginia in 1793, the son of a veteran of the Revolutionary War. When his father died in 1807, his mother took her nine children to what is now East Tennessee and settled

on a 400 acre farm she bought.

Young Sam didn't take to farming . . . he thought the nearby Cherokee Indians had a much better way of life, so at the age of 15 he ran away from home. He was found living with the Cherokees where he had been adopted by their chief and among whom he was known as "The Raven." He lived among them for three years, returning home at the age of 18. He was one of the best friends the Indians ever had throughout the rest of his life and continually fought for their causes, though with little success.

During the War of 1812, young Sam served in the Tennessee Militia under another Tennessean, Andrew Jackson. He remained in the Army until 1818 and then resigned his commission, returned to Nashville and

began to study law.

He entered politics in 1823 and ran for Congress. So popular was he, that he was unopposed and was re-elected in 1825. When he completed the second term, he returned home and was elected Governor of Tennessee in 1827. He then married the daughter of one of the most influential and wealthy families in the state, a move which completely altered his life.

In just three months, the bride returned to her home, the marriage was broken and Houston resigned as Governor. He seemed to turn his back on all his friends, and returned to live among his old dear friends, the Cherokee Indians.

He opened a trading post, married a friend from his boyhood and for some six years worked on behalf of his Indian friends, many times going

to Washington to plead on their behalf

When his former Army chief, Andy Jackson, became President, Houston was commissioned to go to Texas to negotiate a treaty with the Comanches. Texas was then a part of Mexico. Houston soon became involved in the troubles between the American settlers and Mexico and he decided in 1835 to remain in Texas.

Stephen F. Austin, a prominent Texas colonizer who founded some of the principal settlements in the state, went to Mexico City to present the demands of the settlers to become a state. He was thrown into jail by General Santa Anna. When the news reached Texas, they declared themselves independent and Sam Houston was chosen as commander of their

army. He had some 743 raw recruits in his entire Army.

All 188 of the Texans at the Alamo were killed by Santa Anna's army of 3,000 Mexican troops; three weeks later the Texans lost all 300 defenders of Colin later the rebuilding his army. fenders of Goliad. Houston began falling back while rebuilding his army. He lured Santa Anna into following his small army to San Jacinto, launched a surprise attack and defeated the Mexicans, who outnumbered him 2 to 1, captured Santa Anna and forced him to sign a treaty which led to the independence of Total Control of the control

independence of Texas. He was elected as the first President of the new republic, re-elected to a second term and then, after Texas was admitted to the Union, became one of its first two U. S. Senators.

Even though he for the patient into Many though he was admitted to the Union, became one of its first two U. S. Senators.

Even though he fought hard against dividing the nation into North and South, which led to the Civil War, he was still popular enough among Texans to be elected Governor of the state in 1859. He worked to prevent Texas from seceding from the Union, but failed. When he refused to swear allegiance to the Confederacy he was deposed.

Houston died two years later in Huntsville, July 26, 1863. Had he lived two or three more years, he would have seen his position vindicated.

OF THE LODGES





A PLEDGE of \$5,000 towards the expansion fund of Cape Cod Hospital was made, recently by members of Hyannis, Mass., Lodge. Standing by a drawing of the entrance of the new wing which will be dedicated in the lodge's name, ER Russell Young (left) presented a check for half the amount to Torbin Yates, hospital administrator, as Secy. Charles Farrell observed.



HANDICAPPED CHILDREN like two-year-old Tracy Chafin will benefit from the \$1,000 donation presented to Mrs. Helen Herold (right), acting director of the Franklin County Society for Crippled Children, by Eldon Brown, secretary of the Ohio Elks Cerebral Palsy Training Center Board. The society will use the gift for transportation, therapy, and educational services for the children.



THE YOUTH SERVICE of a local chapter of the American Red Cross located near Richmond, Calif., was the recipient of a \$250 donation from Richmond Lodge. Presenting the eheck to Dannie Smith, a student at the Cameron School for the Orthopedically Handicapped, was ER Mervyn Davis. Watching were volunteers Reem Adranly and Ben Carnahan.





sports stars from several fields of contest gathered recently at Woodland, Calif., Lodge for a banquet in their honor. Exchanging stories were (from left) ER William Hartwig, Peter Snell, outstanding track athlete of the '60s, Will Stephens, track coach, golfer Karolyn Kertzman, Gary Gerould, emcee, and Kathy Weston, Pan American Games 800-meter champion.





CITED for its involvement with hospitalized veterans was Colonie, N. Y., Lodge. James Cruquale (left) presented a commendation to Vets Chm. Edward Klimek (center) and ER Robert Dufresne.

THE BICENTENNIAL BABY is Victoria Sayson, daughter of Jacinto and Carmelina Sayson, who was born at 1:34 A.M. on January 1, 1976 in Guam. Agana Lodge has initiated an education fund for Victoria, the first child born on American soil in the Bicentennial year. The lodge also staged a ceremony in which the American, Guam, and Elks Bicentennial flags were raised together at the stroke of midnight on New Year's Eve. These flags were later presented to President Ford. Involved Elks were ER Vernell Pinson, Chni. Gil Lawson, and Brother Bob Funesti.



AS A FUND-RAISER for the Connecticut Elks Association's Scholarship Fund, GER Willis McDonald (left) was the first person to purchase this pin from SP Edward Szewczyk. The pin is in the shape of a whale which has been declared the state mammal.



THE BOYS CLUB of Alameda, Calif., has been receiving regular contributions from Alameda Lodge for 20 years. Recently, Club President Walter Curwen (back row, second from left) and Director James Nolin paid a visit to the lodge along with members (front row, from left) Bill Boesch, John Sherak, Tom Leong, and Rusty Bailey to thank ER Don Follrath (right).



DES PLAINES, Illinois, Lodge co-sponsored a week for youth in government with the local Optimists Club. Gathered at the project luncheon were (from left) SDCER John Minerick, Fire Chief Donald Corey, Darrell Jones, City Clerk Eleanor Rohrback, Joan Adams, Police Chief Arthur Hintz, and ER Dave Seaholm.



A STOPOVER for GER Willis McDonakl (left) and his party, which included PGER E. Gene Fournace (second from right) and Grand Secy. Homer Huhn Jr. (right), during a recent Pennsylvania tour was Mount Pleasant Lodge. Mayor William Potoka was one of the local officials who greeted the visiting Elks.

THE SPECIAL OLYMPICS sponsored by the state of Massachusetts and held at Tufts University had the participation of nine children sponsored by Lexington Lodge. Principal Charles Crisafulli of the Roger Wellington School, Youth Chm. Dick Samaria, and ER William Chemelli were present.



CUB SCOUTS who are students at the Webster County Developmental Learning Center in Fort Dodge, Iowa, were recently presented Bobcat badges and awards in nature and health. Fort Dodge Lodge has underwritten sponsorship of this troop for exceptional children. Rev. Morris Ulring is the pack's Cubmaster.



WOMEN IN LAW ENFORCEMENT were honored by members of Lancaster, Calif., Lodge. Co-chairmen Carl Beavers (second from left) and Capt. Del McDaniel (right) and ER Howard Avery hosted (from left) Deputy Sheriffs Linda Shute and Betty McWilliams, Linda Cagle and Maureen Wilson of the California Highway Patrol, and Stacy West and Barbara Sherwood, deputy sheriffs.





WALKING THIRTY MILES from Martins Ferry, Ohio, to Barnesville, Ohio, DDGER Fred Cook and his daughter Susan helped acquire \$3,200 for the Elks National Foundation, as well as numerous pledges. District lodges accepted the challenge to each sign 25 members to pledge 25 cents per mile, with happy results. Susan completed the trip in 14 hours, while Brother Cook completed 18 miles of the trek.



TANYA DIXON, an American Indian child who has been helped through the California-Hawaii Elks' major project, had a big smile for Jim Whitecloud (left) and ER Dwight Lane. Tanya was orphaned when her mother became seriously ill and her father was unable to care for her. She has been provided with special shoes, braces, and therapy equipment by Canoga Park, Calif., Lodge.

LODGE NOTES

ROCKVILLE, Conn. PDD and Secy. Jon-Paul Roden of Rockville Lodge and Chaplain Lucian Marek of West Spring-field-Agawam, Mass., Lodge initiated a project to televise *The Best Is Yet to Be*, a film produced by the Elks National Home to show what life is like for the residents. GER Willis McDonald taped an interview to be presented with the film.

BILLINGS, Mont. A check for \$2,000 was presented to Donald Danielson, executive director of Billings Deaconess Hospital, by a delegation of lodge members representing the Elks Bucks Club. The gift will be used to help finance a kidney dialysis machine.

FRANKLIN, N. H. SP Joseph Hebert, DDGER Owen Haley, and Franklin Mayor Eugene Danniell were numbered among the 150 guests present at a testimonial honoring 91-year-old charter memher Edward Rochleau, who joined the order 63 years ago.

BARBERTON, Ohio. National Foundation Chm. Harold Baker was instrumental in organizing a buffet at the lodge to encourage contributions to the National Foundation. To date, Brother Baker has succeeded in recruiting 75 new Foundation members this year. SAN FERNANDO, Calif. The lodge's first annual National Foundation dinner-dance was held recently with the Foundation receiving all proceeds.

OHIO. Approximately \$4,000 was raised by the Ashland and Wooster Elks' "walk" for cerebral palsy. Participants hiked the 22 miles between the two lodges and were furnished with refreshments by the Ashland and Wooster Elks' ladies.

ELK GROVE, III. The charter of Boy Scout Troop No. 58, whose sponsorship was recently undertaken by the lodge, was presented to ER Bernard Kan by Scoutmaster Milt Ciarlariello and PER Ray Martinez, institutional representative.

RED LION, Pa. The lodge sponsored a float depicting Elks' activities and a cerebral palsy home service program car in a local parade.

ESCONDIDO, Calif. Boy Scout John Maletich of Troop No. 669, which is sponsored by the lodge, recently achieved the rank of Eagle Scout. For his Eagle Scout service project, John designed and constructed aluminum bowling ramps for the handicapped bowlers of the United Cerebral Palsy Association of San Diego County.

VERO BEACH, Flu. Proceeds from the lodge's Bicentennial booth, which featured articles made by the Elks' ladies, went toward the Bicentennial fund and the Elks charities. The midget football team sponsored by the lodge took second place in its division.

visit was the occasion for the presentation of an honorary founder's certificate to PER Richard Ellsworth.

ROSWELL, N. M. The lodge's vets committee gathered clothing and reading material for patients at the New Mexico Rehabilitation Center.

KEARNEY, Neb. ER Gordon Baker and Americanism Chm. James Doberstein presented Bicentennial flags to all schools, city offices, care homes, and organizations within the lodge's jurisdiction.

ATLANTA, Ga. Twenty-five patients from the VA Hospital were guests of the lodge during its 41st annual fish fry.

tompoc, Calif. An official Bicentennial flag was presented to Mayor Art Scott by lodge representatives during a recent meeting of the city council.

(Continued on page 53)

1 out of Every 4 Americans (2 out of 3 Families) will Eventually be Stricken with Cancer*

CANCER INSURANCE



(OR \$16.50 A YEAR)
NO INCREASE IN RATES AFTER THE FIRST MONTH

FAMILY \$2.50 PER MONTH

Includes husband, wife, and all dependent unmarried children under age 19

\$25,000 maximum protection on each family

\$50.00 per day

each and every day for 90 days while confined to the hospital for the treatment of cancer

\$100.00 per day

each and every day beginning with the 91st day of continuous confinement to the hospital for the treatment of cancer (this replaces the \$50 a day for the first 90 days).

\$25,000 maximum benefit payable to one insured

CHECK THESE OUTSTANDING ADVANTAGES

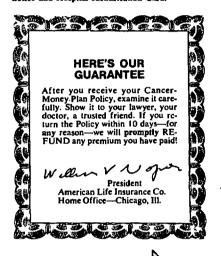
There is absolutely no age limit.

May be purchased regardless of health if annlicant

Questions and Answers ABOUT THE CANCER INSURANCE PLAN

- Q. Why do I need the Cancer Insurance Plan?
- A. Cancer is often a lingering disease which requires repeated, extensive treatment and results in the victim's being unable to work—thus resulting in high hospital bills and loss of income.
- Q. What medical information do you need?
- A. The only medical question is whether you have had cancer positively diagnosed. If not, you may buy the policy.
- Q. Will you cancel my policy if I have too many claims?
- A. Absolutely not! The only way Cancer Insurance may be cancelled is through the insured's not paying the premiums.
- Q. Can my rates ever be raised?
- A. Your rates can never be changed unless there is a general rate adjustment of this class in your entire state.
- Q. When does this plan become effective?
- A. Full coverage under this plan is available 30 days following the effective date of the policy.
- Q. If there is a history of cancer in my family, may I still purchase at the same premiums?
- A. It has been our experience that those most closely related to the expense of cancer are the most anxious to secure additional financial strength.
- Q. What is the age limit on purchase of this policy? What effect does age have on the policy?
- A. Full benefits are paid regardless of age, and you may continue your policy the rest of your life.
- Q. Must I be released from the hospital before I can collect benefits?
- A. No. Benefits are payable to the insured as confinement is incurred, on a monthly basis if he chooses.
- Q. Does this plan pay direct to me or the hospital?
- A. Benefits from the Cancer Insurance Plan are paid directly to the insured or to whoever he designates.

- Q. What is meant by positive pathological diagnosis of cancer.
- A. It is a microscopic examination of human tissue or fluid by a pathologist to determine if there is a positive malignancy.
- O. What forms of Cancer are covered?
- A. All cancer diagnosed as such by a pathological tissue examination, a standard medical practice, including Leukemia and Hodgkins disease.
- Q. How do I enroll?
- A. Fill out the brief enrollment request application and mail it today. SEND NO MONEY. If you are accepted, you will receive your Cancer Insurance Policy by return mail along with your premium notice and Hospital Identification Card.



MAIL

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THE COUPON

DON'T DELAY—YOU OWE IT TO YOURSELF AND YOUR FAMILY TO APPLY FOR THE CANCER INSURANCE PLAN TODAY!

- Here's how you can get this valuable coverage. Just fill in the attached coupon. Mail it today. SEND NO MONEY. If you are accepted, you will receive your Cancer Insurance Policy by return mail along with your premium notice and Hospital Identification Card.
- Send coupon to American Life Insurance Co. 221 N. LaSalle St. Chicago, Illinois 60601

THIS IS A CANCER ONLY POLICY

- Benefits are paid directly to insured.
- Pays in hospital of your choice, including government hospitals if you are legally obligated to pay for services rendered by such an institution.
- Pays in addition to all other insurance including Medicare. Pays directly to you if you desire.

1125 ILTER THE CAREST.

Issued by American Life Insurance Company, serving Americans since 1928.

WHILE CANCER CAN OFTEN BE CURED—

It requires the most expensive kinds of treatment.

The treatment is often prolonged and

Most hospitalization insurance is NOT adequate to cover the expenses of CANCER treatment.

THE CANCER INSURANCE PLAN WAS DESIGNED BY AMERICAN LIFE INSURANCE CO. TO PROVIDE YOU AND YOUR FAMILY WITH "PEACE OF MIND" ...

- It pays the money to you—use it where you need it most!
- Protects your savings—financial security every family must have!
- American Life Insurance Company . . . serving Americans since 1928.
- Send No Money Now!
- It's guaranteed renewable for life. Your rates can never be changed unless there is a general rate adjustment of this class in your entire state.

CANCER INSURANCE PLAN IS A GOOD VALUE. At the individual premium rate of \$16.50 a year it would take over 30 years for an insured to pay in premiums an amount equal to Cancer Insurance benefits for only 11 days of hospital confinement due to cancer.

THE LIMITATIONS AND EXCLUSIONS ARE THESE:
Cancer must be diagnosed by a microscopic examination of human
tissue or fluid by a qualified pathologist (A STANDARD MEDICAL
PRACTICE FOR DIAGNOSIS OF CANCER). This plan covers
cancer first diagnosed 30 days after policy effective date. This plan
pays in any hospital with the exception of a nursing or convalescent
facility, or an institution operated by any agency of the Federal,
state or local government unless the insured is legally obligated to

pay for services rendered by such institutions. This policy pays only for loss resulting from definitive cancer treatment, including only direct extension, metastatic spread (and/or its direct effects) or recurrence (and pathologic proof thereof shall be submitted to support such additional claims as provided under the terms of the policy). This policy does not cover any other disease or sickness or incapacity.

Notice: a provision in the Cancer Insurance Plan policy states: "If this policy is issued as a family unit, such family unit is defined as the named insured, the spouse of the named insured and all the dependent children of the named insured, unmarried and under 19 years of age." Newborn children are automatically added. There is no need to list individual members of the family on enrollment request.

Send No Money Now!

Am	erican Life I	nsurance Company	221 N. LaSalie St	. Chicago, III. 60801		
Cancer Insurance Enrollment Request Application						
Name	First	Middle Initial	Last	Date of Birth		
Street Address		City	State	Zip		
information and b	ellef no perse	on to be insured under	this policy has now	ent that to the best of my knowledge, or has ever had Cancer in any form		
except	will not pay	who is to be excluded benefits for any loss in condition which I now	ncurred during the f	of this policy. I understand that the irst two years after the issue date on n the past.		
naticy applied for	will not pay e or physical	benefits for any loss in condition which I now	ncurred during the f have or have had i \$1.50 per month	irst two years after the issue date or		
policy applied for account of diseas	will not pay e or physical	benefits for any loss in condition which I now Individual Plan	ncurred during the f have or have had i \$1.50 per month	irst two years after the Issue date on n the past. Family Plan \$2.50 per month		

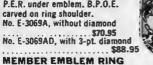
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Policy Form #CA25

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Past Exalted Ruler Lapel Button 10K gold filled. No. EB-2, w/o diamond /o diamond No. EB-2D.



Member Lapel Button 10K gold filled. No. E-81., \$4.95

No. E-81P, gold plated

with 3-pt. diamond \$26.25 Year Member

or Life Member Buttons in gold plate, 5-50 years or Life.



Elk of the Year Lapel Button 10K gold filled w/o diamond No. EY-1 \$9.65

EY-1D with 3-pt. diamond

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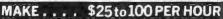
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Dept. 1

BASEMENT TOILET

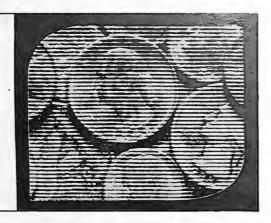
Flushes up to existing sewer or septic tank by powerful, self-contained pump operated by normal water pressure. No digging up floors. Clog resistant, easily installed. Make basement into game room, den, apartment with private bath. Financing available.





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by J. L. Slattery



SHOULD YOU HAVE YOUR OWN BUSINESS?

Many of the "business opportunities" ads include such urgent warnings as "DON'T DELAY! ACT NOW! These Choice Dealerships Are Going FAST!" Such ads are mainly addressed to individuals who know little or nothing about the realities of business. And many of the "Terrific Opportunities!" they claim to be offering are nothing more than fast-buck promotional schemes. In her column of December 17, the widely-read financial writer Ms. Sylvia Porter cautioned strongly against two such schemes-the "vending machine route" and the "merchandise rack route" operations. Most of them are gyp operations. And the average person isn't qualified to pick out the few honest ones.

Never rush into some seemingly good "business opportunity," There are and will continue to be many genuinely good business opportunities for the individual who is adequately prepared to take advantage of one of them.

Let's say that you're firmly resolved not to rush into self-employment. What are some key points you should consider very carefully in thinking about becoming self-employed?

The Big Questions

Is self-employment really a suitable role for you at all? If so, then what kind of self-employment would be right for you?

To get reliable answers to those key questions, you need several kinds of knowledge. You need to have a good knowledge of yourself. What do you really want? How much effort-and how much risk-are you willing to undertake to achieve your goals? What are your personal strengths and limitations? Be honest with yourself.

You also need to have a good knowledge of the actualities of whatever types of self-employment may attract you. Some "Be Your Own Boss!" ad may invite you to "Make BIG Money FAST in Your Own Mail-Order Business!" But how much do you really know about the actualities of mail-order merchandising—especially as it is today?

Besides all this, you need to develop an accurate picture of your "total supporting resources for self-employment purposes." Your financial resources would ordinarily have to include both money to use in your business venture

itself and funds for supporting yourself and your family while you're getting your business enterprise going. Two other headings to consider are "Sales Experience" and "Management Experience." Perhaps you will have to enter "None" under one or both of those headings in making your review. That by itself wouldn't necessarily exclude you as a prospect for successful self-employment. But it would mean that certain kinds of self-employment would not be right for you. At least not as a start.

There are many different kinds of selfemployment. But there are only a few basic avenues for becoming self-employed.

The Basic Avenues

Let's say that you do not wish to become a franchisee but do wish to become self-employed in some way that will provide you with "a good income" right from the start.

Then you had better be financially prepared to buy into some already successful business which has good prospects for continuing success and is also the right kind of business for you. And unless you are already solidly experienced in that type of business, the arrangements should include firm and clear provisions for you to receive adequate training and guidance from the present owner or owners of the business.

Any such business opportunity should be thoroughly investigated for you by a lawyer, an accountant, and your banker. Even they might have difficulty determining the actual value of the business and its overall prospects for remaining suc-

Now let's look at the field of franchising. In its recent report on "Franchising in the Economy, 1973-1975," the U.S. Department of Commerce presented a fairly favorable overall picture of the economics of the franchising industry. But by no means are all franchise offerings genuinely good business opportunities. And all too many of the bad ones are out-and-out gyp operations. Another important point is this: There really aren't a lot of genuinely good franchise opportunities for the man who: (a) has very little capital to invest; (b) has no sales experience and no management experience; (c) does not convincingly exhibit "management capability potential."

LODGE VISITS

GRAND EXALTED RULER WILLIS C. McDONALD



GER Willis McDonald (fourth from right) made a recent visit to Nutley, N. J., Lodge. He was welcomed by (from left) PERs Angus Mac Isaac, James Ippolito, and Ralph Kimball, ER Joe Lupo, PGER William Jernick, DDGER Stanley Novaco, and PERs Frank Cocchiola and Bob Rusignuolo.



Brick, N. J., Lodge warmly greeted Brother McDonald, offering him an honorary citizenship in the town and initiating a class of candidates in his honor. ER Leroy Wutsch was one of many to personally greet the Grand Exalted Ruler.



Poster child Claire Marie Chapius was introduced to Grand Exalted Ruler Willis McDonald (third from right) recently at Hamilton, N. J., Lodge. (From left) ER F. Stanley Hughes, Crippled Children's Committee Chm. Joseph Downs, Grand Est. Lead. Kt. Thomas Rhodes Jr., and PGER William Jernick all had smiles for Claire on this occasion.



Admiring an oil portrait of himself which was presented to him by ER John Valentine (right) of Southern Pines, N. C., Lodge was GER McDonald. The occasion was the North Carolina State Elks Association's fall conference, and PGER John Walker (left) and SP John Nichols were also present.



The Massachusetts Elks Association held a reception and dinner for GER McDonald and his wife Elizabeth recently which was attended by over 700 Elks and ladies. Present were PGER Ronald Dunn (seated) and (from left) PDD Edward Callanan, Massachusetts Elks President Harry Sarfaty, SDGER W. Edward Wilson, and the GER.

Young Alcoholic (Continued from page 11)

himself, he doesn't drink today. In a talk he recently gave to a high school health class, he had this to say:

"I want to talk to you about booze," he began. "But first I want to make something clear; we're not for or against drinking."

Then, in typical AA fashion, he related his own battle with the bottle.

"Let's go back forty-some years. I was exactly like you—I sat in a class-room just like this. I had a driving ambition for early financial success and a need for popularity that turned me into a youthful social drinker. I went from job to job, always successfully, always increasing my drinking as the pressure grew.

"I finally reached the point where I couldn't even get out of bed. I couldn't get off the floor. I couldn't even wipe

the puke off my own clothes and I pulled down the curtains and cried. I was a full-blown alcoholic. And I started out just like you kids."

Lewers doesn't expect all the kids to listen to him or to learn from his experience. But he hopes some will heed his words.

"If I can help just one kid in a classroom, it's worth it," he says. "All of them are going to be faced with the problem of alcohol all their lives, even if they don't become alcoholics. The question is: How are they going to handle it?"

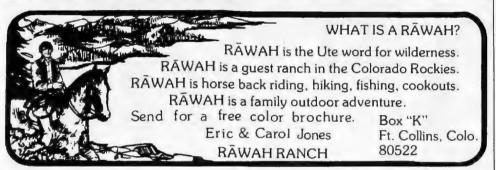
There are no easy answers to Lewers' question. But one thing is imperative: parents and teachers must acknowledge the growing problem of youthful alcoholism and join forces to combat it to keep the younger generation from going

"on the rocks." Basically, teachers must educate children in all aspects of alcohol in the schools and parents must set an example of temperate, moderate use of alcohol in their lives.

Dr. Joseph Takamine, head of the American Medical Association Committee on Alcoholism, says: "We need a tough heart and honest policy. We need to teach self-esteem. We need to utilize the sources of health centers. But the best preventive medicine is practiced at home."

Milton Wolk of the alcoholism division of the Massachusetts Department of Public Health, underscores this necessity.

"Teenagers have always used alcohol and they always will," he says. "And because teenage use is patterned after adult use, there's no way kids are going to stop drinking until adults do."



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Bbituaries-

PAST DISTRICT DEPUTY Leo F. Cantrill of Eveleth, Minn., Lodge died August 17, 1975.

Brother Cantrill was a Past Exalted Ruler of his lodge, and in 1968-1969 he became District Deputy Grand Exalted Ruler for the North District.

PAST DISTRICT DEPUTY Harry K. Maynard, a charter member of Willcox, Ariz., Lodge, died January 3, 1975.

A Past Exalted Ruler of the lodge, Brother Maynard was chosen District Deputy Grand Exalted Ruler for the Southeast District in 1972-1973.

PAST DISTRICT DEPUTY Richard C. Munson of Hagerstown, Md., Lodge died April 19, 1975.

The lodge's Exalted Ruler in 1945-1946, Brother Munson served the West District in 1947-1948 as District Deputy Grand Exalted Ruler.

PAST DISTRICT DEPUTY Charles L. Mobley Sr. of Hagerstown, Md., Lodge died September 26, 1975.

Having served as Secretary and Exalted Ruler, Brother Mobley was named District Deputy Grand Exalted Ruler for the West District in 1956-1957.

PAST DISTRICT DEPUTY Earnest E. Roehrs of Sandusky, Ohio, Lodge died October 8, 1975.

Having held the office of Exalted Ruler, Brother Roehrs became District Deputy Grand Exalted Ruler for the North Central District in 1974-1975.

PAST DISTRICT DEPUTY Grant W. Eighmey Jr., a life member of Lake City, Fla., Lodge, died December 4, 1975.

In 1964-1965 Brother Eighmey became the DDGER for the Northeast District.

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





As a gesture of appreciation, the Cincinnati VA Hospital had a plaque made for the lodge. Admiring it were (from left) PER Oscar Duncan, ER Paul Green, DDGER John Cook, and District Vets Chm. Eugene Shook. Hospital director William Claypool made the presentation.





Vets Chm. B. Bradford Kilmon, Elks' ladies member Jean Angellucci, ER Reese Gilbert, and Howard Ruppen, Perry Point VA Hospital director, gathered at the presentation of a gift, a ladies' hair dryer, from Havre de Grace, Md., Lodge to the hospital. At a recent banquet, the lodge's vets committee strove to emphasize the special requirements of the many women veterans in hospitals nationwide.



Waukesha, Wis., Lodge entertained veterans from Woods VA Hospital recently, who in turn presented the Wisconsin Elks Association with a letter of commendation. After the presentation, which was made by Bob Babick, director of recreational therapy, to State National Service Commission Vice-chm. John Pugh, veteran John Fleshour requested the microphone to thank the Elks for their work.





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Cities on the Sea (Continued from page 16)

In Europe, oceanographer Jacques Cousteau is making plans to erect a 2½ acre artificial island in the North Sea, between Holland and England. It will serve as an industrial site, used for a chemical facility that will treat wastes from manufacturing plants now polluting the area. The island will be built by pouring tons of sand into the shallow sea along Holland's continental shelf. The projected completion date of the site is 1980.

Cousteau is also preparing to construct a prototype steel and concrete structure that will be permanently anchored in the Mediterranean Sea, about five miles off Monte Carlo. He hopes to eventually build several larger islands, turning them into floating resorts, complete with hotels, apartments, restaurants and shops.

Some of the blueprints for the new floating islands are proposing that they be used as the site of airports. The current interest in airports on water has grown out of the congestion crisis that airports are now facing throughout the world. The Ralph M. Parsons Co., a Los Angeles-based engineering and construction firm, recently completed a comprehensive study of airports for the U.S. government, and concluded that offshore airports are "inevitable" as land becomes more scarce and air congestion increases. Ximeno Tejada, the Parsons airport business development representative, states, "Offshore airports can be built and will be built, despite what appears at this time to be prohibitive costs."

In San Diego, the possibility of an "aquaport" has been discussed, and some local officials have called the concept "exciting and imaginative." Designed by two local architects, the proposal calls for the airport to be built atop concrete modules measuring 80 feet long and 60 feet wide. Buoyancy would be provided by polystyrene within the modules. The terminal would be located 1½ miles offshore.

New York City's Master Plan has recommended serious consideration of an aquaport about three miles south of the Rockaway peninsula. One suggestion is that the New York offshore facility would be three times the size of Kennedy International Airport. It would cost \$2 billion, and cover more than 23 square miles, built atop landfill dumped into the 40-foot-deep waters.

In addition to airports on the ocean, there have also been proposals to locate them on the Great Lakes near both Chicago and Cleveland. The Chicago site would be in Lake Michigan, and connected to the city's south side by six miles of bridges and tunnels.

Oceanographer Athelstan Spilhaus believes that if offshore airports are eventually built, hotels could be erected right on the same artificial islands. "Hotels at airports on land have to be insulated from aircraft noise," explains Spilhaus. "What better insulator could there be than seawater. Hotel accommodations could be built within the huge floats or pylons beneath the sca surface. Travelers would truly have an ocean view—from below."

Spilhaus insists that the sea offers man his greatest opportunity to expand, and foresees man-made islands being used for cities, resorts, airports, and industrial purposes. "The sea offers man space—space close to the crowded coasts, space close to the majority of the world's cities, space close to the terminals of world trade," he says.

Craven of the University of Hawaii is also very optimistic about the future of artificial islands. "Over the next 40 to 50 years, there will be an evolution toward floating cities, and they will be located everywhere. There's no doubt in my mind that it will happen."

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Lakewood, Colo., Lodge has several thousand-dollar Elks National Foundation contributors, including (front row, from left) PER Tad Krupa, In. Gd. Dwayne Counce, Trustee Donald Ballou, ER Dan Deneice, as well as (back row, from left) Lowell Cleavenger, PDD Ed Klipka, and Est. Lect. Kt. Lee Stunkel.



Foundation members from Westport, Conn., Lodge's Elks' ladies group are (from left) Mildred Jabieski, Ann Martini, Jennie Clark, and Trudy Long, as well as Mabel Church and Josephine Hoyt. Offering their congratulations were (from left) Stanley Jabieski, foundation chairman, State Chm. Carey Lowe, ER Robert Clark, and DDGER Edward Zimmer.

Ladies of the Elks of Marietta, Ga., Lodge received the congratulations of lodge members for their generosity in contributing to the Foundation. Mrs. Ann Gallo was one of the ladies to accept her pin from State Chm. Chuck Tynes.





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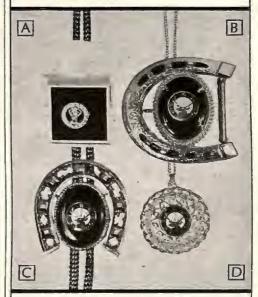
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Spring and Summer, Fall and Winer. A Zoysia lawn is an investment that yields divi-dends in all sea-sons. Every year as the Spring sun warms the soil, your Zoysia lawn greens up with fresh, new heauty. In the Summer, the blistering sun burns ordinary, seeded lawns into

hay. Shady areas grow more weeds than grass. But your Amazoy lawn stays fresh, green, weed-free and viable all summer long even through searing droughts! Shade-tolerant Zoysia grows wherever crabgrass grows-even drives it out!

In Fall and Winter, your Zoysia lawn investment rewards you with grass you can use. A Zoysia lawn is so thick-so winter-hardy -children can play football on it and not get their feet muddy.

So let others re-seed, feed, water, weed and mow, mow, mow. Switch now to the lawn that's a joy to own and a lawn for all seasons: Amazoy Zoysia!

PRAISED IN FAMOUS MAGAZINES, NEWSPAPERS

Money could never buy the praise lavished freely on Meyer Z-52 Zoysia by lawn experts. Zoysia, headlined a big New England paper, "Gives Weeds No Chance." The Associated Press wrote: "If heat and sun bake your lawn a dull, drab brown . . . set out some a which is a sun warshipper." zoysia grass, which is a sun-worshipper."

Similar praise appeared in Phila., Boston, Newark, Pittsburgh, Chicago and many other papers. National Geographic, Newsweek, Flower & Garden, Organic Gardening and other home & gardening magazines also have suggested that their readers try "the grass for all seasons."

"MOWED IT 2 TIMES," WRITES WOMAN
For example, Mrs. M. R. Mitter writes
me how her lawn ". . . is the envy of all
who see it. When everybody's lawns around
who see here are brown from drought ours just stays as green as ever. I've never watered it, only when I put the plugs in ... Last summer we had it mowed (2) times. Another thing, we never have to pull any weeds—it's just wonderful!'

WRITERS COAST-TO-COAST PRAISE "Z-52" ZOYSIA ORDER EARLY BIRD SPECIAL NOW, GET UP TO 200 PLUGS FREE!

Wonderful? Yes, Amazoy Zoysia Grass IS wonderful! Plant it now and like Mrs. Mitter you'll cut mowing by 2/3 . . . never have another weed problem all summer long the rest of your life!

And from Iowa came word that the state's largest Men's Garden Club picked a Zoysia lawn as the "top lawn -nearly perfect" in its area. Yet this lawn had been watered only once all summer up to August!

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r deep-rooted, established Amazoy lawn saves you time and money in many ways. It never needs replacement . . . ends re-seeding forever. Fertilizing and watering (water costs money, too) are rarely if ever needed. It ends the need for crabgrass killers permanently. It cuts pushing a noisy mower in the blistering sun by 3/3.

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Thick, rich, luxurious Amazoy grows into a carpet of grass that chokes out crabgrass and weeds all summer long! It will NOT winter kill. Goes off its green color after killing frost, regains fresh new beauty every Spring—a true perennial!

NO NEED TO RIP OUT PRESENT GRASS

Now's the time to order your Zoysia plugs—to get started on a lawn that will choke out crabgrass and weeds all summer long and year after year.

Plug it into an entire lawn or limited "problem areas". Plug it into poor soil, "builder's soil, clay or sandy soils—even salty, beach areas, and I guarantee it to grow!
PERFECT FOR SLOPES

If slopes are a problem, plug in Amazoy and let it stop erosion. Or plug it into hard-to-cover spots, playworn areas, etc.

Your Own Supply of Plug Transplants Your established turf provides you with Zoysia plugs for other areas as you may desire.

PLUG AMAZOY INTO OLD LAWN, NEW GROUND OR

Just set Amazoy plugs into holes in ground like a cork in a bottle. Plant 1 foot apart, checkerboard style. Every plug 3 sq. inches.

When planted in existing lawn areas plugs will spread to drive out old, unwanted growth, including weeds. Easy planting instructions with order.

NO SOD, NO SEED

Do not mistake Amazoy pre-cut plugs for sod or seed of any type of grass. There's no seed that produces winter-hardy Meyer Zoysia. Sod of ordinary grass carries with it the same problems as seed — such as weed, diseases, frequent mowing, burning out, etc.

Every Plug Guaranteed to Grow

- In Your Area In Your Soil AMAZOY WON'T WINTER KILL—has survived temperatures 30° below zero!
- AMAZOY WON'T HEAT KILL-when other grasses burn out, Amazoy remains green and lovely!

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Think of your money, work and time . . . the irreplaceable years lost when a planting fails. It just doesn't pay to struggle with unknown grass that dies out when you want it most. Order Amazoy Zoysia Grass now in full confidence it will spread into thrillingly beautiful turf!

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- Easy To Plant, Easy To Care For
- Perfect For Problem Areas Chokes Out Crabgrass

· Laughs at Water Bans

- And Your Established Amazoy Lawn

 Reduces Mowing 2/3

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i	Plugs FREE, Total 110 Plugs \$ 6.95
ı	☐ 100 Plugs plus Bonus of 20
	Plugs FREE, Total 120 Plugs
i	and \$4.95 Plugger
L	Plugs FREE, Total 220 Plugs \$11.20
ī	200 Plugs Plus Bonus of 25
I	Plugs FREE, Total 225 Plugs and \$4.95 Plugger
1	□ 300 Plugs Plus Bonus of 50
!	Plugs FREE. Total 350 Plugs
L	and \$4.95 Plugger \$17.75
i	Plugs FREE, Total 700 Plugs
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1	100 plugs and we pay all shipping.
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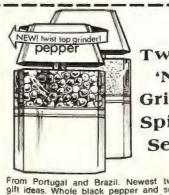
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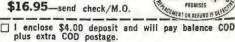


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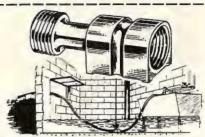
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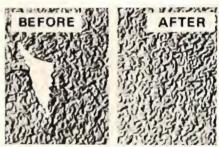
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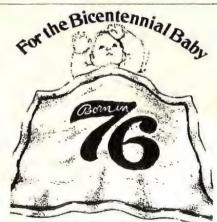
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(Continued from page 20) somest in the nation. Visitors are welcome. Boulder is about an hour by car from Denver,

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Central City—Once called "the richest square mile on earth," Central City's fame today stems from its opera and drama festivals. Summer crowds nearly as great as those during its ore-produc-

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Colorado Springs-About 60 miles south of Denver at the base of Pike's Peak. One of Colorado's foremost va-

cation areas.

Cripple Creek—Reached from Colorado Springs over the Gold Camp Road, Cripple Creek was once called "America's No. One gold camp." During its boom days it turned up nearly \$1 billion in gold. For the miners it bought booze and women along with misery and prosperity. By the turn of the century 139 saloons were operating 'round

the clock and shootouts echoed along Meyers Avenue.

Denver—Colorado's capital has been described variously as "the cow town of America" and "the most cosmopolitan of American cities." The Brown Palace is its most famous hotel and Brooks Towers (42 stories) its tallest building. Visitors should look in on Larimer Square, the State Capitol Building, Gates Planetarium, Molly Brown's home, the city's Botanical gardens, Chessman Park, the United States Mint and Buffalo Bill Museum.

Durango—Most famous for the narrow-gauge railroad which makes the 44-mile run to Silverton. Durango was once known as one of the wildest cities of the West. Dozens of shootouts; Billy the Kid was a frequent visitor.

Estes Park—Located 61 miles northwest of Denver, Estes Park is among Colorado's most visited vacation areas. Alpine lakes, towering peaks, trout streams, riding trails, forests and lovely meadows.

Glenwood Springs-Located in the heart of the Rocky Mountains about 175 miles west of Denver. Doc Holliday died in Glenwood Springs; his grave overlooks the town.

Granby-Eighty-five miles northwest

of Denver, Granby is Colorado's dude ranch capital. Excellent fishing, hiking and riding trails.

Grand Junction—Lies on the Western Slope 260 miles southwest of Denver in a mile-deep valley—a petrified ocean bottom 600 million years old. Rising to the north are the awesome Book Cliff Mountains, and to the west is Colorado National Monument with its blood red canyon walls.

Gunnison—In the area of Gunnison are more than 1300 miles of fishing streams as well as dozens of lakes. The new year 'round resort of Crested Butte is less than an hour by car. Visitors should take a drive to the famous old ghost town of Tin Cup.

Leadville—This old mining town is the home of the Tabor Opera House, the Tabor Grand Hotel and Tabor's Matchless Mine. The mine, along with Baby Doe Tabor's cabin, are open to the public.

Loveland—The gateway to the Rocky Mountain National Park. About 50 miles from Denver. Mountains, lakes, fishing, boating, water skiing.

Montrose—Located on the Western Slope at the junction of U.S. Highways 50 and 550, Montrose is the "Gateway to the San Juan Mountains." Spectacular scenery.

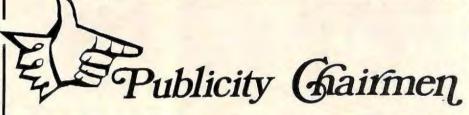
Ouray—This charming little mining town (about two hours by car from Grand Junction) is known as the "Switzerland of America." Surrounded by the awe-inspiring San Juan Mountains, Ouray is everyone's dream of the perfect Alpine village. In its heyday bordellos flourished and saloons ran 'round the clock. One of its most famous mines, the Camp Bird, is still operating.

Silverton—Centered in the San Juan Mountains, Silverton is a mining town that's come alive with tourists. It's the terminus of the Rio Grande Western Railroad narrow-gauge line from Durango. Shoot-'em-ups staged each noontime as the train chugs into town,

Steamboat Springs—Steamboat is the gateway to Routt National Forest and a famous ski town. The annual Winter Carnival (second week of February) is one of the nation's top winter spectacles. Visit Fish Creek Falls, Strawberry Park, Buffalo Pass and nearby

mining camps.

Vail—What can one say about Vail that hasn't already been said? As President Ford's favorite vacation retreat, it receives headlines around the world. Vail was designed to match the charm of a European alpine village. Excellent skiing, comfortable inns and lodges, fine restaurants. In summertime there are jeep tours, golf, tennis, guided hikes, fishing and journeys by gondola to the 11,250-foot summit of Vail Mountain. Vail is tucked among the Rockies 110 miles west of Denver and 150 miles east of Crand Junction.



If you are in charge of sending news of your lodge to *The Elks Magazine*, be sure you have one of our information sheets with a list of material acceptable for publication. This list may be obtained by sending a self-addressed stamped envelope to:

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Chicago, Illinois 60614

For those of you who may not get around to obtaining one of our guides, we would like to offer you some instant information by briefly mentioning in part the news department's criteria for publication.

 Send it in fast and fresh. If you send an item in early March, the very earliest it can appear is in the May issue, so we need all the help we can get. Three weeks after the event is the deadline.

 Polaroids and color prints and negatives are NOT acceptable since they do not reproduce well on our pages.

Be sure the photo is clear, that it does not include such a crowd of people that the faces are unrecognizable, and please don't take risks when mailing your precious photos—use careful packaging.

 Remember, because of the large number of lodges and our spacial limitations, we cannot publish items concerning mandatory activities, such as the installation of officers, Flag Day, Memorial Sunday services, as well as various Grand Lodge contests.

Thanks for your help; we'll look forward to hearing from you soon.

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(Continued from page 23)

thorn for fishing hooks, of course), and the young shoots and leaves are

There's only one thing the book forgot to mention-how to pick the prickly devils. Jane and I were stung senseless a few times before we gave up the attempt. We didn't have anything we wanted dyed yellow, anyway.

Next we found mushrooms. Lots of mushrooms. And that, no kidding, was

a thrilling experience.

We found the Lactarium Vellereus. the Amanita Flavorubescens, and the Amanita Bisporigera-who named these things, anyway? The thrill came when we read that we'd just found sufficient lethal material to wipe out the whole state of Maryland.

By this time my ankle was beginning to swell, and Jane led me over to a wet log to rest. The rays of the afternoon sun dimmed, as the birds made their last frantic squawks before calling in their night-time answering service.

It seemed ironic that Jane and I had probably eyeballed enough food to feed our family for years. All we had needed to know was what to pick and how to cook it. Details, details.

I couldn't help thinking of the menu that I'd carefully planned after my first forage:

Appetizers Watercress and water lily soup Purslane pickles Main Dishes Boiled evening primrose Silverweed patties Side Attractions Mulberry jelly Salsify french fries Beverages Sassafras tea and/or strawberry

lemonade Desserts Hazelnut torte Scotch lovage candy Amenities Bearberry cigarette Chokecherry brandy

After the meal, lit with bayberry candles, I had intended to brush my teeth with a dogwood twig. Then I'd planned to use elderberry ink to write-Mother Nature a gushing thank-you

"Time for dinner," Jane said. "Want to stop for burgers and fries?"

"Sure," I replied, allowing myself only one discreet sigh for life's missed pleasures.

We walked out of the woods and left the eating-wild-delicacies game to those who knew the rules. My Annual Adventure was over.

But only yesterday I heard about a \$5.95 fishfinder-gadget that guarantees results or double your money back. This lure, someone said, shimmies along the bottom and gurgles seductive bubbles to fish, who then get muddled and jump onto your stringer.

And next year I'm going to try it.



The Bicentennial Brochure

GL Activities Contest

Grand Exalted Ruler Willis C. McDonald's theme "Pride in Elkdom-Pride in America'' restates and continues the dedication Elkdom has always had for our great country.

The outstanding patriotic Order, the founder of Flag Day, can do no less than to be in the forefront in the observance of the Bicentennial celebration of our beloved United States of America.

Please document the activities of your Lodge and enter your brochure for judging in Contest H. Remember that the brochures are judged by contents, not by covers. Include photos, news coverage, lodge bulletins and any other material that documents your contribution to the Bicentennial program.

Pack securely, address clearly and mail with the proper postage in plenty of time to reach me by May 15, 1976: Alvin A. Ehrlich, 3422 Wilder Lane, Orlando, Florida 32804.

First, second and third place awards will be given in each of the five divisions, based on the annual membership report of March 31, 1976.

Join with your local Bicentennial commission, with other organizations or if there is no leader in your locality, do as Elks have always done, lead the observance in your city.

Winning entries will be on display at the booth of the Lodge Activities Committee of the Grand Lodge at the national session in July, 1976.

NEWS OF THE LODGES

(Continued from page 27)



FOUR SONS and a son-in-law of two lodge members were congratulated by ER Macario Gessini (standing, center) after their recent initiation at Ithaca, N. Y., Lodge. Brother Alfred Nazer (standing, left) accompanied his sons (seated, from left) Paul and David to the ceremony, and Brother Wilmar Carroll (standing, right) witnessed the initiation of his son-in-law Neal Howard (seated, center) and his sons James and Stephen.



BROTHERS AND NEPHEWS of one family at Bellows Falls, Vt., Lodge represent a total of 143 years of Elks membership. Receiving membership pins recently were James Marino, for 41 years, Peter Murray, 36 years, Joseph Murray, 44 years, John Dagnoli, 10 years, and Angelo Cetto, 12 years.



RECENTLY ACQUIRED by the Central District of New York was the district's second station wagon to facilitate home treatment of cerebral palsy. (From left) PVP Dale Hartpence, DDGER Robert Blumberg, PSP Joseph Ferlo, PGER Ronald Dunn, PDD Bob Sprague, VP Edward Smaldon, and Daniel Capella, Central District cerebral palsy chairman, checked out the new vehicle at Oneida Lodge.



A TESTIMONIAL PLAQUE was awarded by Manville, N. J., Lodge to Brother Ben Farneski (right) in appreciation of his support of lodge activities. ER William Schwalenberg made the presentation during the lodge's 17th annual charity ball.





TWO RECIPIENTS of Pennsylvania Elks South Central District scholarships were honored recently at a dinner-dance held at Middletown Lodge. ER Richard Eagle (left) and PER James Harold, the lodge's National Foundation chairman, congratulated the students, Logan Deimler and Margaret Johns.

THE RECREATIONAL ACTIVITIES sponsored by Huntington, N. Y., Lodge for patients of Northport VA Hospital were acknowledged in a voluntary service certificate presented to the lodge. Raymond O'Connor and Vets Chm. Leo O'Connor accepted the certificate from a hospital resident.



THE FAMILY of PER Stephen Pollock (seated, right) joined with members of Keene, N. H., Lodge and city and state officials to celebrate the 60th anniversary of Brother Pollock's initiation into the order. A plaque was awarded to the Past Exalted Ruler during the visitation of DDGER Ray Cotillo and SDGER Ron Simpson to the lodge.



KAREN LYNN WOJTOWICZ, a student at Hillside High School, submitted the winning entry in the crippled children's poster contest sponsored by Hillside, N. J., Lodge. (From left) ER Jerry Padovano, Est. Lead. Kt. George Millward, and Crippled Children's Chm. Joseph Frekey awarded a U.S. Savings Bond to Sharon for her achievement.



LYNBROOK, New York, Lodge recently celebrated the 50th anniversary of its institution as part of the order. Gathered at the lodge to commemorate the special event were a number of officials including (seated, from left) ER Venerando Indelicato, SP Lucian Masur, PGER George Hall, and Francis Purcell, town supervisor.



IN ADDITION to the \$8,000 raised at a dinner-dance for cerebral palsy, the members of New Rochelle, N.Y., Lodge presented a wheelchair to Robert Schonhorn (right), executive director of the United Cerebral Palsy Associations of New York State. Major Projects Chm. Martin Traugott (left) and PER Eugene Colombo, dinner-dance chairman, represented the lodge at the presentation.



DURING A FISH DINNER at Dover, N. H., Lodge, winners of the lodge's 1975 fishing derby were saluted. Those present included (seated, from left) Larry Larochelle, champion brook trout fisherman, Chm. Bud Stillwagon. Ken White, black bass, and (standing) Phil Casey, master of ceremonies, James Leocha, cod, Harry Shattuck, lake trout and salmon, and PER Paul Ayer, blue fish.





SENIOR CITIZENS were the honored guests at Falmouth, Mass., Lodge for a holiday dinner. A dance followed the meal, which was prepared by lodge members and served by the Elks' ladies to over 200 participants.

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FREE CATALOG - WRITE!

(Continued from page 12)

SCORE, the Service Corps of Retired Executives, enlists retired businessmen to work with the Small Business Administration in providing know-how to struggling small businesses. There is no pay, but out-of-pocket expenses can be reimbursed.

If your income is limited, you may volunteer for pay: Foster Grandparents and Senior Companions, working twenty hours a week with either children or the elderly, receive a small stipend for their services.

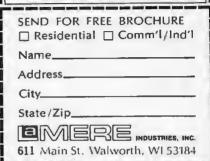
RSVP, the Retired Senior Volunteer Program, enlists men and women over age 60 in community service; through agencies in all fifty states, RSVP is locally planned, operated, and controlled. RSVP can use as much time as you choose to give, and builds on what you like to do—which may or may not be related in any way to your previous occupation. A retired dentist, for example, not at all interested in a suggested assignment doing preventive dentistry in a nursery school, is happily teaching bridge to senior citizens instead.

Under a new "Living History" program, linked to the Bicentennial, volunteers are visiting schools, sharing their memories with children who would otherwise learn about the past only second-hand, if at all. Other RSVP volunteers, some 150,000 of them around the country, take meals to shut-ins, visit nursing home patients, teach the handicapped to swim, provide free income tax counseling for senior citizens, and test schoochildren's eyesight. These may be the same kind of volunteer jobs you could find on your own, but when RSVP is involved, there are several advantages: you are sure to get any necessary training, accident and liability insurance are provided, and transportation is arranged when needed. You don't have to be stuck at home when there is an RSVP agency nearby.

Don't volunteer in anticipation of economic benefits. But the non-economic benefits are very real. A study done in connection with one ACTION program revealed some of these benefits: 52% of the volunteers reported improved health; 88% reported feeling less isolated; 94% reported a feeling of usefulness to others; and 95% reported increased satisfaction with life. Whether you work with schoolchildren or the elderly, stuff envelopes for a political campaign or raise funds for any one of a number of worthy organizations, you have a lot to gain. And you have a lot to give. As the RSVP slogan puts it: "You've learned a lot in 60 years of living. Don't keep it to yourself."

There appears to have been a misunderstanding concerning an article by Diane Milesko-Pytel which appeared in our September, 1975 issue. Upon final review of the facts the editors find that the charges made against the Church of Scientology were unsubstantiated. We regret any inconvenience this may have caused the Church of Scientology.









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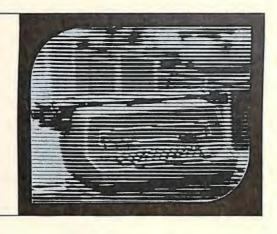
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EDITORIALS



Our Guiding Principles

The United States of America has been called "an experiment in government." Perhaps true some 200 years ago . . . but not today!

An "experiment" is usually thought of as the testing of a theory. In that context, one must conclude that since we are the oldest free government in the history of the world, we must be a proven fact, not just a hypothesis. If our system of democracy and free enterprise are not facts, why do so many others try to copy them?

Elkdom, too, has withstood the same tests for over a century. Our Order followed the principles embodied in the formation of this nation as its founders framed our Constitution and Laws around the four cardinal precepts of CHARITY, JUSTICE, BROTHERLY LOVE and FIDELITY.

One cannot study the U.S. Constitution and fail to see that CHARITY is woven throughout its entire fabric. It is designed to help free mankind, not take away its God-given rights nor cruelly suppress us. President Lincoln commented on it during his second inauguration: "With malice toward none; with charity for all; with firmness in

the right as God gives to see the right . . ."

The founders of this nation and our Order also believed in JUSTICE for all mankind. They recognized the wisdom of Cicero when he said, "Nothing can be honorable where justice is absent." Or Horace, who said, "Fidelity is the sister of Justice."

A lack of justice in their native lands brought our forefathers to America. They did not agree that a man was guilty until he could prove his innocence. They felt the oppression of indiscriminate search and seizure so they quickly set about correcting those injustices on these shores. Our laws are certainly not perfect . . . but they are envied by freedom-loving people all over the world. People who show their respect in both words and deeds.

BROTHERLY LOVE? Concern for others runs throughout our national and fraternal lives. It was expressed quite well by Stephen Vincent Benet, Poet Laureate of the United States, in a prayer he wrote for President Franklin D. Roosevelt, a Brother Elk: "Grant us brotherhood, not only for this day but

for all our years—a brotherhood not of words but of acts and deeds. If our brothers are oppressed, then we are oppressed. If they hunger, we hunger. If their freedom is taken away our freedom is not secure."

Listen carefully the next time you hear an Esteemed Lecturing Knight speak of Brotherly Love . . . you will hear equally impressive words concerning this most noble quality of Elks.

FIDELITY? The founders of both our nation and our Order have demonstrated unswerving devotion to this precept. This nation has never abdicated its moral responsibilities within or without our borders. We have remained faithful to the basic tenets set forth some 200 years ago when a small group of men pledged "our lives, our fortunes and our sacred honor" to the establishment of the greatest form of government yet devised by free men.

No other nation in history has ever done so much for others in almost every respect. By the same token, we know of no other similar fraternal organization which can claim it has done more for those in need than have Elks. America and Elkdom will continue to do so even though we may garner disparagement and vilification from many of those we try to help the

THINK ABOUT IT!



When the President of the American Merchant Marine Library Association advised the Elks War Commission of the need for books to provide reading material for the men aboard the ships, the response was immediate. Within a few weeks, books began to pour in from Elks

lodges and members throughout the nation . . . hundreds of thousands were collected. It was another of the very many Elks projects to help out during World. War Two.

Soon after the outbreak of World War Two, Columbus, Ohio, Lodge No. 37 came up with the idea of manufacturing slippers for our hospitalized service men. The project grew to be too much for one lodge to handle and the War Commission of the Order stepped in to furnish funds for the project. The slippers were made by inmates of penitentiaries in Ohio, Massachusetts, New York, Washington and Oregon. The

Elks lodges in Maine, through the cooperation of some shoe plants in their state, also sent several thousand pairs.

Another little-remembered project of the Elks in World War Two was the help rendered in recruiting nurses. There was a critical shortage in the VA hospitals because of nurses called to duty with the armed forces. Nurses had to be recruited who could not serve with the armed forces, making the field in which they had to work quite limited . . . but they did the job. Hundreds were brought back into active duty in both veteran's and local hospitals.



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