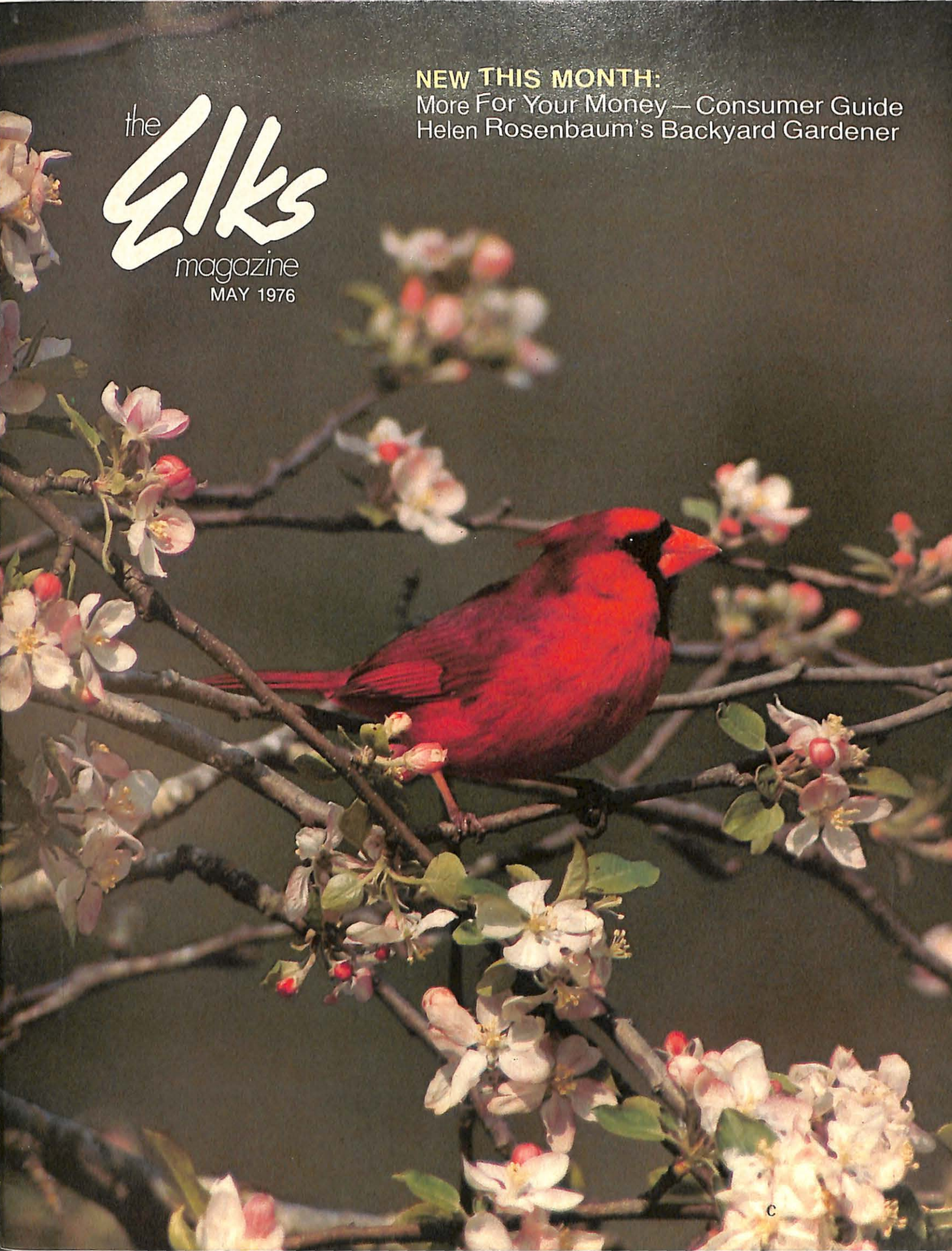


the
Elks
magazine
MAY 1976

NEW THIS MONTH:
More For Your Money — Consumer Guide
Helen Rosenbaum's Backyard Gardener



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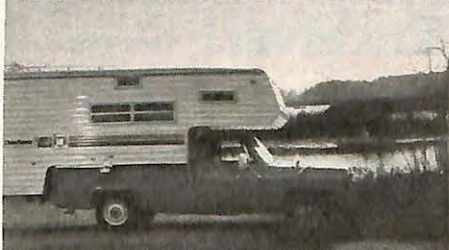
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the Elks magazine

VOL. 54, NO. 12/ MAY, 1976

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8 VOLCANOES AMERICAN STYLE

Those "dead" volcanoes now raise a new question, not *whether* . . . but *when*.

Earl Clark

12 NUCLEAR SCANNING TO SAVE YOUR LIFE

A revolutionary technique which gives new hope to 27 million Americans.

Larry Holden

48 FEW SO PEACEFUL

Another side to the Caribbean . . . fewer of the sophisticated pleasures . . . a greater share of simple charms.

Jerry Hulse

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More for Your Money |

Cover: Male cardinal perched on blossoming apple tree.

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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.

You call the charter agent at your Trailways terminal. Tell him where you want to go, and what time you want to be picked up. And he'll take care of the rest of it.

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If you know what we're talking about, drop the coupon in the mail and a charter agent will call you.

Or check the box, and we'll send you a copy of our charter brochure.

Maybe your club's already going places. But we'll tell you it'll be hard for anyone to go as many places as the Dewy Springs Elks did that night.

Call your travel agent or complete our coupon.

- Have one of your charter agents give me a ring.
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A Message From the Grand Exalted Ruler

Benevolent Trust

FOR FORTY-EIGHT YEARS the Elks National Foundation has been the great vehicle for the benevolent activities of the Grand Lodge. Spanning these years every penny which has been contributed has been retained in this benevolent trust. None of the principal of the fund has been used for any expense of operation or maintenance. Each year the earnings are distributed through the granting of scholarships in an annual contest, the making of grants to the state associations in aid of their major projects, and the granting of emergency scholarships for the education of the children of deceased members.

This is one of the very few charity funds which is operated and continued entirely without any expense, either for its operation or for the solicitation of the considerable amounts which are added to the corpus of this trust each year.

A recent letter printed in the California-Hawaii Elk states:

"As I drove thru Vista today, I passed your Lodge and was reminded of a very kind scholarship gift I received from you nearly eight years ago as I left Fallbrook High School.

"I have now finished my bachelor's degree in chemistry at U.S.C. and in June will receive my M.D. in medicine from U.C.L.A. The same month I will begin the final training stretch in a Southern Californian surgical residency.

"I would like to thank you again for a very

kind gesture given me by your group, and wish you all the best to come in this new year."

A recent survey of young people who won the top award in the annual scholarship-leadership contests ten years or more ago, resulted in nineteen replies. Of these the replies indicated the following:

All obtained, not only a bachelors, but a masters degree in his or her subject:

- Three are medical doctors;**
- Six obtained PhD's in their subjects;**
- Four graduated Magna Cum Laude;**
- Two graduated Summa Cum Laude;**
- One is a Phi Beta Kappa;**
- Two were granted Fulbright fellowships;**

All, except two are engaged in some form of public service:

- Three are doctors of medicine;**
- Two are in religious teaching or evangelism;**
- Seven are teaching at college level;**
- Two are in federal government service;**

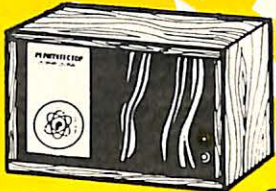
All of the young people are engaged in some form of public service, medicine, teaching, religion, research. Their records are a tribute to the purpose of the fund, to excellence of the selection process and to the necessity for its continuance.

You are urged to support your National Foundation to the end that our new generation will be better prepared to meet the challenges of the future.

Willis C. McDonald

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- We were very taken by the log cabin on the cover [March, 1976]. Any chance of finding out where it is?

Richard B. Spear
Middlebury, VT

- . . . we'd like to know the location of the cabin on the March cover.

John H. Keane
Falmouth, MA

- . . . I'd like to purchase the plans.

P. H. Schuette
Palm Springs, FL

- . . . who do I contact to get plans?

Jack H. Hipps
St. Louis, MO



The log cabin on the March cover is owned by the photographer, Jack Zehr. Located 35 miles west of St. Louis, it's part of a 33-acre photo studio. Built by a St. Louis-based firm, Custom Builders, Inc., it is composed of 6-inch square logs with the bark left on one side, sealed with polyurethane. Bill McGinnis, president of Custom Builders, says the best bet for anyone interested in a cabin is to write for Custom's Log Cabin brochure. It's one dollar. The address is: 3739 South Lindberg Blvd., St. Louis, MO 63127.

- Enjoyed the article on Pediatrics AA ["The Young Alcoholic," March, 1976]. I wasn't aware of its existence. Being a certified surgeon, such problems are not within my purview, but let me commend you on your admonishment to parents who don't realize the close relationship that exists between alcoholism and "drugs."

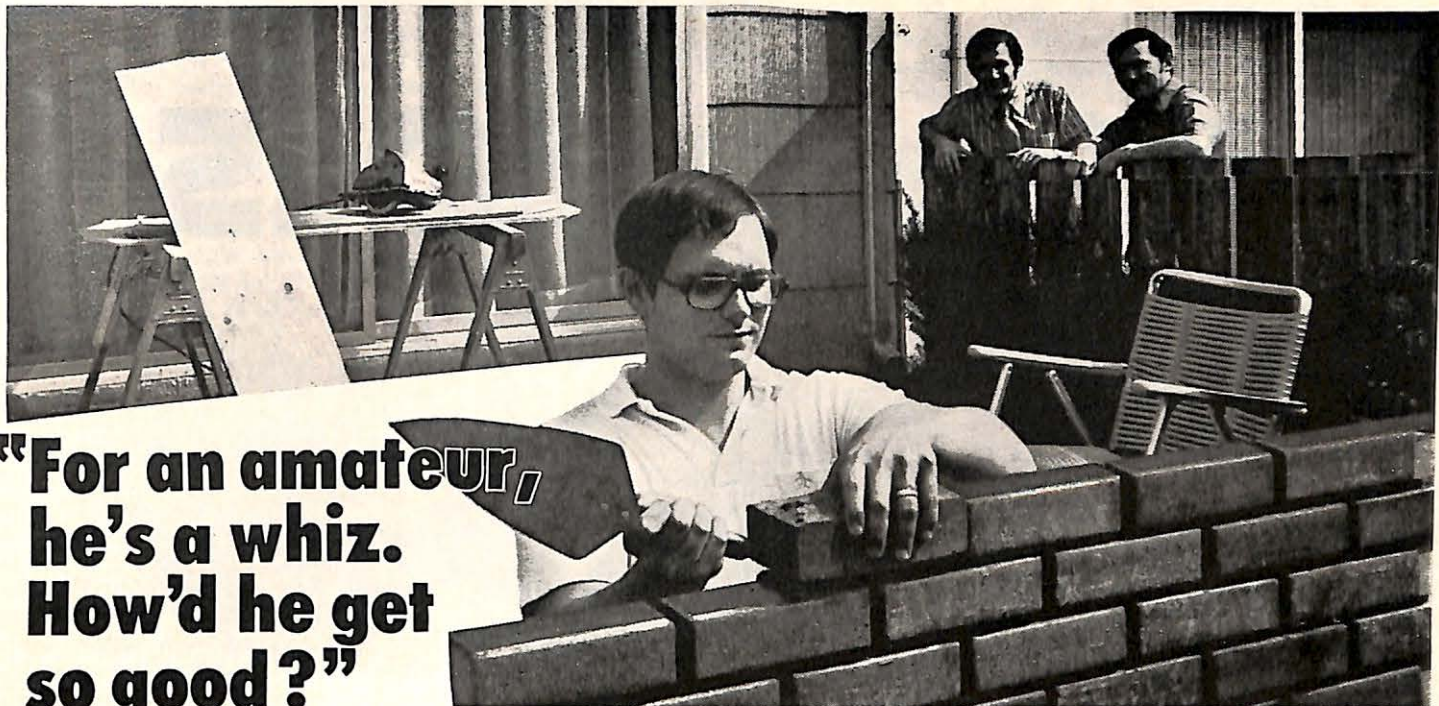
W. A. Wichowski, M.D.
Frankfort, IL

- In "You & Retirement" [February, 1976] G. W. Weinstein wrote about full-time employment for senior citizens. Let me set everyone straight on this "joke."

One has to work at a full-time job for \$1.37 per hour unless he submits to the Social Security robbery of one dollar for every two earned over \$230 a month, as called for by the earning limitation for age 65 to 72.

Wolfgang "Dutch" Kratt
New Smyrna Beach, FL

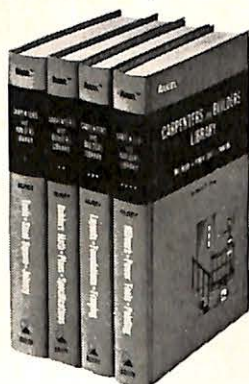
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**“For an amateur,
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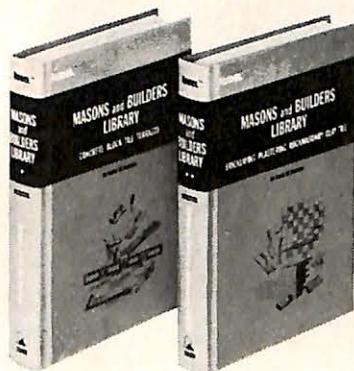
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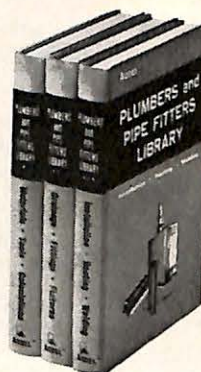
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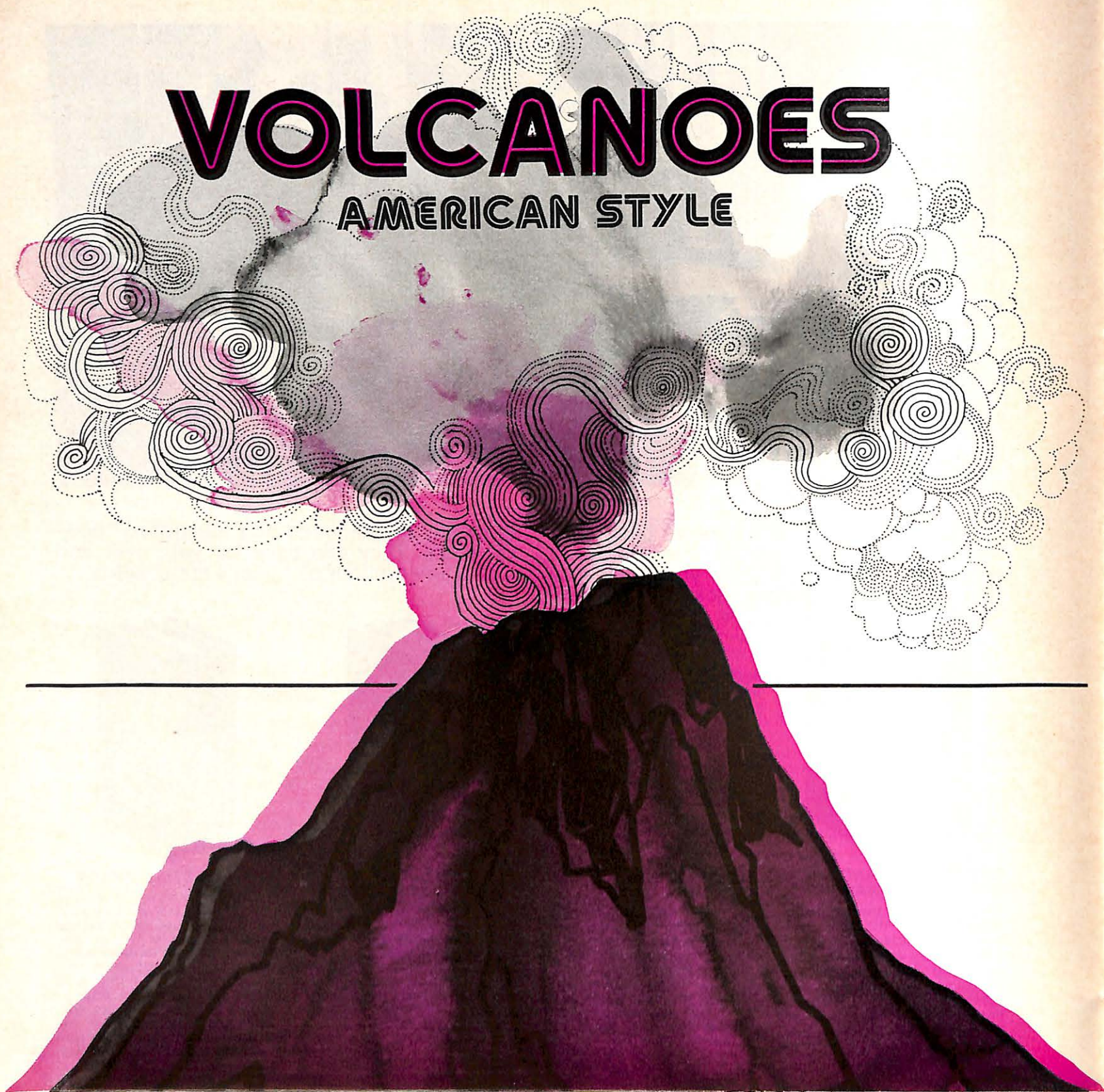
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VOLCANOES

AMERICAN STYLE



by Earl Clark

□ Those “dead” volcanic peaks that are such familiar scenic backdrops along our Pacific Coast are very much alive. In fact, geologists are now convinced the question is not *whether* they will erupt—but *when*.

From Mt. Lassen in northern California to Mt. Baker, just below the Canadian border in Washington state, their perpetual mantles of snow and ice

have appeared unchanged in the memory of modern man. Climbers assail their summits, skiers joyously slalom down their slopes, hikers, sportsmen and campers revel in the forests that surround their great bases. They are breath-taking sights for airline travelers, for their lofty summits are almost always in view, however thick the clouds at sea level. And consulting their travel brochures, tourists usually will find a reference to these “extinct” volcanoes.

Which is all wrong. For our native

American volcanoes are not at all extinct; they're merely dormant. And that's quite a difference.

It's such a difference, in fact, that U.S. Geological Survey volcanologists and other scientists now are concentrating their attention on trying to estimate what form an eruption might take. For there's no question in their minds that deep down under those deceptively placid cloaks of snow and ice, several of these mighty mountains are seething. The danger is real enough that this

year the U. S. Forest Service closed a campground lying in the path of a possible eruption from Mt. Baker, and an electric utility company deliberately held the water level of nearby Baker Lake to 30 feet below the crest of its dam, just in case a great mudflow roared off the mountain and set off a tidal wave in the lake.

Such concern might have been ridiculed a decade ago—but that was before Mt. Rainier got a bad case of the belches.

About six to eight years ago that mountain, the centerpiece of Mt. Rainier National Park and at 14,410 feet the highest peak in Washington, began carrying on rather strangely. For example, in 1967 a flood poured down from one of the mountain's glaciers and buried a campground under two to three feet of rocks and mud. The deluge couldn't have been caused by rain, for the woods were so tinder-dry that because of the high fire danger the campground had been closed—luckily—just the day before. That flood could only have been set off by some sudden melting within the glacier that fed the White River.

That particular glacier, moreover, remained entirely free of new snow the following winter, although ordinarily it would have accumulated 20 to 30 feet of it, and park rangers observed a

The following summer, rangers observed a debris flow unaccountably burst out from the outcropping beneath the ice breakup, the muddy torrent cascading down the mountain for more than two miles before it finally petered out at the 7,600-foot level.

All this unusual activity signalled to geologists that Mt. Rainier was heating up, and they have been keeping it under intensive observation ever since.

But the strange goings-on at Mt. Rainier were mild compared to what happened on Mt. Baker this past year.

This 10,750-foot peak directly east of the city of Bellingham and just south of the Canadian border has long been one of the Pacific Northwest's favorite playgrounds. Its ski slopes are among the finest on the Pacific Coast, and its National Forest campgrounds bulge with visitors every summer, while the climb to its summit challenges mountaineers all year long. Only three years ago an authoritative new book on the geology of the Pacific Northwest said of Mt. Baker: "(it) is not one of our more thoroughly studied volcanoes. It may prove to be more interesting than it now appears."

Truer words were never spoken. For on March 10, 1975, Mt. Baker let loose. A great pillar of steam erupted from the mass of snow and ice on the mountain's Sherman Crater and soared

inside of them." No small problem.

Like members of a family, volcanoes have similar general characteristics, yet each one still differs from the others. Most of us visualize a volcano as a sort of spectacular lava fountain, such as Hawaii's Mauna Loa. But that's only one kind of volcano, and it's the least dangerous. For lava flows slowly, and while of course it destroys villages or anything else in its path, humans normally have plenty of warning to get out of the way.

Far more dangerous are the volcanoes that geologists term "paroxysmal." That is, they explode much as a bottle of champagne would if you were so unwise as to give it a good shaking in order to remove the cork. The "cork," or the congealed mass at the top of the volcano, is blown out by the "champagne," or explosive gases, and the sky is filled with flying chunks of "cork" and "glass," volcanic rock or ash.

In this kind of an eruption, the "pipe," or vertical conduit of the volcano which transports lava boiling up from the magma (molten rock) beneath the earth's crust, becomes charged with steam caused by groundwater leaking into it, or by mixing with such volatile gases as hydrogen, carbon oxides and sulfur, until the whole mass blows out in a violent explosion that is Nature's most awesome display of power.



steam plume curling up out of the suddenly thinned glacier.

Then, early in 1969, a massive expanse of ice on Emmons Glacier, the mountain's largest, suddenly broke up over an area of approximately 105 acres. This happened in the dead of winter when the ice should have been solidifying in that arctic atmosphere. Only tremendous heat welling up from beneath the glacial cover could have caused such a huge collapse of the icy surface.

high into the sky, easily observed from the lowlands. That was just the opening act of a show that brought scientists on the run from all over the nation to have a look at this suddenly reactivated volcano. Mt. Baker became in 1975, as it had not been in 1972, a thoroughly studied volcano.

But the problem with volcanoes is, as explained by Dr. Dwight R. Crandell of Denver, one of the Geological Survey's top volcano experts: "We just don't know what the plumbing is like

Geologists think most of the Cascade Mountain volcanoes were of this paroxysmal type—although of course they weren't around to observe those ancient eruptions. But there were certainly Indians on hand when southern Oregon's Mt. Mazama blew its top 7,000 years ago. That mighty explosion converted about 15 cubic miles of rock and lava into a great cloud of ash that settled down over 350,000 square miles of Oregon, Washington, Nevada, Idaho, Montana, Alberta and British Co-

lumbia. Having emptied itself of all that rock the hollowed volcano collapsed, to form what is now Crater Lake.

The last Cascade volcano to erupt was Mt. Lassen, in northern California. It had lain dormant under its snow cover for two centuries until May 30, 1914, when it suddenly began spewing out cold lava, cinders and smoke. For a year the mountain continued belching up chunks of cold lava and clouds of ash, about 150 explosions in all. Then just a year after it first erupted, a 1,000-foot tongue of molten lava overflowed the crater and streamed down

its northeastern slope, melting snow that sent a mud flow about five or six miles into Hat Creek and Lost Creek valleys. A great blast of lava three days later felled trees three miles away, but after a final series of violent outbursts in the early summer of 1917, Mt. Lassen went back to sleep.

Such an eruption of lava along the west coast of the United States today would of course be a spectacular phenomenon, but given the large areas of uninhabited wilderness that surround each of the volcanic peaks, it might not be catastrophic. What really worries the geologists is the kind of volcanic ac-

tivity that would not necessarily erupt lava from the cone, but would release sufficient inner heat to melt the great accumulation of ice in the centuries-old glaciers draped thickly over these huge peaks.

For example, Mt. Rainier is buried under three to four *cubic miles* of ice and snow, poised on steep slopes beginning about two miles high. Geologists have solid evidence of what happens when volcanic activity releases a significant part of that ice burden.

About the time Columbus discovered America—and that's only a few seconds ago by the geologic clock—some such volcanic heat boiled up under one of the mountain's glaciers, rapidly converting that icy mass to water. This triggered a torrent of mud and boulders that roared down the slopes at speeds which geologists estimate could have been 100 miles an hour, going 40 miles down the Puyallup River and burying what is now the town of Orting under 15 feet of debris. An even greater mudflow some 4,500 years earlier buried what is now a park campground under 500 feet of debris, and didn't spend its energies until it had almost reached Puget Sound, 65 miles from the mountain.

Such a mudflow today would be truly catastrophic, for it would wipe out entire cities, and unlike a lava flow, the warning time would be minimal. Which is precisely why the Forest Service this year closed the Baker Lake campground, which lies at the mouth of a creek fed by one of Mt. Baker's glaciers, when it suddenly became pocked by steam vents.

So how can you tell when a volcano is about to erupt?

Strictly speaking, you can't. But modern science has devised a number of tools that can at least measure some of that underground activity, and while geologists don't claim any ability to predict when an eruption will occur, they can estimate its probability.

They begin by studying the past history of these now silent volcanoes. Radiocarbon dating combined with geologic studies of rock and ash layers in highway cuts and mountain cliffs enables them to pinpoint volcanic eruptions back to the Ice Age. The most intensive study has concentrated on Mt. Rainier, because it's the most dominant peak in the Cascade Range, and has the greatest concentration of population near its base. Dating the eruptions of Mt. Rainier and the other Cascade volcanoes lets geologists put together a rough timetable that may provide clues to future activity. This geologic record indicates that while a major eruption of lava bombs and ash might be expected on Mt. Rainier only once in 5,000 years,

(Continued on page 16)

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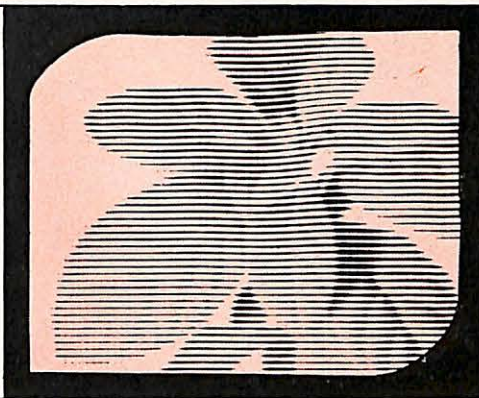
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BACKYARD GARDENER

by Helen Rosenbaum



THE AVOCADO THUMB

With this issue, The Elks Magazine introduces Helen Rosenbaum, and an all new insight into gardening. A gardening expert, Ms. Rosenbaum will focus on everything you ever wanted to know about... well... everything that grows in the ground. The author of nine books, Ms. Rosenbaum's credits include "Don't Swallow The Avocado Pit—And What To Do With The Rest Of It" and "How To Grapple With The Pineapple."

Avocados play a starring role in your summer salad bowl.

Now turn your green thumb into avocado magic by planting the avocado pit. The resulting leafy green plant which grows treetop tall won't bear fruit in captivity. But you'll have an unusual addition to your garden—indoors or out—and that pit is included free inside every avocado.

Here are seven steps for success from avocado pit to pot:

1. What you need to start besides the pit are three toothpicks (the rounded, sturdier picks are best) and a tall drinking glass filled with room-temperature water. Halve the avocado lengthwise with a knife. Carefully remove pit and wash it in tepid water, rinsing off pulp. Gently peel away the pit's outer layer of loose skin. Next, force three toothpicks around the sides of the pit so it can be suspended around the rim of the glass.

2. Place the broad end of the pit down, with the water covering about half an inch of pit. Add lukewarm water as needed, maintaining the same level. Keep glass in a warm spot out of direct sunlight. When pit starts to crack, it is ready to sprout roots. This should take anywhere from two to six weeks. Be patient! For the stubborn avocado: If you see no results after two months, you most likely have an immature pit which will not crack and sprout. Try again!

3. When the main stem reaches six or seven inches, cut it back midway between the pit and tip to prevent the plant from producing just one straight, spindly stalk—known as the telephone pole syndrome.

4. When roots are good and thick and the stem has leafed out, it's time to transfer the avocado plant to a pot.

5. For planting you will need a pot with a top diameter of 7½ to 9½ inches—terra cotta pots are best; a dish to set the pot in—a terra cotta dish or a glass pie plate is good; broken crockery to put

around the drainage hole; and rich humus-type soil. A small package can be purchased at any nursery and many dime stores.

6. Place the broken crockery on the bottom of the pot, setting the pot in the dish, and fill with about four inches of soil. Transfer the avocado plant from glass of water to the dirt, being careful not to injure the root system. Distribute soil around the plant carefully leaving half the pit exposed at the top. Don't pack the dirt down, but gently pour fresh lukewarm water over the soil, and let the water settle it.

7. Find a permanent spot for your avocado plant where it will receive several hours of sunlight or artificial light a day. Keep the soil moist with tepid (never cold) water. Fortify with plant food a week after planting. Follow plant-food package instructions. Feeding should usually take place every month or as the avocado's appearance and growth indicate. And keep that avocado plant away from hungry members of your menagerie including cats, dogs and birds.

Enjoy the following warm weather avocado recipes, a tasty excuse to collect some more pits for planting.

Avocado Soup

1 large, ripe avocado
2 cups milk
¼ teaspoon ground white pepper
½ teaspoon salt
½ teaspoon onion salt
½ teaspoon garlic salt
¼ teaspoon celery seed
2 tablespoons minced fresh parsley
Peel avocado, remove pit and cut into small pieces. Place avocado pieces in container of an electric blender. Add about half of the milk and blend mixture until smooth. Add remaining milk, pepper, salt, onion salt, garlic salt and celery seed. Blend on low speed until soup is smooth and the flavor blends together, 5 to 10 minutes. Chill. Garnish with minced fresh parsley immediately before serving. Yield: 4 servings.

Guacamole

1 ripe avocado, peeled, pitted and quartered

1 clove garlic
½ medium onion
¼ green pepper
1 ripe medium tomato
3 tablespoons lemon juice
2-3 tablespoons olive oil
Salt and pepper to taste
Put all ingredients into blender. Cover. Blend approximately 30 seconds. Stop to stir down with spatula when necessary. Flash blend until creamy. Chill slightly and serve with taco chips. Yield: approximately 1 cup.

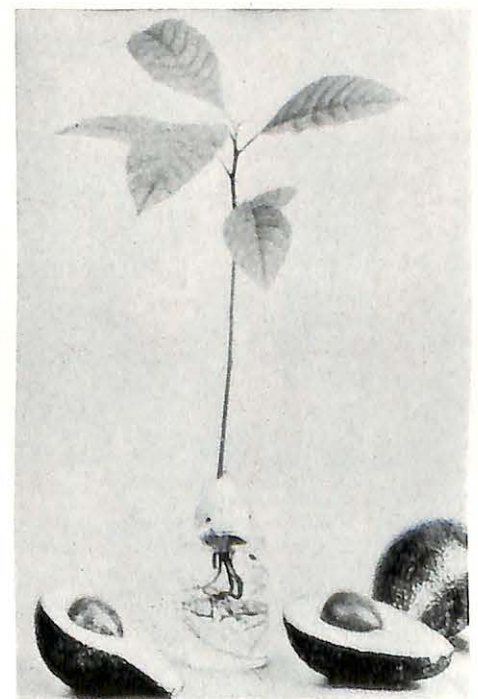
(Note: The California Avocado Advisory Board suggests sprinkling a few drops of lemon juice over the guacamole to prevent it from darkening.)

Avocado Ice Cream

2 ripe avocados, peeled and pitted
1-1/3 cups (15 ounce can) sweetened condensed milk
1 teaspoon grated lemon peel
1/3 cup lemon juice
1 egg, beaten
Puree or mash avocados until smooth. In medium mixing bowl, combine milk with lemon juice, peel and egg. Fold in avocados. Spoon into freezer tray. Freeze until firm (at least four hours). Yield: About 1 quart.



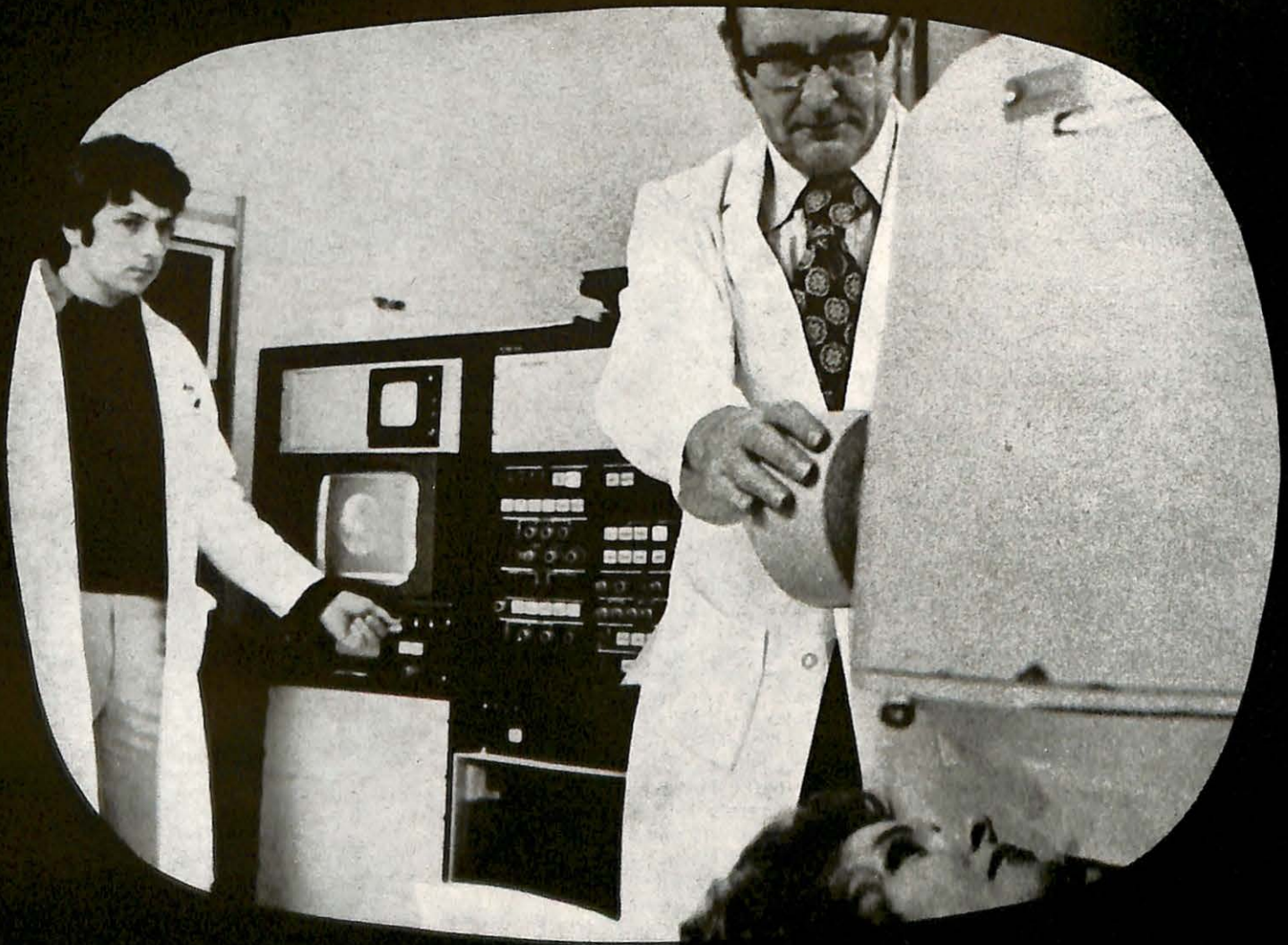
The start



Ready for potting



NUCLEAR SCANNING TO SAVE YOUR LIFE



□ Approximately 27 million Americans now living have a good chance of dying of a heart attack—but a revolutionary nuclear scanning technique employing a special camera to photograph the heart could significantly reduce that number by identifying the presence of heart muscle damage when it occurs.

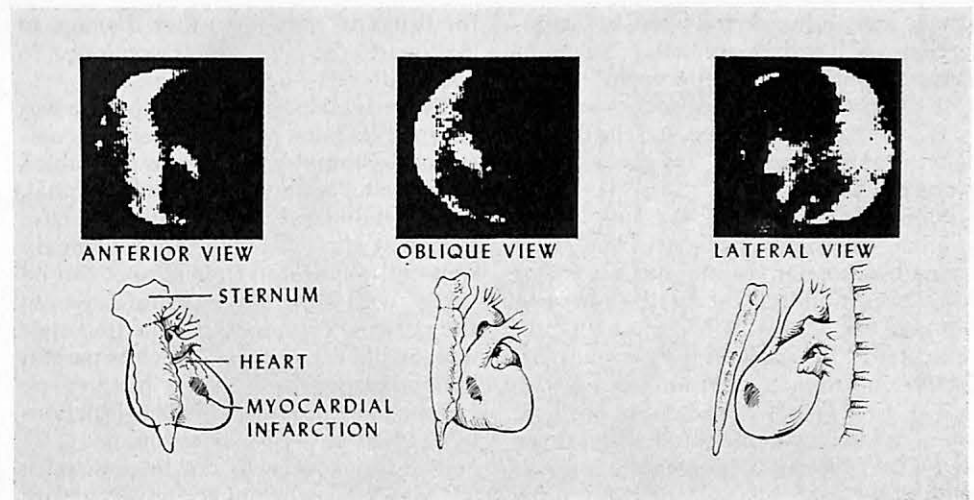
This cardiac scanning procedure enables doctors to make a definitive diagnosis of a coronary heart attack in about an hour, instead of days. Using a scintillation camera, the novel technique contributes significantly to upgrading a physician's heart attack treatment by providing something never before possible: a view of the *exact* area of heart damage.

In the past, doctors had to depend on confusing cardiograms and a lengthy series of blood tests to tell whether a person complaining of excruciating chest pains had actually suffered a coronary attack or whether the pain was due to some other cause. It would sometimes take cardiologists a full three to four days to make a diagnosis that a patient had had a heart attack—and even then their findings might be inconclusive. They never knew precisely what area or areas of the heart had been damaged.

The nuclear scanning technique that literally takes a picture of the heart is considered one of the top medical advances in years by physicians, scientists and concerned organizations, such as the American Hospital Association. In discussing the remarkable procedure and other developments, A.H.A. President John Alexander McMahon noted: "Some of the greatest advances in predictive diagnosis and specialized therapy have been made in American hospitals in the past five years. These advances have cut the mortality rate of the leading killers, reduced the length of the average hospital stay from 8.4 to 7.6 days and saved hundreds of millions of dollars for the American people."

The picture taken by the camera is called a scintigram and it shows in detail things no X-ray or electrocardiogram (EKG) could possibly disclose. It is the first sure means physicians have ever had for pinpointing the location and extent of any part of the heart destroyed by a coronary attack.

The medical breakthrough of the cardiac scanning technique was developed by radiologist Dr. Frederick J. Bonte, dean of the University of Texas Southwestern Medical School at Dallas, and two associates, Dr. Robert Parkey and Dr. James Willerson. The process has now attained worldwide recognition.



"By photographing the size and location of the heart attack," noted Dr. Bonte, "our team may in the future be able to tell if a patient needs more aggressive drug treatment or some other form of intervention."

Dr. Bonte and his colleagues feel it is essential to saving patients' lives and even their finances, to be able to spot quickly whether a person has actually had a heart attack or is experiencing pain from other sources. In the latter case, the patient could be safely moved out of the costly intensive care unit which might total \$500 a day.

"Until now, the only ways cardiologists had to measure damage from heart attacks were indirect," said Dr. Bonte. The ways include the well-known EKG, enzyme measurements and the angiogram, where dye is injected via catheter. All may point to an infarct, but none shows the damage directly.

Because of the time it takes to conduct, record and analyze these indirect tests, a patient could conceivably die while the doctor is waiting for the results. The short time span and outstanding accuracy of the nuclear scanning technique diminishes this tragic possibility.

With the new scanning method, a radioactive substance with an affinity for calcium is injected into the patient. Within the hour the damaged area of the heart has collected enough calcium tagged with radioactivity to show up as a bright spot on the screen of a scanner, or scintillation camera. The image can be enhanced by computer processing and can be stored on videotape for later replay.

"This is going to be extremely important for clinical cardiology and, what's more, it may have great importance in research," declared Dr. Jere Mitchell, head of the Weinberger Laboratories for Cardiovascular Research at Southwestern Medical School. He added that knowledge of the size of an infarct could dictate certain courses of treatment.

Mitchell, who coordinates Southwestern's interdisciplinary team of cardiologists, radiologists and pathologists, explained that the school's heart research activities—including the new scanner method—are all aimed at keeping the patient alive after the attack and reducing damage to the heart muscle.

Autopsies often show persons who died with heart attacks had more than 40 per cent of their heart muscles damaged during the attack, noted Mitchell. It is, therefore, extremely important to see that the patient's condition doesn't deteriorate after the initial attack.

Since most physicians stress that speed in treatment is essential to the heart attack victim, another notable advantage of the scanning technique is that it's a relatively easy and quick adaptation of some very well known practices used in nuclear medicine to diagnose thyroid tumors and bone tumors. It is, in fact, practically identical to the method used in bone scanning, and knowledge of this method provided Dr. Bonte with the key to the new technique.

Dr. Bonte recalled that about ten years ago Dr. Anthony D'Agostino, a clinical professor of pathology at Southwestern, became interested in the chemical events of heart cell death.

"Using an electron microscope, he noticed that as the cell died, some funny looking crystals appeared in the mitochondria (one of the cell's parts)," said Dr. Bonte. "Dr. D'Agostino finally identified the crystals as hydroxyapatite—a bone-like substance."

So, through this identification, it was realized that a dying heart cell absorbs calcium and makes a bone-like substance.

"When we were sitting around in a meeting this last summer, someone brought this fact up and it suddenly struck me that you could tag the calcium with radioactivity," recalled Dr. Bonte.

He then asked Dr. Parkey to set up an animal experiment in which a heart

attack was induced, followed by an injection of Technetium 99m Stannous Pyrophosphate, a well-known radioactive substance used in bone scanning.

When Parkey pointed a scintillation camera at the animal, "he got a bright picture," said Bonte.

Since that time a great number of animal experiments have been performed. Also, Dr. Bonte and associates have been able to observe the effect in humans for whom bone scanning was indicated. The method was equally effective in humans as in animals.

The new scanning technique has now been used on several hundred patients at Dallas' Parkland Memorial Hospital. Research with the nuclear method is being financially aided by support from the Southwestern Medical Foundation and a \$6 million trust fund left to Southwestern Medical School by the late Harry Moss, a Dallas oilman who was a heart attack victim.

The development of the scanning technique has other fascinating aspects and is opening new doors for related areas of research. For example, doctors are now making tests to see what effect certain drugs may have on the damaged areas of the heart. Dr. Willerson explained, "We hope to see what influences the heart and what may limit the damage." The way may be opening up

for drugs to reduce further damage to the heart, damage which continues to occur after the initial attack.

The original scanning equipment was not mobile, but a portable scanning camera and computer have been assembled for use at Parkland Memorial Hospital. The portable unit has a motorized base so that it can be driven into a coronary unit and pictures in three planes can be taken with very little disturbance to the patient. The chassis of the unit contains a small computer which separates bone pictures from heart pictures on command or performs other functions to deliver the best-looking image.

The importance of the revolutionary new nuclear scanning technique is placed in sharp perspective when it is noted that heart disease is the most common cause of death among Americans. In research for a cure to this tragic killer, the obvious thing to do is to find a method to prevent arteriosclerosis, the major cause of heart trouble, as it clogs vessels and blocks oxygen from reaching the heart. But while research is advancing in this area, prevention of heart attack appears currently to be the best mode of "treatment."

Physicians are now pinpointing risk factors—high cholesterol, hypertension, cigarette smoking, obesity, heredity and diabetes—and are encouraging the pub-

lic to safeguard against indulgences.

Heart disease, according to the American Heart Association, accounts for one-third of the deaths in males between 35 and 49. Approximately 80 per cent of deaths and disability from heart disease occur in persons with one or more of the major risk factors.

Even personality types may contribute to increases in heart attack potential. According to "Type A Behavior and Your Heart," a book written by Meyer Friedman and Ray Rosenman of California's Mount Zion Hospital and Medical Center, chances for a heart attack are good if you:

—Always move, eat, talk and think as fast as you can;

—Become irritated when the car ahead of you is going too slow;

—No longer take time, in your haste, to look at the lovely and interesting things around you;

—Think of persons in terms of numbers instead of personalities;

—Feel like challenging others all the time, especially those as aggressive;

—Try to do several things at once;

—Constantly display nervous habits, such as fidgeting and tapping your fingers on the table;

—Think you can do more and more in less and less time.

(Continued on page 32)

ELKS NATIONAL SERVICE COMMISSION

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



Three representatives of Wattertown, SD, Lodge traveled to the VA Hospital in Sioux Falls to deliver the lodge's gift of ten television sets. (From left) hospital administrator Wayne Cass thanked Trustees Chm. Jim Schaefer, Vets Chm. and Est. Lect. Kt. Bob Murphy, and ER Mel Platt on behalf of the patients.

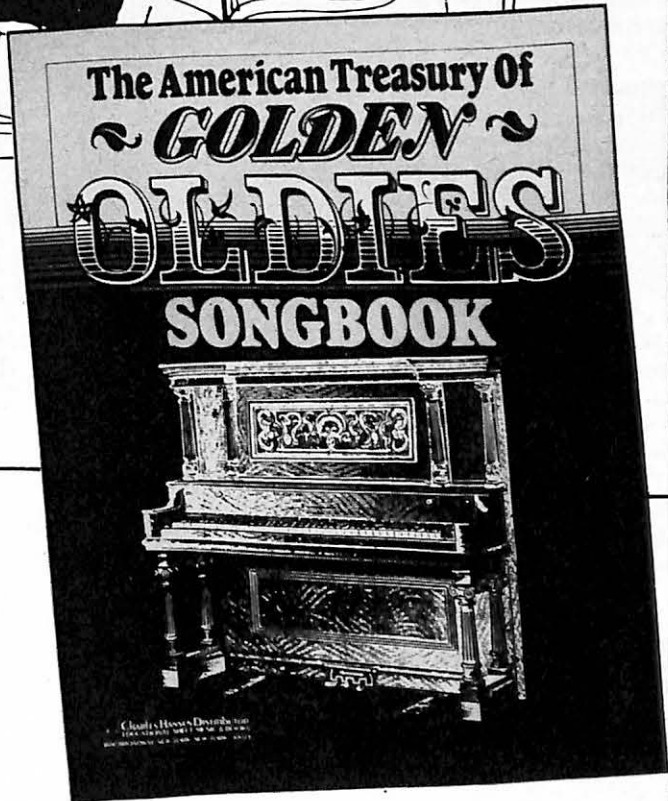


George Olson (right) accepted the 10,000th book collected by Milwaukie, OR, Lodge for the Portland VA Hospital from Est. Lead, Kt. Loyal Morey (left) and Vets Chm. Hjalmar Swanson. Bookshelves built by Brother Len Abbott and donated by the lodge enable the patients to use the books after library hours.

A power antenna system which will service 150 rooms at a home for disabled veterans in Vineland, NJ, was financed by the lodges in the New Jersey Southwest District. (From left) Marlton Est. Loyal Kt. Dick Bennett, Bob Jones, superintendent of special services at the home, DDGER Carl Hansen, VP Bernard Giehl, and a resident tested a TV set hooked to the system.

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A Hot Time In The Old Town Tonight
Ida
I'll Take You Home Again, Kathleen
A Shanty In Old Shanty Town
In My Merry Oldsmobile
In The Evening By The Moonlight
In The Good Old Summertime
In The Shade Of The Old Apple Tree
Jealous
Let A Smile Be Your Umbrella
Londonderry Air (Danny Boy)
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Meet Me In St. Louis
My Gal Sal
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When You And I Were Young, Maggie
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Volcanoes American Style *(Continued from page 10)*

steam explosions can be expected once a century, or even once a decade. (No such detailed timetable has been worked out for the other volcanoes.)

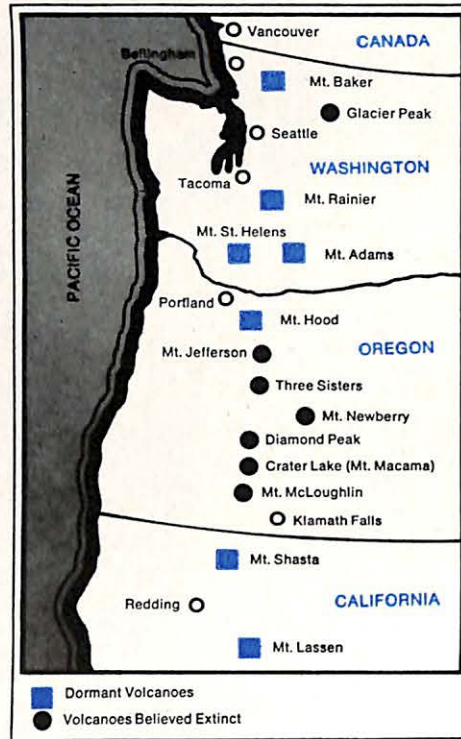
This study of past activity, of course, is supplemented by observation of what's going on at present. And that brings into play a lot of sophisticated gadgetry, most of which was unknown at the time Mt. Lassen erupted.

One such device is the seismograph, which locates and measures earthquakes. When a volcano stirs into activity, miniature earthquakes take place deep in its core as the molten rock begins to shift around. Both Mt. Baker and Mt. Rainier are studded with seismometers that in turn are linked to a telemetering system that instantly reports such tremors to a monitoring station at the University of Washington in Seattle.

Another device is a tiltmeter, which measures swelling of the mountain's surface that might indicate inner expansion caused by an upflow of lava and transmits this information twice daily to a satellite. Still another is an infrared imager, a sensing device to record the slightest temperature change on the surface.

Other instruments record temperature changes and volume of water flow-

ing from the mountain's glaciers, and measure gases discharged from within the volcano, for the amount and type of these gases provide another indication of what's going on inside. For example, the presence of hydrogen in these gases



discharged from the steam vents gives a clue to the type of lava churning around in the volcano's interior.

Certain it is that whatever else it was doing, Mt. Baker in the summer of 1975, was exceeded only by an ore smelter at Tacoma in being Washington state's major polluter! Shortly after it first began steaming in March it expelled almost 3,000 pounds of sulfur per hour, but by midsummer this had picked up to more than 10,000 pounds. Hikers in the Cascade Mountains began to sight massive ugly brown clouds drifting over the high country, more air pollution than was coming from any of the industrial cities along Puget Sound.

Pilots flying over the mountain to have a better look reported a rotten egg smell drifting into their cabins as far as 50 miles away, but it was even worse for scientists trying to place their instruments inside the steaming crater. Even though they wore gas masks, they suffered variously from acute nausea, sore throats and impaired vision for some hours after scrambling out of the crater.

Dr. Mark Meier of the Geological Survey's Tacoma office, who has studied the Cascade volcanoes for some years and last summer landed by helicopter on Mt. Baker to have a better look, says the atmosphere in and around the crater is more than just nauseating — "it's lethal!"

THE JOY OF GIVING

Elks National Foundation

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During a visit to the Massachusetts Circle District, Nelson Stuart, executive director of the National Foundation, accepted a \$1,000 check from Marshfield ER Robert Lento, as SDGER W. Edward Wilson (left) and DDGER Bob Shell observed. Brother Stuart was guest speaker at the District's Foundation ball, which raised \$6,300 for the cause.

Accepting National Foundation certificates for their recent contributions at Morristown, TN, Lodge were Treas. Murphy Bryan and PER Henry Merhoff (second and third from left). Foundation Chm. Billy Fox, DDGER Jim Lewis, and ER Bern Collins took part in the presentation.

A \$1,000 donation from the Elks' ladies of Middlesex, NJ, Lodge was delivered to Foundation Chm. Joseph Esola (second from left) by Mrs. F. Steele (third), ladies' president, and Mrs. G. Memolo, vice president. ER Gennaro Memolo was on hand to applaud the ladies' contribution.



"The activity on Mt. Baker is the most unusual along the Cascade Range since Mt. Lassen erupted in 1915," he summarizes. "Something is happening on that mountain, and it's scarier than Mt. Rainier."

Then he ticks off the significant volcanic activity that he and his fellow scientists have compiled:

"Mt. Baker has always steamed, but suddenly this year we've seen a hundred times more steam than ever before. The ice melt has been fantastic. We're seeing ejection of solid rock, including ash, from the steam vents. Clouds of steam and sulfur are being observed many miles away from the mountain. There has been an increased flow of sulfuric acid in Boulder Creek. And of course there are unprecedented amounts of sulfur being discharged into the air."

The mountain's heat even created a new "lake" in the crater from the melting of ice and snow, an elliptical pond about 250 feet long, with a water temperature of 77 degrees—and an overpowering bad smell.

Other geologic clues are being studied to determine what's cooking some two miles down from Mt. Baker's ice-caped cone. Dr. Motoaki Sato of the Geological Survey found tiny fragments of volcanic glass ejected from the steam vents. The heat necessary to produce it could only come from molten rock, he said.

The next step was to analyze just what kind of lava produced this glass, because a basaltic lava such as erupted by the Hawaiian volcanoes flows quietly and slowly, while lava with a higher water content is more explosive.

Geologists believe the last lava flow on Mt. Baker occurred about 6,000 years ago. But it takes the deeply buried lava thousands of years to cool, so one possibility is that ground water seeping into the lava through cracks in the earth could account for the sudden new steam activity. If so, that would not seem to pose a major danger. A more ominous possibility is that new lava is pushing up into the earth's crust beneath the mountain. If that is the case, it could mean a sudden explosive eruption.

Another indication of deep-seated activity in the volcano was the discovery of quartz in material ejected from Baker's steam vents. Dr. John Eichelbarger of the Los Alamos, NM, Scientific Laboratory was surprised by this finding, for there is no quartz on the surface of the mountain.

"If the quartz crystals were carried up from deep below the mountain, it could mean that very violent activity is tapping this material deep in the earth," he told reporters.

(Continued on page 31)

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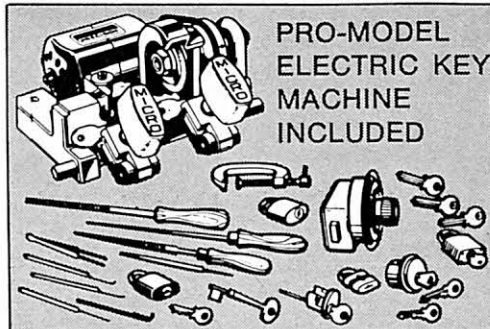


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Resolutions For Grand Lodge Officers



Union City, IN, Lodge Presents James A. St. Myers for Grand Esteemed Leading Knight



WHEREAS: Brother James A. (Jim) St. Myers was initiated into the Order of Elks at Union City, Indiana, Lodge No. 1534 in 1942; and

WHEREAS: This Brother has served his local Lodge faithfully as a chair officer, as Exalted Ruler in 1949-50, as Treasurer, as Secretary, and on the Board of Trustees; and

WHEREAS: He has served his State Association on several committees and chairman of two committees, and in official capacities leading to his election as State President for the year 1971-72; and

WHEREAS: He has served the Grand Lodge of our Order as District Deputy Grand Exalted Ruler for the year 1959-60, and as Special Deputy Grand Exalted Ruler in Indiana for the year 1974-75.

NOW THEREFORE BE IT RESOLVED that Union City, Indiana, Lodge No. 1534 proudly presents the name of James A. (Jim) St. Myers for election to the high office of Grand Esteemed Leading Knight of the Benevolent and Protective Order of Elks for the year 1976-77.

William Rumble, Exalted Ruler
Eugene Williams, Secretary

Patchogue, NY, Lodge Presents Harry M. Macy for Grand Tiler



WHEREAS: Harry M. Macy has served Patchogue, New York, Lodge No. 1323 in many capacities, over the past 30 years, including Exalted Ruler and is an Honorary Life Member; and

WHEREAS: Brother Macy was the first District Deputy Grand Exalted Ruler of the New York East District; and

WHEREAS: He was directly responsible for the organization and institution of Smithtown Lodge No. 2036, Riverhead Lodge No. 2044, New Hyde Park Lodge No. 2107, Port Jefferson Lodge No. 2138 and Massapequa Lodge No. 2162. He was instrumental in the organization of Long Beach Lodge No. 2066, Port Washington Lodge No. 2137 and Islip Lodge No. 2533; and

WHEREAS: He served the New York State Elks Association as chairman of the Americanism Committee, chairman of the Scholarship Committee and as State President in 1974-75; and

WHEREAS: Brother Macy served the Grand Lodge as a member of the Americanism Committee; and

WHEREAS: By his numerous accomplishments, continued participation and devotion to his interests in Elkdom he has demonstrated leadership and the ideals of our Order.

NOW THEREFORE BE IT RESOLVED

that Patchogue Lodge No. 1323 is honored and privileged to present to the Grand Lodge Convention to be held in Chicago, Illinois, in July, 1976, the name of Harry M. Macy as a candidate for election to the Office of Grand Tiler of the Benevolent and Protective Order of Elks of the United States of America.

Donald V. Smith, Exalted Ruler
Arthur K. Lee, Secretary

Jerome, AZ, Lodge Presents Roland W. Wilpitz for Grand Esteemed Loyal Knight



WHEREAS: Roland W. Wilpitz was initiated into the Benevolent and Protective Order of Elks at Bremerton, Washington, Lodge No. 1181 in 1943 and moved to Arizona, where he has served in many capacities with distinction in his 32 years of membership in the Order. He has rendered outstanding service to Jerome Lodge No. 1361 for 18 years, the Arizona Elks Association, and the Grand Lodge; and

WHEREAS: Brother Wilpitz has held the offices of Exalted Ruler and Trustee of his Lodge, and is one of a few Honorary Life Members as well as serving on many committees; and

WHEREAS: In the Arizona Elks Association he has served as President, Vice President, member of the Board of Trustees, and as a member, Secretary, and Vice Chairman of the Advisory Committee; and

WHEREAS: He has served as Chairman of the Articles of Incorporation and By-laws Review Committee of the Arizona Elks Association for five years, Chairman and member of the Meetings Committee for nine years, member of the Board of Directors of the Arizona Elks Major Projects, and member of the Elks National Foundation and Legislative Committees; and

WHEREAS: Roland W. Wilpitz has further distinguished himself by serving as District Deputy Grand Exalted Ruler, Lodge Advisor, and as a member of the Grand Lodge New Lodge Committee.

NOW THEREFORE BE IT RESOLVED that Jerome Lodge No. 1361 is honored and privileged to present to the Grand Lodge Convention to be held in Chicago, Illinois, in July, 1976, the name of Roland W. Wilpitz as a candidate for election to the office of Grand Esteemed Loyal Knight of the Benevolent and Protective Order of Elks of the United States of America.

Larry Brundick, Exalted Ruler
J. Lester Allen, Secretary

Paris, TN, Lodge Presents James Fesmire for Grand Inner Guard



WHEREAS: Brother James Fesmire has served Paris, Tennessee, Lodge No. 816

for the past 22 years in many capacities including Exalted Ruler; and

WHEREAS: He served as District Deputy Grand Exalted Ruler, Tennessee-West, under the Past Grand Exalted Ruler, John Fenton; and

WHEREAS: Brother Fesmire has served his State Association faithfully as President in 1965-1966 and as chairman of numerous state committees; and

WHEREAS: In his profession, he has served as President of the Tennessee Chamber of Commerce Executive Association, President of the Tennessee Industrial Development Council, and presently a Tennessee Director for the Southern Industrial Development Council; and

WHEREAS: In all his activities, he has demonstrated, consistently, outstanding leadership and exemplary devotion to the Order of Elks.

NOW THEREFORE BE IT RESOLVED that Paris Lodge No. 816 is honored and privileged to present to the Grand Lodge Convention to be held in Chicago, Illinois, in July, 1976, the name of James Fesmire as a candidate for Grand Inner Guard of the Benevolent and Protective Order of Elks of the United States of America.

Bill Morris, Exalted Ruler
Victor Steffes, Secretary

Frederick, MD, Lodge Presents E. Robert Bowlus for Grand Esteemed Lecturing Knight



WHEREAS: Brother E. Robert Bowlus, in 32 years of continuous membership, has served the Benevolent and Protective Order of Elks with honor and distinction at the levels of his local Lodge, the Maryland, Delaware and District of Columbia Elks Association and the Grand Lodge of the Order; and

WHEREAS: He is an Honorary Life member of Frederick, Maryland, Lodge No. 684 and has served his Lodge in the subordinate offices, as Exalted Ruler, and as a Trustee for 5 years and has served with wisdom and diligence on numerous special and standing committees; and

WHEREAS: He has, for more than 15 years, held the office of Secretary-Treasurer or President to the Home Association of Frederick Lodge and has demonstrated a high level of business acumen in this position; and

WHEREAS: Brother E. Robert Bowlus is a Past President of the Maryland, Delaware, and D.C. Elks Association who served with great wisdom and integrity; and

WHEREAS: He also served on the Board of Trustees of the Maryland, Delaware, and D.C. Elks Association for two terms including three years as the Chairman of the Board, has served on numerous committees of the Association, and now serves as Chairman of the Advisory Committee; and



WHEREAS Brother E. Robert Bowlus has also served the Grand Lodge as District Deputy Grand Exalted Ruler and, for two years, was a member of the Grand Lodge New Lodge Committee.

NOW THEREFORE BE IT RESOLVED that Frederick, Maryland, Lodge No. 684 is honored and privileged to present to the Grand Lodge Convention to be held in Chicago in July, 1976, the name of E. Robert Bowlus as a candidate for election to the office of Grand Esteemed Lecturing Knight of the Benevolent and Protective Order of Elks of the United States of America.

Robert T. Storer, Exalted Ruler
C. Richard Wachter, Secretary



**Linton, IN,
Lodge Presents
William H. Collisson
for Grand Trustee**

WHEREAS: William H. Collisson, a distinguished Honorary Life Member of Linton Lodge No. 866, has given 25 years of dedicated service to the B.P.O. Elks as an officer and member of this Lodge, the Indiana Elks Association, Inc., the Advisory Committee thereto, and the Grand Lodge, B.P.O.E.; and

WHEREAS: He served as Exalted Ruler of Linton Lodge No. 866 for the Fraternal Year 1958-59, and was President of the Southwest District for the year 1959-60; he served as Chairman of Lodge Activities for the Indiana Elks Association, and the following year, 1961, was elected to a three-year term as State Trustee, serving as chairman during the last year of the term; in 1964 he was elected 5th Vice President of the Indiana Elks Association, and served as President in 1969, is presently serving for the fourth year as chairman of the Advisory Council of Past State Presidents to the Indiana Elks Association; and

WHEREAS: His service to Grand Lodge started when he was appointed D.D.G.E.R. in 1971; he was appointed to the Grand Lodge Americanism Committee in 1973, and appointed chairman of this committee in 1974-75 and 1975-76; he is presently serving on the Board of Grand Trustees; and

WHEREAS: Brother William H. Collisson has demonstrated his dedication, desire and ability to bring distinction to the Order of Elks.

NOW THEREFORE BE IT RESOLVED that the officers and members of Linton Lodge No. 866, Linton, Indiana, do hereby present to the delegates assembled at the Grand Lodge Convention in Chicago, Illinois, in July, 1976, the name of William H. Collisson as a candidate for the office of Grand Trustee, B.P.O. Elks of the United States of America, for the one-year unexpired term, 1976-1977, created by the death of Past Grand Trustee Lewis Gerber of South Bend, Indiana, Lodge No. 235.

James S. Haseman, Exalted Ruler
Bill Foglesong, Secretary

The Great Orator



Almost any schoolchild old enough to have taken a course in American history can come up with two of the most famed quotations of the man who was known as The Great Orator of the Revolution Patrick Henry. He it was who said, "If this be treason, make the most of it!" and "Give me liberty or give me death!"

This man of the impassioned oratory which moved so many people in the formative years of the United States began life with a poor formal education . . . but that was a matter of his own laziness. He was born in Virginia on May 29, 1736 . . . his father a well educated Scotsman and his Welsh mother noted for her conversational and musical talents. Young Patrick simply didn't take too well to formal education nor to his father's tutoring. Efforts to make a businessman or a farmer out of the young man also failed; he went bankrupt twice as a storekeeper and once as a farmer. Meanwhile, he acquired an interest in history and began to read it constantly. It gave him the desire to become a lawyer and, at the age of 24, he began to study as hard as he could in order to take the bar examination. The cramming paid off as he passed the exam and began what was to become a very prosperous practice. He was a skilled advocate, but it was his ability as an orator that really made him famous. Henry was lauded by such men as John Adams and Thomas Jefferson. Adams said, "His voice is like that of an angel; it goes through to the bone." Jefferson wrote of Henry's "sublime imagination, his lofty and overwhelming diction and his talents as a popular orator were great indeed; such as I have never heard from any other man. He appeared to me to speak as Homer wrote." High praise indeed from so learned a pair.

Henry never did, however, attain the highest office of the nation he helped to form. He had little interest in political office outside Virginia since he refused to accept such important posts as Senator, Secretary of State under Washington, Chief Justice of the Supreme Court, envoy to France and even the governorship of his beloved state in 1796.

It isn't often dwelt upon but Henry was strongly opposed to the adoption of the U.S. Constitution . . . and he was a leader of the opposition to its ratification in the Virginia legislature. In all fairness, however, when ratification came, Henry accepted it loyally and even consented to serve in the Virginia Assembly.

Famed though he was for the brilliance of his oratory, Henry left little to historians in writing. Jefferson, in a conversation about Henry with Daniel Webster in 1824, pointed out the flaw that kept this persuasive speaker from ever attaining the reputation of statesman or political thinker. It wasn't *what* he said . . . it was *how* he said it. As Jefferson put it, "While he was speaking it always seemed directly to the point, but when he ceased to speak I asked myself what the devil he said. To this query, I never found an answer."

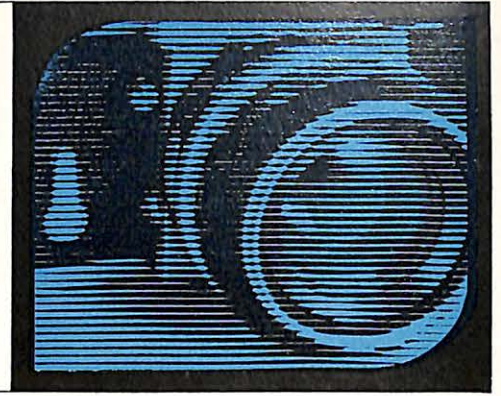
Jefferson's niche in American history was achieved through the sheer brilliance of his thinking and writing . . . Henry's through his abilities as a speaker.

Henry died on his Red Hill, Virginia, estate June 6, 1799 . . . but he left this country a tremendous legacy, not only in his efforts to achieve independence from Britain, but having sired 17 children in two marriages.

Perhaps one of the greatest tributes paid him, words that would have been most appropriate if inscribed on his tombstone, were spoken by Jefferson:

"He was as well suited to the times as any man ever was, and it is not now easy to say what we should have done without Patrick Henry. He was far above all in maintaining the spirit of Revolution."

NEWS OF THE LODGES



FEATURED in a Bicentennial display at Chico, CA, Lodge are nine American flags with mounted plaques relating the history of each banner. The display was designed and built by ER Charles Carroll for the lodge.



BROTHER J. RIGBY PERRY (center) of Vicksburg, MS, Lodge recently received a plaque attesting to 78 years of lodge membership. Making the presentation to Brother Perry, who observed his 100th birthday last December, were SDGER Raphael Franco (left) and ER Francis Hanes.



THE FIRST PAYMENT on Glen Burnie, MD, Lodge's \$5,000 pledge to the North Arundel Hospital expansion program was delivered to Alfred Bryan Jr. (left), administrator, by (from left) PER James Frye, ER Louis Auger, and Trustee Anthony Dominick. Following the presentation, Mr. Bryan and the lodge representatives inspected a new portable X-ray unit.



A TRIP to the state legislature was sponsored by Long Beach, NY, Lodge for several Bicentennial essay winners, including Alan Friedenstein, Guy Farese, Michael Fedele, and Amy Spinelli. Est. Lect. Kt. Ed Friedenstein (second from right) and Secy. William Wolf (third) joined Assemblymen Arthur Kremer (left) and Stanley Steingut (right) in helping to give the students a first-hand look at government in action.



FORMER BASEBALL GREAT Herb Score (seated), now a radio announcer for the Cleveland Indians, autographed balls for young fans after addressing participants at Lakewood, OH, Lodge's Father and Son Banquet. ER Gil Engels (standing, center) and Chm. Jack Van Umm thanked the guest speaker for attending.



THE "VIVIAN PLAQUE," an 1876 poster advertising an appearance of actor Charles Vivian, one of the order's founders, was displayed by Grand Forum Chief Justice Hal Randall (left) and ER Harry Summers at Salem, OR, Lodge. The poster was discovered on the side of a building in Salem when an abutting structure was demolished. A duplicate was presented to PGER Gerald Strohm for the Archives Room of the Grand Memorial Building.



SPORTING HARDHATS and wielding shovels, (from left) PGER William Wall and PSPs Pat O'Brien, Al Ehrlich, and Victor Wehle participated in the groundbreaking ceremonies for the new Harry-Anna Crippled Children's Hospital building at Umatilla, FL. More than 1,500 Elks and their ladies were in attendance.



ALEXANDRIA, Virginia, Lodge honored PER Jack Keegan (left), its "adopted" Brother, with a celebration and a plaque to commemorate his 50 years of Elks membership and his service to Alexandria Lodge. ER William Gobble (right) and Est. Lead. Kt. Bert Silverman observed as Brother Keegan, a life member of Arlington-Fairfax, VA, Lodge, cut the anniversary cake.



FIVE of Front Royal, VA, Lodge's eight Past Exalted Rulers were present to welcome a class of six candidates initiated recently in honor of the PERs. (Standing, from left) PERs Richard Boies, Paul Kelly, Ronald Gilliam, Francis Hall, and Thomas Strickler helped conduct the initiation.



A TESTIMONIAL DINNER at Sparta, NJ, Lodge honored the Past Exalted Rulers, with special recognition accorded to immediate PER Mike Della Vecchia (standing, left), PVP Tom Flynn (second from right), and Carol Johnson (seated, right), immediate past president of the Elks' ladies. PSP Harrison Barnes (standing, second from left), ER Rick Johnson, and ladies' President Helen Edwards offered their congratulations.

AN EXPANSION PROJECT at Bellefontaine, OH, Lodge was begun recently with a groundbreaking ceremony conducted by the lodge's Board of Trustees. Those taking part included (from left) Arthur Marston, Jack Hines, Chm. William Doup, John Vellenga, and Lee Hammond.

LODGE NOTES

MASSACHUSETTS. Suffolk University dedicated a building to the late PGER John E. Fenton, former president of the university and chairman of the board of trustees.

LINDEN, NJ. DDGER George Pregrim attended the initiation of 15 new members in honor of Johnny Mack, House Committee member.

EUREKA, CA. Ugo Giuntini, noted for his work with young people, was named "Citizen of the Year." He received the award at a lodge dinner in his honor.

TALLAHASSEE, FL. Brother Wayne Duncan was nominated by the Tallahassee Jaycees as their choice for the Florida Outstanding Young Man Award.

MIDLAND, TX. The lodge's contribution of \$680 to the Salvation Army made up 67 percent of that group's total collection from local service organizations.

WINDSOR, CT. SDGER Arthur Roy, PER Albert Cotter, and PDDs James Cashman, Edward Haber, and James Lee conducted the dedication ceremony at the opening of a \$150,000 addition to the lodge.

BULLHEAD CITY, AZ. Certificates and tokens were presented by Chm. Bill Goldsberry to Leora Schmitz, Ethelyn Gatano, Virginia Hart, and Rose Haber, who joined the National Foundation.

VERO BEACH, FL. A choral group from the lodge earned \$250 for the Harry-Anna Crippled Children's Hospital.

CANOGA PARK, CA. A Capitol flag obtained through the efforts of the Elks' ladies was presented to ER Dwight Lane and Est. Lect. Kt. David Rodriguez by Mrs. Frank Hartman and Mrs. Pearl Keith. The flag is on display in the lodge foyer.

BRAINERD, MN. James G. Cunningham, who was initiated in 1900, died December 24, 1975. Prior to his death, 100-year-old Mr. Cunningham was honored with celebrations by Lakeland, FL, and Brainerd, MN, Lodges.

NIAGARA FALLS, NY. In a special ceremony, Daniel Masur, son of SP Lucian Masur, was initiated into the lodge by ER Robert MacPhee of North Tonawanda, NY, Lodge.

CONDON, OR. The Hide Committee, chaired by Alan Anderson, collected 1,775 deer, elk, and cow hides to be tanned for the use of hospitalized veterans. A truck loaned by PSP Bill Flatt transported the hides.

SAN LUIS OBISPO, CA. The lodge provided college student Fred Van Valkenburg, who is afflicted with cerebral palsy, with campus transportation when they presented him with an electric wheelchair.

SAN ANTONIO, TX. Gordon R. Terrell, State Youth Activities and "Hoop Shoot" Chairman, and a member of the Texas Elks Youth Activities Committee for 28 years, died October 20, 1975.

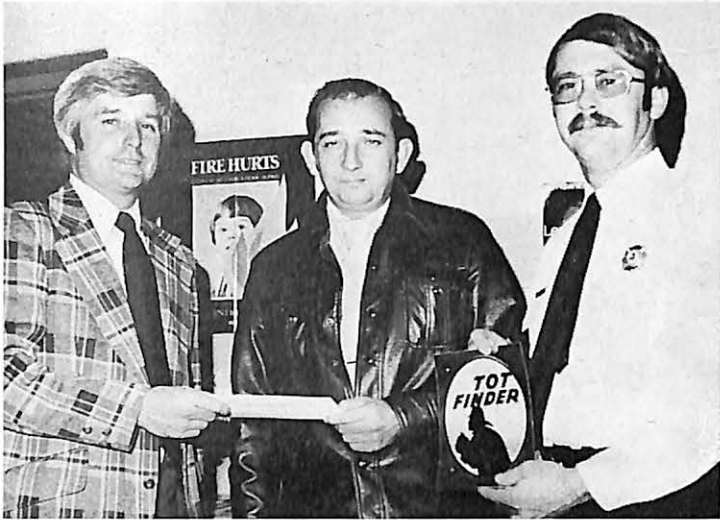
HUNTINGTON PARK, CA. A collection of state flags begun by Brother Ralph Boldra became a lodge project. The 50 flags are displayed on the walls in the order in which each state entered the Union.

STREATOR, IL. The 75th anniversary of the lodge was celebrated by a visit from GER Willis McDonald. ER E. J. Dekker, SP Richard Stroves, Grand Trustee H. Foster Sears, and GL Committeeman Robert Sabin were among those who escorted the GER.

LANSFORD, PA. James, Robert, and William Reese Jr., recently initiated into Lansford Lodge, received congratulations from their father, Brother William Reese Sr.

BARSTOW, CA. The lodge's youngest contributor to the National Foundation, Michelle Lee Biggs, was four days old when she became a participating member.

NEGAUNEE, MI. The "cutting of the boughs," a traditional Finnish ceremony, marked the opening of the new lodge sauna bath. Among those present was SDGER James Dompierre.



THE FINANCIAL SUPPORT of Greenville, OH, Elks was given to the local fire department in its attempt to install "Tot Finder" signs on the bedroom doors of all children in the community. (From left) ER John Davis presented a \$500 check to Fire Capt. Harvey Wilt and fireman Robert Rhodes as the first installment to defray the costs.



A "TALKING" DOG named Barney, the gift of Livingston, NJ, Lodge, was delivered to the Rehabilitation Center for Speech and Hearing of St. Barnabas Medical Center by PER Howard Hilberg. Barney's help is called upon when a child refuses to talk to a speech pathologist. Inside the stuffed animal are sound devices which allow the pathologist to converse with the child through Barney from a hidden observation room.



SEVEN law enforcement officers joined Chelsea, MA, Lodge during its annual "Man Behind the Badge" Night. (Seated, from left) Robert Better, William Dudley, Arthur Gueguen, Thomas Murphy, Phillipps Redden, William Welch, and Robert Zalewski were welcomed by the lodge officers.

THREE VISITORS to the pediatric unit of Perth Amboy General Hospital brought a set of special blocks from Perth Amboy, NJ, Lodge. Frank Mandikas (left), the lodge's benefit chairman, and DDGER Neil Durso (right) watched as Brother Mandikas's son Michael (second from left) joined patient Richard McGinnis at play.



◀ **A TELEBINOCULAR** instrument, with which 14 or more types of vision tests can be made, was purchased by St. Maries, ID, Lodge for use in the local school districts. Jon Larsen, school psychologist, and student Jim Pentland demonstrated the device for ER Merrill Atkinson and Paul Eck, head of the special services staff that will administer the tests.



A NEWBORN intensive care unit, which monitors the vital signs of the infant and sounds an alarm if breathing stops, was the recent gift of Watertown, SD, Lodge to the community. Inspecting the \$5,800 unit were ER Mel Platt (left) and Brothers David Beach and Cale Neal, administrators of St. Ann's Hospital and the Memorial Medical Center, respectively, which will both use the life-saving piece of equipment.



IN CONJUNCTION with its Old Timers Night program, Gloversville, NY, Lodge honored PDD Francis Robb (right), who had served as lodge secretary for 35 years. Among those congratulating the 54-year member were (from left) attorney Michael Mazzone and Judge Arthur Aulisi, both Past Exalted Rulers.



DISTRICT DEPUTY DeWayne Browning (second from right) of Cedar Rapids, IA, Lodge was the recent recipient of three awards for good citizenship, appearances on behalf of an order pledged to remember hospitalized veterans, and participation in community service endeavors. Area U.S. Army recruiters presenting the awards included (from left) Sgt. Charles Sistek and Staff Sgts. Charles Holder and Eugene Harris Jr.

STATE ASSOCIATION CONVENTIONS

STATE	PLACE	DATE
Vermont	Bretton Woods, NH	May 25-29-30
Indiana	French Lick	June 3-4-5-6
South Dakota	Mitchell	June 3-4-5
Connecticut	Groton	June 4-5-6
Massachusetts	Chicopee	June 4-5-6
Georgia	Jekyll Island	June 9-10-11-12
New Jersey	Atlantic City	June 10-11-12-13
Pennsylvania	Champion	June 10-11-12-13
Minnesota	Rochester	June 11-12-13
Virginia	Roanoke	June 11-12-13
North Dakota	Grand Forks	June 13-14-15
Idaho	Sandpoint	June 17-18-19
Texas	Irving	June 17-18-19
Washington	Wenatchee	June 17-18-19-20
South Carolina	Greenville	June 18-19-20
Rhode Island	Narragansett	June 19-20
Maryland, Delaware & District of Columbia	Annapolis, MD	June 25-26-27
Montana	Bozeman	July 14-15-16-17
West Virginia	Huntington	August 12-13-14
Colorado	Grand Junction	September 9-10-11



THE FINISHING TOUCHES were applied to Boulder City, NV, Lodge's Bicentennial mural by Frank Fulkersin before it was dedicated by SP Carl Furler (center) and ER Carl Raab Jr. Brother Fulkersin's handiwork can be seen in the lodge's main foyer.

(Continued on page 33)

YOU AND RETIREMENT

by G. W. Weinstein



VACATION PLANS

The travel industry is making vacations easier on the pocketbook in 1976, despite generally rising costs. Some budget helpers apply to every traveler; others are designed specifically to give senior citizens a break.

The biggest news for everyone, so far, is OTC—one-stop tour charters. Until now, the only way to take advantage of bargain charter air fares was to belong to a so-called "affinity group," an organization of some kind which you had to join at least six months before taking a trip. While clubs and organizations still may offer group tours to their members, the new OTCs are bringing charter rates to the independent traveler.

A still-better break may be in the offing: the Civil Aeronautics Board announced in mid-February that it is considering a five year experiment with Advance Booking Charters (ABCs) which will offer low rates on international flights, with minimum restrictions. The best feature of the proposal is that no purchase of ground arrangements will be required. There's a possibility that ABCs may be available by this summer; watch your newspapers or ask your local travel agent.

Meanwhile, this is how the currently available OTCs work, on both domestic and international flights: you sign up for a package which includes air transportation, hotel, baggage handling, and related ground transportation. The minimum price is the basic seat cost plus \$15 for each night's stay; a North American trip must include at least three nights and an overseas trip six. Seat costs vary, depending on the type of plane, but in many cases (not all—comparison shopping is still wise) the OTC package costs quite a bit less than the regular air fare alone. There can be a differential of several hundred dollars, depending in part on the quality of accommodations you select.

Tickets must be bought and paid for at least fifteen days in advance for North American flights, thirty days in advance for overseas. And one of the nicest aspects of OTC: direct flights from various midwestern cities to vacation spots like Hawaii and Mexico and Switzerland; you no longer must live near the coast to take advantage of bargain fares. A bonus savings.

As with all good things, it sometimes seems, there are drawbacks. With OTCs, as with any charter flight, you are com-

mitted to leave and return with the group. If you should fly to Europe with a charter and then find that you must return at a different time, you would have to buy a regular ticket back—at a price which might be more than the entire round-trip charter. There is inexpensive insurance you can buy to cover such contingencies, but it will reimburse you only if your plans change because of death or illness in the immediate family. Whim doesn't count. And you have to ask your travel agent about the policy; he may or may not mention it. You will have to use a travel agent to book an OTC, by the way; the airlines aren't permitted to sell them. OTCs are new and some travel agents are more familiar with them than others. Shop around for a travel agent both reputable and knowledgeable.

With an OTC, as with any independent travel, you're on your own for sightseeing and entertainment once you arrive at your destination. If you prefer to leave all the planning to others, however, and to travel with a group, you might look into the all-inclusive fully-escorted tours offered by travel packagers like American Express and by organizations like the American Association of Retired Persons. The AARP, open to anyone over 55 for an annual membership fee of \$2, offers tours especially geared to the needs of older Americans.

If you've decided to see America in this Bicentennial year, you have a wide choice of places to go and ways to get there: airplane (including some OTCs), bus, train, and, of course, private automobile. Compare cost, time, and comfort before you decide.

Automobile travel, while popular, can take longer and cost more. The American Automobile Association suggests that you allow \$24 a day for meals and snacks, \$25 for lodging, \$5 for gas and oil for each 100 miles, and enough for tolls and extras. If you must have a car at your destination, consider hiring a driver for your car (there are companies which specialize in this service) while you travel via plane or train. Or rent a car when you arrive. You'll find a number of car-rental companies offer discounts to senior citizens.

Railroad travel is coming back in many parts of the nation—and Amtrak is considering discounts for seniors. The airlines, Congress permitting, may follow
(Continued on next page)

MOVING SOON?

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Money Back
Guarantee

(Continued from page 25)

suit. And the bus companies already offer unlimited mileage low-budget passes; they are not specifically designed for older travelers but are geared to anyone with plenty of time.

A cost-cutting, and pleasant, way to travel is via recreational vehicle—taking your home along. More and more vacationers—especially retirees—are taking to the road this way, in everything from canvas-topped folding campers to sleek and shiny motor homes. You can see more of the countryside via RV, and save on food and lodging while you do so. A good way to try the RV life without a major investment is to rent a vehicle for your first time out; if you like it, consider buying second-hand equipment. Growing families often move to larger camping trailers, selling their smaller units to couples who want to take to the road as a twosome.

Another money-saving idea: swap houses for a novel and inexpensive vacation. You can see interesting parts of the United States—and the world—for little more than the cost of transportation. For a fee of \$12 you can list your home in a directory, such as the one published each year by the Vacation Exchange Club, 350 Broadway, New York, NY 10013; you then arrange the exchange on your own. (Note: It's too late this year to list your home, but \$9 will bring you the directory so that you can select from among those homes listed by others; \$15 will bring you this year's directory and list your home in the 1977 edition.)

There are advantages to being at or near retirement age, with discounts on all sorts of things from local sightseeing attractions to entire countries. Switzerland, for one, offers a Half-Fare Pass on transportation for men over 65 and women over 62. For \$28 you can have unlimited travel for a year on trains, boats, and postal motorcoaches; the pass is also good for discounts at over 500 Swiss hotels.

Here at home, the Golden Eagle Passport for all United States National Parks is free for people over 62; in addition to free admission to all national parks, this Golden Age Passport offers selected discounts on other services as well, depending on the individual park. State parks often offer discounts too. New York, for example, will issue a Golden Parks Pass, allowing free vehicle access on weekdays, to residents over 65. Many local parks, historic sites, and museums also offer discounts to seniors; it pays to ask.

Many motel and hotel chains offer discounts to older travelers too—some only to members of a senior citizens organization such as AARP and others to anyone. Inquire when you call ahead for a reservation—and use a toll-free number to make the call. Many chains have their own such numbers, and there is also an Independent Reservation System linking many hotels and motels in the U.S. and Canada. The toll-free number in the United States is (800) 323-1776, except in Illinois, where it is (800) 942-8888.

Next month: Travel tips.

did you know..



In the early 60s, the Elks National Service Commission found that there was a need for playing cards in veteran's hospitals so they launched an Order-wide drive to collect "Cards for The Handicapped." More than 250,000 decks were collected in a short time and shipped to the VA hospitals nearest the lodges. The cash value of the cards was estimated at over \$50,000. Many lodges still collect cards and books for hospitalized veterans on a regular basis.

There has been a difference of opinion in the correct designation of the animal for whom our Order is named.

The most familiar Latin designation is "cervus alces," meaning Cervus (deer) and Alces (Elk). This term was originated in 1766 by Linnaeus to distinguish the moose from other members of the deer

family. The deer family is named by scientists as Cervidae.

The animal we use as our symbol is also known as Cervus Canadensis, Wapiti, or American Elk. The famed naturalist, Ernest Thompson Seton, designates it thus, and he terms the moose, Alces Americanus.

These variations in the scientific names occurred often among many of the noted naturalists, hence one cannot blame the early showmen who founded the Order for being a little mixed up in their Latin designation.

☆☆☆
The funeral ritual used by the Order was adopted at the Grand Lodge convention in Portland, Oregon, in 1912.

☆☆☆
Three members of Boston Lodge No. 10 presented a statement to the 1882 Grand Lodge convention in New York, claiming that some persons, among them some former members of the Order, were in possession of its secret initiatory works. They had banded together under the rather odd name of "Order of Growlers," and were holding meetings in which they were using the Elks Ritual.

Nothing is mentioned in the official Elks history of what ever happened to the group.

LODGE VISITS

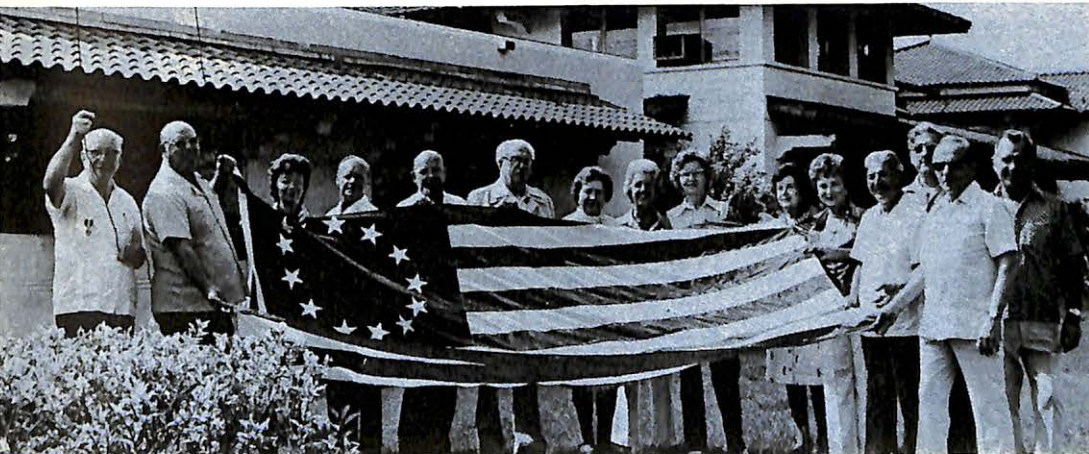
GRAND EXALTED RULER WILLIS C. McDONALD



Brother McDonald (second row, third from right) returned from a recent California trip with a special souvenir, the football used in the Rose Bowl game between UCLA and Ohio State. PGERs Horace Wisely, E. Gene Fournace, and R. Leonard Bush, and SP James Spence were among the officials who witnessed Pasadena ER Ken McAlpine's presentation of the gift to the GER.



On behalf of Fond du Lac, WI, Lodge and through the courtesy of Mercury Marine, a division of Brunswick Corporation, PSP Joseph Kovacs (right) presented GER McDonald with an outboard motor as (from left) ER Julien Kinzer, DDGER Robert Smithers, and PGER Francis Smith observed. Brother McDonald was attending the mid-winter meeting of the state Elks hosted by the lodge.



The participation of Willis McDonald (left) made the raising of the Bicentennial flag at Panama Canal Zone (Balboa) Lodge a very special event. Also taking part were PDDs George Folger and Stewart Brown, ER Dick Collver, PGERs Ray Dobson and William Wall, PDD William Aiello, GL Lodge Activities Chm. Alvin Ehrlich, DDGER Melvin Smith, and a number of the ladies.



On the occasion of his visit to Minneapolis to attend the mid-year conference of the Minnesota Elks, GER Willis McDonald (second from right) stopped at the local Veterans Hospital. He was accompanied by Brother Jerry Karkkainen of Duluth Lodge, Est. Loyal Kt. Arthur Lund of Minneapolis, Metro District President Ed Pavek of Hopkins, Arthur Carr, conference chairman, of Minneapolis, and PGER Francis Smith.



As part of their 75th anniversary year, Carlisle, PA, Lodge had the honor of a visit by Willis McDonald (center). Local and state dignitaries chatting with the GER included (from left) PDD William Henry, Grand Secy. Homer Huhn Jr., SP Paul Brubaker, and ER Ron Sheaffer.

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Few So Peaceful (Continued from page 48)

fuss with a Swiss bank when Grand Cayman is infinitely closer to home?

So far, this has been a discussion of Cayman's pluses. Now for the debit side. Alas, no destination scores perfectly, not even this island. First of all, the U.S. dollar is worth only 80 cents in relation to the Cayman dollar. And if you feel that the dollar doesn't go very far at home, it travels an even shorter distance here. Meals in particular are expensive. At the highly touted Grand Old House, a former plantation home on South Church St., steak and lobster will cost you \$10.50 (Cayman dollars). To this, the management adds a 15% service charge. The cheapest entree on the menu, a ground beef patty, is priced at \$5.75. It is, however, one of the island's finest restaurants, with a kitchen that turns out marvelous escargots, stuffed fresh mushrooms, Cayman land crab, conch chowder, boula boula (a blend of turtle and pea soup), turtle steaks, grouper, bourguignon, frog legs and other delights.

Possibly the biggest ripoff on the whole island involves taxi fares. You get the idea you're being sold the jalopy instead of being taken for a ride, which in effect you are (it cost us nearly \$7 for a five-mile lift). You have no choice but to hire a cab at the airport unless your hotel is a distance of more than 15 miles. In this case, the resort owner is permitted to pick you up. Otherwise, you're at the mercy of the hacks who hold the monopoly on locomotion. Besides expensive cabs there is another problem. This one involves insects. Visitors should be warned that mosquitos proliferate during the rainy season, which is during the summer months.

Otherwise, Grand Cayman is worth adding to the island collector's list, its grandest hotel being the new 183-room Holiday Inn—a waterfront property rising along Seven Mile Beach. Unlike the ordinary Holiday Inn, it exudes a certain sense of luxury at prices starting at \$27 single and \$29 double. My bid, though, goes to the charming Victoria House, a cluster of 25 spotless apart-

ments which also face Seven Mile Beach only a few minutes out of George Town, the island's capital. Barely a year old, the two-story complex is equipped with all-electric kitchens, exquisitely furnished and priced from \$40 a day (U.S.) for a studio to \$78 for a penthouse which sleeps up to six guests. It is the perfect place to sip a sundowner while watching the day give way to twilight.

While the pace is slow on Grand Cayman, it's slower still on the neighbor island of Cayman Brac. Twelve miles long and a mile wide, it lies soaking wet in perfectly clear salt water about an hour away from Grand Cayman. Other islands are infinitely more beautiful perhaps, but what Cayman Brac lacks in certain creature comforts it makes up for in peacefulness and simplicity.

There is but a single 14-room hotel on the entire island, although the owners are presently in the midst of an expansion program. They call their property the Buccaneers' Inn, a nondescript, homey shelter on the western end of the island. Fans spin in the ceiling, conjuring up memories of forgotten days and more peaceful and unhurried times. Both shores of the island are visible from the hotel, with green and blue waters reaching all the way to infinity. The legions who seek excitement would be utterly miserable on Cayman Brac. There is absolutely nothing to do. Well, that's not altogether true. The skin diving is a joy, bone fishing is excellent and the skies are mostly clear so that the sun worshipper comes away satisfied. But there's little to do at night. Sometimes a calypso band kicks up a fuss at the Buccaneers' Inn. Or you can hike "downtown" to Hanson's store where upstairs they screen movies. Long forgotten films. Thirty years old, perhaps. The audience sits in folding chairs and the sea breezes blow in through the windows.

Mostly, visitors to Cayman Brac are content to sit beside the hotel's salt-

(Continued on page 30)

RESULTS OF THE FINALS OF 1975-76 "HOOP SHOOT" CONTEST

Held in Kemper Arena, Kansas City, MO, March 21, 1976

GIRLS

- 8-9 1. Tracy Hatten, Gold Beach, OR
2. Pam Kelly, Midwest City, OK
10-11 1. Julie Mayo, Dresden, TN
2. Teresa Thomas, Ida, LA
12-13 1. Cynthia Hannahs, Springfield, OH
2. Diann Walsh, Varina, IA

BOYS

- 8-9 1. Scott Anderson, Newton, IA
2. Stan Covington, Blackfoot, ID
10-11 1. Kevin Burdick, Pryor, OK
2. Tom Fisher, Muscatine, IA
12-13 1. David Buchanan, Kimberly, WI
2. Tim Hunter, Alma, MI

Complete photo-coverage of the 4th annual Elks National "Hoop Shoot" Free Throw Contest Finals will appear in the June issue of *The Elks Magazine*.

1975-1976 BULLETIN WINNERS Showcases For The Order

THE WINNERS of the 1975-1976 Lodge Bulletin Contest were chosen from among 157 entries received by GL Lodge Activities Committeeman R. B. Deffenbaugh. The contest has again revealed the excellent editorial talents among the many members of the Order in their reporting of local lodge activities.

The top three winners in each of the five membership divisions are listed, and the first-place winners are shown here.

A—Lodges under 301 members

1. Fair Lawn, New Jersey
2. South Orange, New Jersey
3. Plano, Texas

B—301 through 600 members

1. Freehold, New Jersey
2. Lakewood, New Jersey
3. Lubbock, Texas

C—601 through 1,000 members

1. Rockville, Connecticut
2. El Monte, California
3. Hollywood, Florida

D—1,001 through 2,000 members

1. Salt Lake City, Utah
2. Pasadena, California
3. Orlando, Florida

E—2,001 or more members

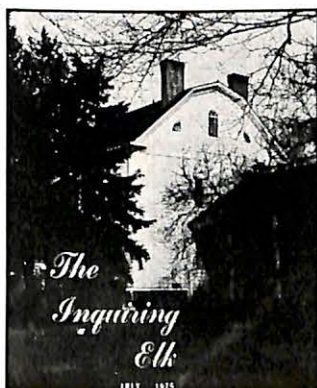
1. Tucson, Arizona
2. Long Beach, California
3. Huntington Park, California



C



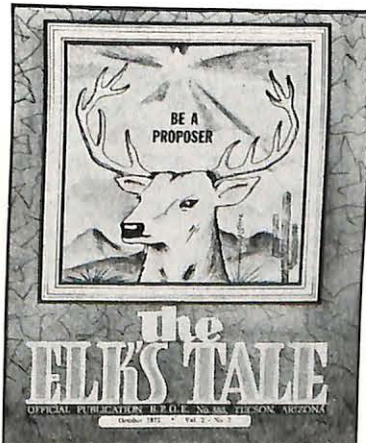
D



A



B



E

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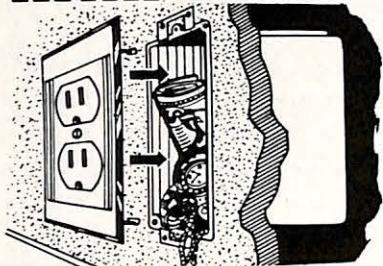
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(Continued from page 28)

water pool and enjoy the warmth of the Caribbean sun and the pages of a good novel. If that isn't satisfying, there are picnic excursions to neighboring Little Cayman Island. And for divers it is truly a paradise. Whether you explore the depths or snorkel on the surface, the sea surrounding Cayman Brac is a silent, unpolluted world of freedom and fascination. For divers, the Buccaneers' Inn provides a special package deal which includes hotel room, meals and daily diving trips by boat for \$40 a day. The rate is available for groups of 10 or more. Otherwise a single room with meals comes to \$32 a day or \$55 double (add 20% for tax and gratuities). Something on a grander scale will cost a couple \$68 a day, except during the off season when prices drop.

If you go there you're bound to meet Peter Sanford. He pops up constantly. Genie-like, he appears at the airport to claim your luggage. He also drives the hotel "limo." It's a three-minute run to the Buccaneers' Inn where he hurries inside and is waiting to register guests at the reception desk. Sanford is also the bellman, maitre de', dive master and sometimes bartender. The proprietors are members of a pioneer family whose ancestors have been on the island for seven generations. Ever since the original clan was shipwrecked during a storm in the 17th century. Gloriene Scott manages the Buccaneers' Inn. Her family—they're Scotch, Irish, English—tend cattle, sell groceries and operate a rock crusher, among other endeavors. They opened the Buccaneers' Inn 20 years ago with six rooms. This was after Cayman Airways established service to the island. Before this only schooners sailed to Cayman Brac, dropping anchor infrequently to deliver provisions for the handful who lived there. Even now there is no jet service.

Presently there is a population of 1,203 including the members of eight American families. Among them is a DuPont heir. Racially, the island is

tranquil, the happiest in the Caribbean. Still, the police force was doubled recently. Before there was one officer. Now there are two. But this was only because traffic is increasing and the roads must be patrolled. Otherwise, the police have little to do. There is no crime on the island. No burglaries, no robberies, no rapists, no muggers. Only an occasional obstreperous drunk, which is the only time the jail comes to use.

Along with the cocktail bars there are many churches, and the islanders pay frequent calls to both.

"They are very religious," said Gloriene Scott, "but sometimes I'm afraid they are not so godly."

In the late 20th century Cayman Brac suffers from a lack of natural resources. Once it produced an abundance of coconuts. But the trees were attacked by blight in the early 1900s. And after this a hurricane swept the island clean. By 1915 barely 300 souls remained. Even today Cayman Brac's primary export is human life—seamen who go away as youngsters and return old men, having saved enough to secure their retirement. Now there is this wish for tourism. There is much talk of a jet runway and new hotels and a golf course and tennis courts. The tourists are needed, they say, to sustain the island. Otherwise the young men will continue to leave home and Cayman Brac's women will continue to brood and be lonely. It is inevitable that change will come. No doubt a modern air terminal eventually will replace the colorful, ramshackle tin-roofed hut which presently serves arriving visitors. Big new hotels will rise. Traffic will increase. (Perhaps it will be necessary to double the police force again, who knows?) If the Caymanians get what they're after—big time tourism—they'll inherit such accompanying negatives as jet noise, big crowds and confusion. Presently, though, Cayman Brac remains relatively inexpensive, save for gasoline which is \$1.30 a gallon. In the Caribbean there are lovelier islands, but few so peaceful. ■

FLAG DAY, 1976

June 14, 1976 is just around the corner. In this Bicentennial year it is especially important that all Elks exhibit their belief in the principles expressed by the Founding Fathers of our country, and the observance of Flag Day gives us the perfect opportunity. Are you prepared to make it a big day?

You will find suggestions for the observance in the Americanism Program. Get as many other organizations involved as you can—American Legion, Scouts, military units—as well as prominent individuals and local officials.

Properly performed, the Elks Flag Day ceremony, which conveys the history of our country's flags, is quite impressive, and demonstrates that the B.P.O.E. is fundamentally a patriotic organization.

Remember, too, that there is a Grand Lodge contest for brochures covering your Flag Day celebration. Take pictures, cut clippings, and enter your lodge's big day by sending your brochure to the GL Lodge Activities Committee. Dates and addresses for the contest will be announced.

William H. Collisson, Chairman
GL Americanism Committee

(Continued from page 17)

It would, of course, be much simpler if a volcanic eruption could be forecast as easily as other natural disasters, such as floods.

The difference is that all the elements that go to trigger a flood are right out in the open and easily observable—torrential rains, melting snowpacks and the like. But the elements that set off a volcano are miles underground, and the best that scientists can do is make educated guesses as to what's going on so far beneath the surface. So despite all the sophisticated equipment they bring to bear on their studies, a lot of what they conclude is still based on theory.

One of the most fascinating theories of what causes this volcanic action has developed only within the past few years. That's the theory of continental drift, once scorned by geologists but now proven by new oceanographic research. This holds that the earth's continents are comparable to great rafts that move very slowly on the soft, plastic layer of the earth that lies many miles below the rigid crust. Under this theory, such a "raft," or continental plate, has been grinding slowly eastward from the Pacific and underthrusting the continental plate on which North America sits.

Whatever the cause, however, one fact has been proven. The assumption long held by Pacific Coast residents that the Cascade volcanoes are dead has now been shattered. Despite those snow-covered summits that appear so timeless and eternal, they stand as symbols that the earth is still changing, that far below the lowest level of the deepest mine, evolutionary geologic processes are still at work about which we can only theorize, processes that are so gigantic that the mightiest works of man are insignificant by comparison.

One of these earth-building processes is the eruption of volcanoes. And should Mt. Baker, Mt. Rainier, or any of the other Pacific Coast volcanoes make up its mind to erupt, there's absolutely nothing man can do about it—except get out of the road fast.

Geologists who have concentrated their study on these great mountain peaks in the last couple of decades are now agreed: There's no question one or more of them will erupt. The only question is when the eruption will occur, and what form it will take.

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Obituaries

PAST DISTRICT DEPUTY Howard E. Sullivan of North Miami, FL, Lodge died December 27, 1975. In 1960-1961 Brother Sullivan served as Exalted Ruler and in 1966-1967 he became District Deputy Grand Exalted Ruler for the South District.

PAST DISTRICT DEPUTY Edgar R. Self of Athens, TN, Lodge died January 7, 1976. Exalted Ruler in Athens during 1955-1956, Brother Self was named District Deputy Grand Exalted Ruler for the East District in 1961-1962.

PAST DISTRICT DEPUTY Bede Armstrong of Waukegan, IL, Lodge died January 11, 1976. Brother Armstrong was an Exalted Ruler of his lodge and became District Deputy Grand Exalted Ruler of the Northeast District in 1960-1961.

PAST DISTRICT DEPUTY O. Ralph Matousek of Homestead, FL, Lodge died recently. Brother Matousek was appointed District Deputy Grand Exalted Ruler for the South District in 1959-1960.

PAST DISTRICT DEPUTY Henry F. Poage of Plant City, FL, Lodge died recently. In 1965-1966, Brother Poage was District

Deputy Grand Exalted Ruler for the West Central District.

PAST DISTRICT DEPUTY Frank J. Bielmaier of Carroll, IA, Lodge died January 21, 1976. Exalted Ruler of Carroll in 1946-1947, Brother Bielmaier served as the Northwest District Deputy Grand Exalted Ruler in 1973-1974.

DISTRICT DEPUTY Elmer J. Lewis of Johnson City, TN, Lodge died January 31, 1976. Brother Lewis held the office of Exalted Ruler for two terms. At the time of his death, he was serving as the Upper East District Deputy Grand Exalted Ruler for 1975-1976.

PAST DISTRICT DEPUTY Walter E. Shannon of Pratt, KS, Lodge died November 6, 1975. Brother Shannon was an Exalted Ruler for Pratt Lodge, and served as District Deputy Grand Exalted Ruler in 1966-1967 for the Southwest District.

PAST DISTRICT DEPUTY Chester D. Smith of Barberton, OH, Lodge died December 29, 1975. Brother Smith served his lodge as Exalted Ruler, and became District Deputy Grand Exalted Ruler for the Northeast District in 1938-1939.

(Continued from page 14)

Not everyone concurs on the relationship of personality and heart attack, but all realize the magnitude of heart problems as the Number One killer in the United States.

Although some people seem to use stress as a tonic to work faster and more efficiently, too much "executive stress" handled incorrectly, doctors say, can make a person sick. A high-pressured existence without proper precautions can lead straight to heart disease. Stress also seems to foster ulcers, high blood pressure, headaches, alcoholism, drug abuse and marital breakdowns.

Dr. Bonte, the Southwestern radiologist and dean, explained that stress is "a disease of civilization. When man progressed from his nomadic life to settled fame, he set the stage for cardiovascular disease."

A man who said, "I have been under constant self-imposed stress for as long as I can remember," Dr. Bonte emphasized that "for the most part, coronary artery disease is found in people who live under stress." He pointed out, however, there are individuals who appear to be perfect candidates for heart disease and yet never succumb to it. He cited, for the record, himself as a prime example.

A former downhill skier before damaging his shoulder last winter, Dr. Bonte said his release from pressure comes by doing something different—not by performing with less intensity. "I don't go home from here (Southwestern) and for recreation run an X-ray department for a suburban hospital." His primary recreational outlet now is building huge models of interurban railway systems and street cars.

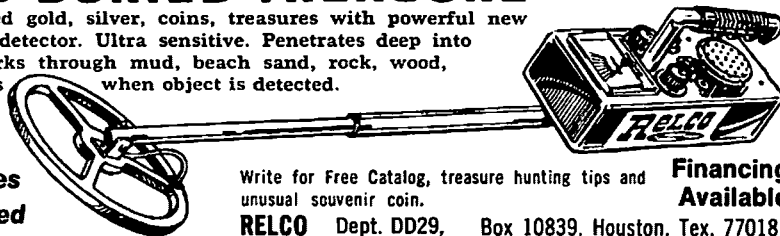
On the other hand, Dr. Bonte noted, "there are individuals who seem relaxed and who take care of themselves, yet fall victim to cardiovascular disease at an early age." He believes the answer to the cardiovascular puzzle probably lies in the genetic determinator of who is prone to heart disease, yet admits at this time the general public is turned off by the thought of "tampering with the fundamental life process."

So until some definitive preventions to the cause of heart attacks are discovered, developments like the impressive nuclear cardiac scanning technique will be one of mankind's defenses against one of the world's most gripping killers, heart disease. A cure is the goal, but a method to increase a patient's chances of survival after a heart attack is certainly no small accomplishment. Most of us realize the significance of such a feat, but if any of us are unfortunately among those 27 million Americans now living who have a good chance of dying of a heart attack, the realization could be more acute. ■

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DC-1376

NEWS OF THE LODGES

(Continued from page 24)



WINNERS and runners-up from the North Dakota "Hoop Shoot" contest held in Jamestown received the congratulations of State Chm. Jack Brown (right) and Committeeman Ernie Gates. There were 21,876 contestants entered from the 11 North Dakota lodges.



AN INITIATION CLASS at Fairbury, NE, Lodge included candidate Sterling Coatman (center) who was welcomed to membership by his sons, PERs Lee (left) and Edgar. The two brothers helped conduct the initiation ceremony.



A PEE WEE HOCKEY TEAM for 11- and 12-year-old boys has received the support of Fergus Falls, MN, Lodge. The traveling

team was scheduled to play over 40 games throughout Minnesota and Winnipeg, Canada.



A PROGRAM honoring students from local high schools was established by Decatur, AL, Lodge. On behalf of the lodge, visiting GL Committeeman Robert Grant (right) awarded Shelia Durand and Terry Lee Slaten certificates and a \$25 savings bond each, and Youth Chm. Ronald Baraglia (left) assisted in the presentation.



THE WOOD FAMILY of Ravenna, OH, is the first family to be represented in Ravenna Lodge by three generations. (From left) Robert Wood II's recent initiation was attended by his grandfather, 40-year member Robert Wood, and his father, 20-year member Jack Wood.



EXALTED RULER Bobby Burgess (standing, right) and the officers of Columbus, OH, Lodge traveled to Bellefontaine, OH, Lodge to initiate 12 new members. Among those who witnessed the ceremony were local ER Ron Gonterman (standing, left) and PSP Sam Fitzsimmons (standing, second from right).



A COMMENDATORY PLAQUE was awarded to PER Allan Vavra (second from right) in appreciation for his service to Winnier, SD, Lodge. (From left) PER Jerry Wolthoff, ER Marvin Scott and PERs Leith Zeigler and Gordon Ferber gathered to thank Brother Vavra before he moved to his new home in Colorado.



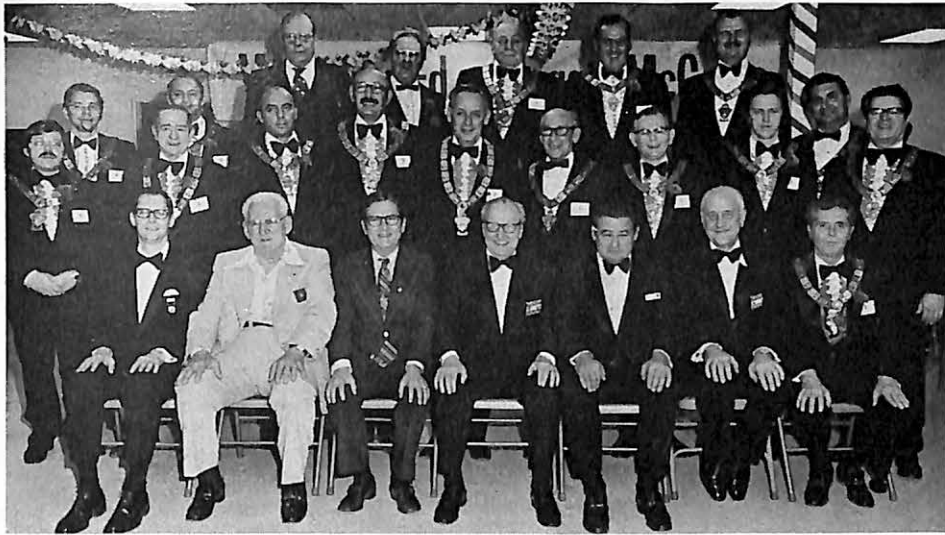
ELK GROVE, Illinois, was the scene of the North District "Hoop Shoot" contest. The winners received their trophies from District Chm. Carroll Snyder (second from left), who was assisted by VP Tom Creadie (left), DDGER Al Krasnow (third), PSP Ray Sheahen (fifth), and several Exalted Rulers and "Hoop Shoot" chairmen from participating lodges.



THE DEDICATION of the new Carlinville, IL, Lodge building was celebrated by ER Frank Grichnik (fourth from left) and the lodge officers with their guest, SP Richard Stropes (center). The following evening, 49 candidates were initiated into the lodge.

BROTHER Henry Havron (center) recently attended a family initiation at Auburn-Opelika, AL, Lodge. (From right) sons Ronnie, Alan, and Bill, and son-in-law Larry Crawford became lodge members.





FIVE-YEAR-OLD High Ridge, MO, Lodge recently held dedication ceremonies for its new building. Among those in attendance were ER Charles Dacus (second row, center), VP Jesse Edwards (seated, second from left), GL Committeeman Dan Tammany (third), PGER Edward McCabe (fourth), and DDGERs Henry Kaiser and Donald Nemitz (fifth and sixth).



LUDINGTON, Michigan, Lodge's ritualistic team, headed by ER Nathan Graham Jr. (fifth from right), won first place in the West Central District contest for the second consecutive year. Manistee Lodge was the site of the recent competition.



WINNERS and runners-up at the Ohio State "Hoop Shoot" contest in Ashland were cheered on by district, state, and local officials. Congratulations were offered by (back row, from left) State Chm. Mike Mihalick, State Youth Committeeman Nick Kovic, State Trustees Chm. Robert Kennedy, PGER E. Gene Fournace, SDGER Larry McBee, and GL Committeeman Carleton Riddle.

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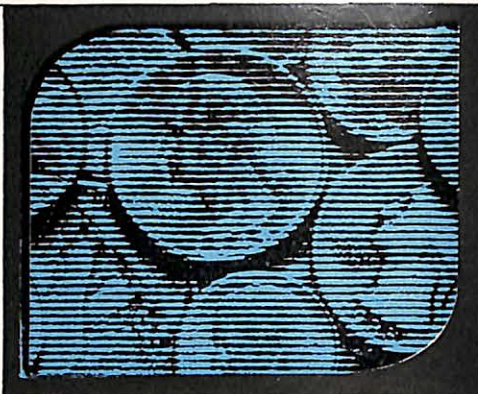
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ELKS FAMILY SHOPPER

More for your money

by Mike LeFan



MERRY MONTH

With this issue the "Elks Family Shopper" will incorporate "More for Your Money." Readers of The Elks Magazine will be able to profit on a monthly basis by this exclusive version of the syndicated column bearing the same name. Author Mike LeFan says the aim of "More for Your Money" is to be "a practical consumer guide you can pick-up and use."

It's the Merry Month of May, and bargains are popping up all over. Home furnishings, housewares, white goods, blankets, rugs and carpets, TV sets, and washing machines are traditional May bargains. Watch for savings on luggage and on lawn furniture. You'll find nice buys on men's and boys' wear, women's clothing and handbags, and baby needs.

Jewelry is attractively priced this month, especially diamonds. In general, watch the Mother's Day and Memorial Day sales.

Our Luggage Luger offers these tips for getting the most for your luggage dollar. First, think about all the stuff you pack for even a short trip—clothes, camera, address book, jewelry, personal items—it's quite a treasure chest. Replacement costs, for what can be replaced, will shock you. Luggage is an investment in protecting the things you pack.

Select your luggage with an eye on durability, usability, and looks. Since styles, materials, and prices

vary, the specifics depend on you and how much you'll use your luggage. Do you want to buy a whole set now, or buy pieces over a longer time span? If you decide on the longer plan, you'll want to get the basics first—meaning one bag for overnight trips, and a larger one for vacations and longer trips.

Next you must decide between molded luggage and soft fabric bags. Molded types are scuff resistant and are easily wiped clean, so they'll keep their looks longer. They have a metal inner frame, and the more rigid this frame then the stronger the bag.

Soft luggage is cheaper, can be stuffed more easily, is light, and easy to carry. However, it wears out quicker and the zippers have a nasty habit of breaking. If you travel little, though, soft luggage may be a moneysaver for you. Always lift any suitcase before you buy it. Make sure you could comfortably carry it a long way, and that the handle fits your hand without cutting or slipping. Durable handles are fastened into the metal frame or some sort of mounting plate. See that all stress and wear points are durable and that the work is neat and finished.

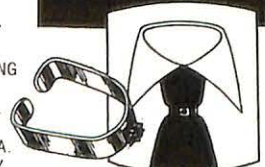
Speaking of travel, are you interested in a vacation in one of those recreational vehicles but don't want to buy? There's a clearinghouse to put you in touch with nearby owners wanting to rent theirs out now and then. Get details from Kampgrounds

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Cheese lovers, are high cheese prices too sharp for you? Supermarket Snoop says that aging boosts the price of cheese, so for the best buy select mild instead of sharp Cheddar, for instance. And bulk cheese is cheaper than presliced. Bargain cheeses can be frozen for later use. Freezing changes the texture, but the cheese is still perfect for casseroles, grilled cheese sandwiches, and other cooking.

Supermarket Snoop says that canned sardines, mashed with a little mayonnaise and lemon juice, make a cheap but elegant paste for fancy party hors d'oeuvres.

Send your favorite food buying tip to "More for Your Money" (address below) and we'll print the best mon-savers.

Mobile home owners, Handy Andy says to protect your housing investment with good maintenance. This is the season to inspect, clean, and repair your home's exterior and roof. Clean and wax the outside metal siding, and also clean interior walls, waxing or polishing if needed. Be sure to check the exhaust fans too.

Are you a credit user? Credit's a great tool, but like other powerful tools it can hurt you. Here are Six Credit Collapse Warning Signs: (1) You begin charging small daily items such as groceries and toiletries because you lack cash. (2) You put off paying bills until "next month" because you don't have money to cover them. (3) You borrow money to pay fixed expenses like quarterly tax payments, insurance, or even loan installments on your house or car. (4) You don't know exactly how much money you owe on installment debts. (5) Annual payment totals on your major debts amount to more than 20

percent of your annual income. (6) You get calls and letters from creditors trying to collect on overdue bills.

If any of those describe you, trouble may be on the way. If three or more of them fit you, trouble has arrived. See your bank, savings and loan, credit union, or hire a good CPA to chart you a course out of those troubled waters.

Don't cry over spilled milk, but if it's spilled on wood furniture do wipe it up quickly since the lactic acid in milk products acts like a mild paint or varnish remover on wood surfaces. If you have other problems or questions on furniture or floor care, insect control, refinishing furniture, or general home care and want expert answers, write to Carol Hensen, Director, Consumer Education Center, Golden Rondelle, 14th and Franklin St., Racine, WI 53403.

Mrs. H. C. says save money on meat by getting a larger cut to use for several meals. Plan ahead with leftover menus in mind. After main meals from the meat, use the bits and pieces in soups, stews, casseroles, and homemade pot pies. It makes cents.

Money Saver of the Month: Gardening and lawn care time is here—often an expensive activity. But you can add shrubs to your yard at no cost with a trick called "layering." Great for azaleas, forsythias, rhododendrons, and other flowering shrubs with low hanging branches. Bend one branch to the ground, cut a notch where you want roots to form, and cover that section with dirt. Strip the leaves from that section of the branch—but *not* from the tip. It should stick out of the ground. The notched part should be buried in a 3-inch deep trough and covered with a loose soil and peat mix. Rooting hormone may help. Your free shrubs will be ready for transplanting by fall. You're welcome.

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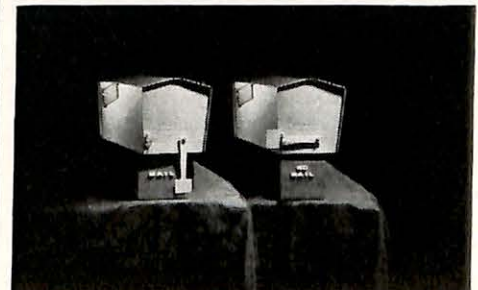
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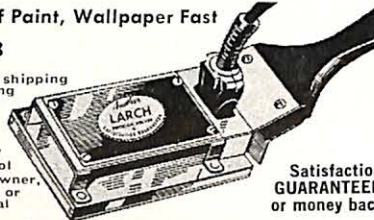
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	Bombay Cooler	Yellow			
	Bengal Lancer	Bone			
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	T-Shirt	As Shown			

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Elks Family Shopper



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to fit all brands of coffee makers

This Style Fits	This Style Fits
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#101 (#1) 2 CUP SIZE	4 TO 8 CUP SIZE
400 Filters \$8.25	200 Filters \$4.25
1000 Filters \$20.00	400 Filters \$8.25
#102 (#2) 4 CUP SIZE	1000 Filters \$17.75
400 Filters \$8.75	ONE CUP SIZE
1000 Filters \$20.75	200 Filters \$3.00
1x4 OR 1x6 (#6) 6 TO 8	400 Filters \$5.00
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500 Filters, reg. 12.50, \$ 5.95	MONEY BACK
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FILTERS for NORELCO, Etc., 400 for \$2.25

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Shows Actual Size

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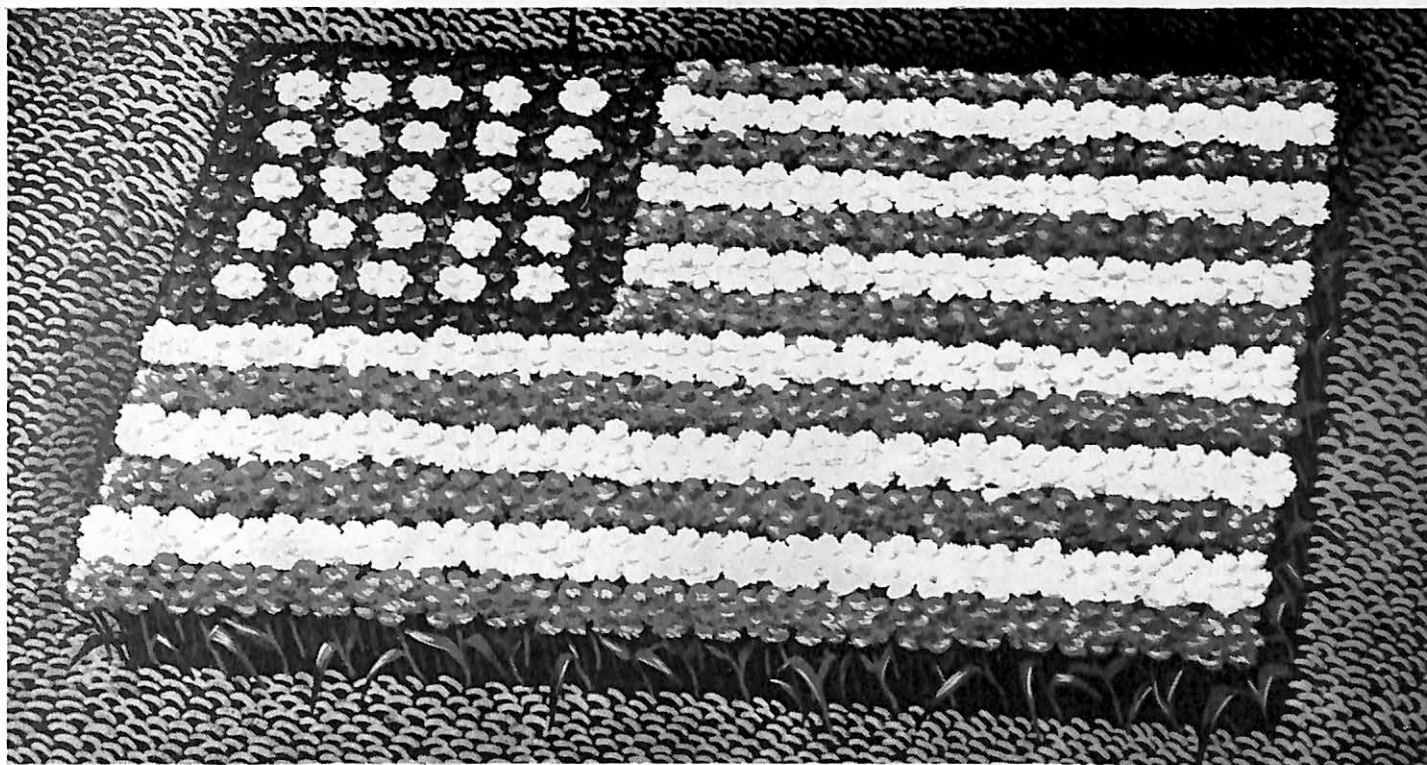
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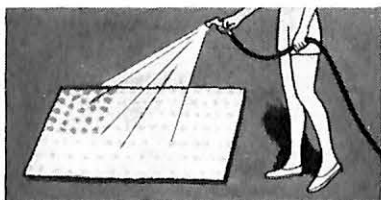


NOW! FLOWERS THAT GROW INTO ★ A LIVING AMERICAN FLAG! ★

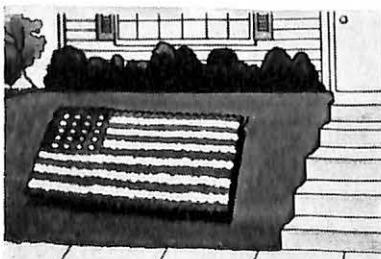
JUST A FEW SHORT WEEKS FROM TODAY!



Just set it out in minutes



Sprinkle once a week



Display it ALL SUMMER LONG... for the most spectacular garden sight you've ever seen!

SO NEW — SO DIFFERENT, YOUR NEIGHBORS WILL REFUSE TO BELIEVE THEIR EYES!

Now — for the Bi-Centennial — comes the most incredible sight you've ever seen! One you have to walk up and touch to believe it is real. Think of it! For the first time ever — a giant 3-foot by 5-foot LIVING AMERICAN FLAG, that surges into full red, white, and blue bloom in just a matter of weeks . . . and stays in full glorious color ALL SUMMER LONG! Yes, it's guaranteed to be the most stunning, traffic-stopping sight on the block this year. Yet it's all so easy that with nothing more than a few sprinkles a week, even a 6-year old child can grow this amazing LIVING FLAG!

WHO EVER HEARD OF FLOWERS SO SMART THEY GROW INTO LIVING PICTURES?

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1976 IS BARELY HERE — YET SUPPLIES ARE ALREADY SORELY LIMITED -- SO ACT NOW!

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EACH LIVING FLAG GROWS 3 FEET BY 5 FEET — Ideal garden display size

OVER 3,000 FLOWERS
\$5⁰⁰
ONLY

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THE LIVING FLAG, Dept. JAF-35
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Please rush me the Living Flag(s) checked below. I understand each one is fully guaranteed to grow and bloom into a LIVING AMERICAN FLAG in just a few short weeks for the most glorious Bi-Centennial display in the neighborhood or my money will be refunded immediately (except postage & handling).

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(plus 65¢ postage & handling)
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(plus 90¢ postage & handling)
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(plus \$1.15 postage & handling)

Total amount enclosed \$..... (Penn. residents add 6% sales tax).

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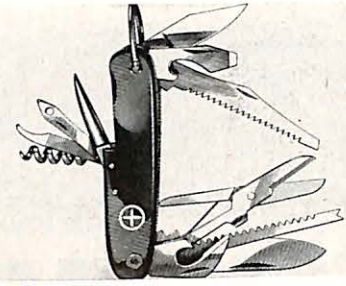
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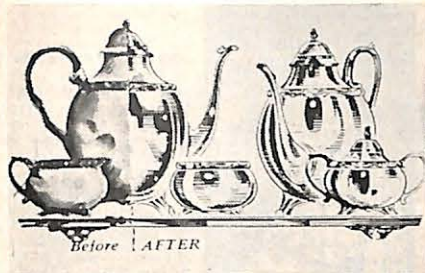


Complete with standard cords,
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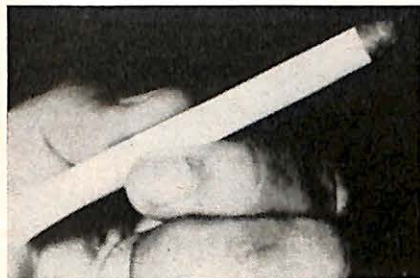
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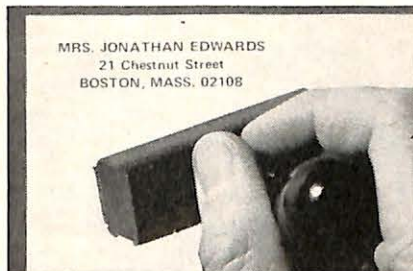
SURPLUS SAVING CENTER
Box 177, Dept. EFS-576, Waymart, Pa. 18472



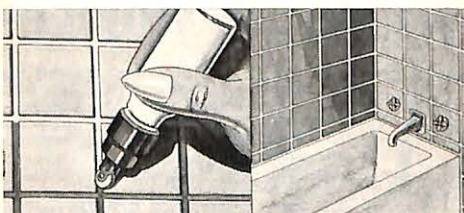
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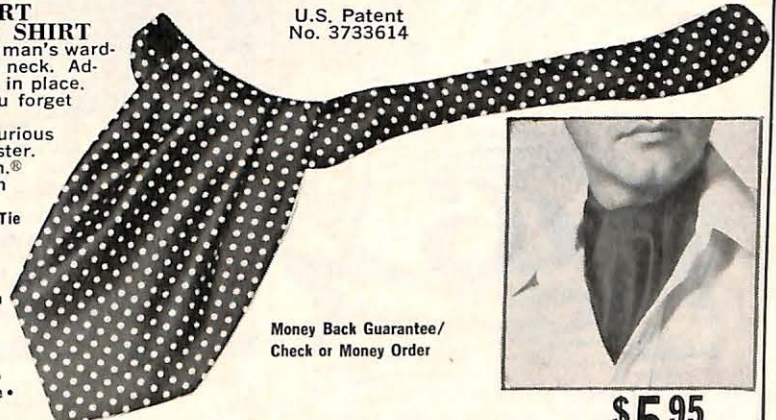
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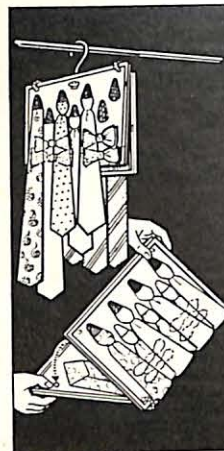
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For the Bicentennial Baby



For that lucky baby born in 1976.

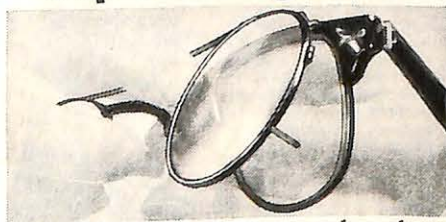
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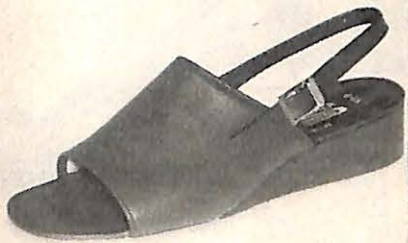
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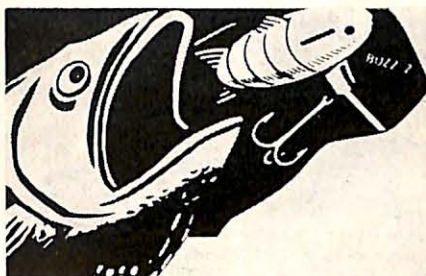
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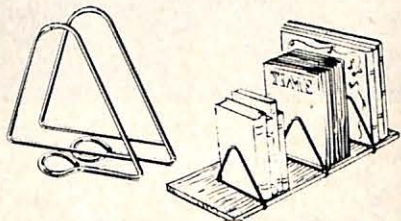
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- Fish Markets
- Fur Farms
- Garages
- Ice Plants
- Industrial Plants
- Lawn Mower
- Meat Markets
- Print Shops
- Refrigeration
- Saw Mills
- Service Stations
- Super Markets
- Truckers
- Veterinarians

DESIGNED FOR SIMPLICITY.
LOW MAINTENANCE COST—
NO SMOKE OR FUMES.

BIG MONEY 2 WAYS

SUKII

MADE IN U.S.A.

誰にも使える
蒸気洗剤

Produces Hot Steam

FAST!

DEALER'S PRICE

\$229⁵⁰

Shipped from factory near Sioux Falls, S.D.

1. DEVELOP YOUR OWN SUKII DEALERSHIP—Big Money Filling Demand All Over Your Territory

Earn a giant \$167.00 profit per sale. Dozens of different kinds of businesses . . . service stations, garages, factories, farmers, etc. . . earn extra profits by saving time and work cleaning their property and equipment. Keeps customers happy, too.

2. BE A SUKII FRANCHISE DISTRIBUTOR—Earn Biggest Profits, Realize Your Dreams

Openings available right now for top-flight men and organizations qualified to step into the booming SUKII picture. Unique moneymaking program with protected territory.

MAKE YOUR SUKII PROFIT CHOICE AND MAIL COUPON TODAY!

SUKII INTERNATIONAL P.O. BOX 1653 SCOTTSDALE, ARIZONA 85252

CLEAN UP RIGHT HERE
Get All The Facts!

SUKII Dept. E-5
P.O. Box 1653, Scottsdale, Arizona 85252

Tell me how to clean up with newly designed SUKII instant steam cleaning machine!

- Here's check or m.o. for \$229.50—rush one demonstrator machine \$396.50 (retail value) and moneymaking details.
- Tell me how to get started as SUKII dealer.
- How do I qualify for that EXCLUSIVE FRANCHISE and PROTECTED TERRITORY as a SUKII distributor?

PHONE _____

NAME _____

SHIPPING ADDRESS _____

(Please do NOT use P.O. Box No.)

CITY _____ STATE _____ ZIP _____

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Build Your Own
Grandfather Clock
starting under

\$200

(Including West German Movement)

- Do-it-Yourself Case Kits, parts pre-cut
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- Solid Brass Movements, Dials
- Finished Clocks
- Direct Factory prices



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EMPEROR CLOCK COMPANY

Dept. 520 Fairhope, Ala 36532

WORLD'S LARGEST MANUFACTURER
OF GRANDFATHER CLOCKS

Visit our Factory

SIDLES Auto SUN SHADES



RIDE UP TO 15° COOLER with SIDLES SHADES
Custom made from durable aluminum to block out the sun's rays. Easily installed and instantly removable. Increases air conditioner efficiency and saves passengers and contents from the ravages of a blazing sun. For free information send year, make, series, model (sedan, station wagon, pickup, bus, etc.), and style (2 or 4 door), with your name and address to **SIDLES MFG. CO., INC., Box 3537E, Temple, TX 76501**. For questions and/or same day shipment on Master Charge phone orders, call (817) 778-1636.

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OF ELKS FAMILY SHOPPER
IS NOT COMPOSED OF
PAID ADVERTISING

DON'T GET ROBBED!

\$525
PLUS

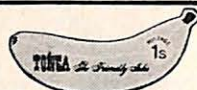
75¢ POSTAGE



Here's a smartly styled belt that's as practical as it is handsome. It has a secret zippered inner pocket for safely hiding away one's money. 2" wide, leather, available in brown with gold-plated buckle or black with silvery rhodium buckle. Sizes 28 to 44, with up to 3 initials on buckle. Specify color, size, initials. Send check or MO, no COD'S.

BARCLAY, Dept. 51-E
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TONGA BANANA STAMP Only 10¢



Spectacular Treasure Trove Collection featuring the unique Banana Stamp only 10¢. Also included: Maldives Van Gogh, Picasso paintings, John F. Kennedy & Apollo spacecraft, and more. You will also receive the most wonderful catalog of US and foreign stamps in America. Send 10¢ to:
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NOW! GET 3 REAL OLD U.S. COINS-Only \$1

YOU GET 2 PRE-1938 BUFFALO NICKELS AND A PRE-1908 INDIAN HEAD PENNY. PLUS, THE MOST WONDERFUL CATALOG OF US & FOREIGN COINS AND PAPER MONEY IN AMERICA. ONE SET PER CUSTOMER.
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The First Electronic SOIL MOISTURE METER



"Aqua Kane" instantly tells you when to water all plants, shrubs, even trees—with scientific reliability! Sturdy construction for constant use, indefinitely! One is all you need—and no batteries. Great gift for plant lovers. Only \$12.95 postpaid. **J. W. Holst Inc., Dept. EM-56, 1864 E. U.S. 23, East Tawas, Mich. 48730.**

FIRE DETECTOR ALARM \$9.95

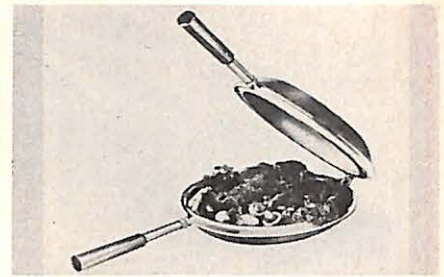


Get 24 hour protection for your household! **PROTECTOR**, the new battery-operated Fire Alarm, emits an early warning buzzer when a rapid rise in temperature occurs... BEFORE a fire spreads! **PROTECTOR** will save lives, property, valuable belongings! Only 5" x 3 3/4" x 1"; uses 2 C batteries; hangs on any wall or door. Only \$9.95 (add \$1.00 for handling; 60¢ tax in Calif.; batteries not included). **CHU, Dept. 1, 11641 Jerry St., Cerritos, CA. 90701, Money-back guarantee.**

THE WOMAN IN YOUR LIFE

will love you—and us too—when you light up your pipe with a **FREE SAMPLE** of our own specially blended Tobacco—it's got a delightful aroma, is a pleasing smoke and doesn't bite. The overwhelming response to this mixture in our area decided us to offer it to **PIPE SMOKERS** everywhere—for your trial smoke send 35c to cover the cost of handling & mailing to **THE TOBACCO MAN, 92 Lincoln Place, Liberty, N.Y. 12754.**

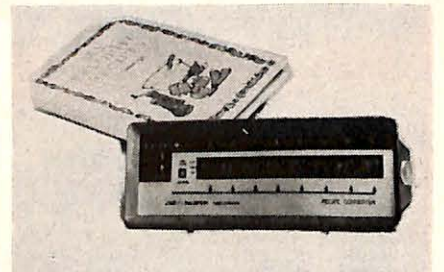
Elks Family Shopper



LA COTTA "NATURAL COOKER" uses no grease, water, oils. You can cook steaks, chops, chicken, fish in this volcanic rock Italian gourmet cooker. It draws out bitterness, tenderizes naturally. Cleans easily in plain water. Free recipe booklet \$9.95 plus \$1.00 shpg. (Pa. res. add 6%.) **American Consumer, Dept. LS-112, Caroline Rd., Phila., Pa. 19176.**



ANIMALS STAY AWAY from plants, shrubs, garbage cans, etc. protected by repellent wax "Scent-off Buds." The "Buds" come on flexible "twist-ons" that go on in a jiffy, stay put for months. Last through rain, heat, cold; can't wash off. Full dozen "Scent-Off Wax Buds," 99¢ ppd. **Plantabbs, Dept. 16, Lutherville, Md. 21093.**



CONVERT RECIPES TO THE DESIRED SERVINGS with Recipe Converter. This easy-to-read chart tells you exactly how much of each ingredient to use for the number of servings you're planning. Increases or decreases accurately. 9 1/2" long x 3 1/2" high. \$3.98 plus 50¢ shpg. **Mail Order Hunter Co., 1419 Sweetman Ave., Elmont, N.Y. 11003.**

See Advertisement on Inside Back Cover

**Haband's Incredible Man-Made New Price
DRESS SHOES, 2 pairs for \$19.95**

3 pairs \$29.90 4 pairs \$39.75

HABAND COMPANY, Direct Service Dept. 265 North 9th St., Paterson, N.J. 07530

Gentlemen: Please send _____ pairs as specified for which I enclose \$_____

72L-409(904)

FREE WHITE BELT

GUARANTEE: Wear the shoes. Test them any way you wish. If not satisfied, you keep the belt, return the shoes any time to Haband for full refund of every penny you paid us!

COLORS	How Many	What Size	What Width
White Loafer			
White Oxford			
Blue Alligator Grain Loafer			
Black Loafer			
Brown Loafer			
Black Oxford			

Name _____
Street _____ Apt. # _____
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WHAT SIZE BELT? Available in 30 to 54.....

NOW...an Olympic Champion introduces the **SPEED SHAPER™** based on his amazing **SYNOMETRICS™** concept, a combination of **ISOMETRICS + ISOTONICS** to help you...

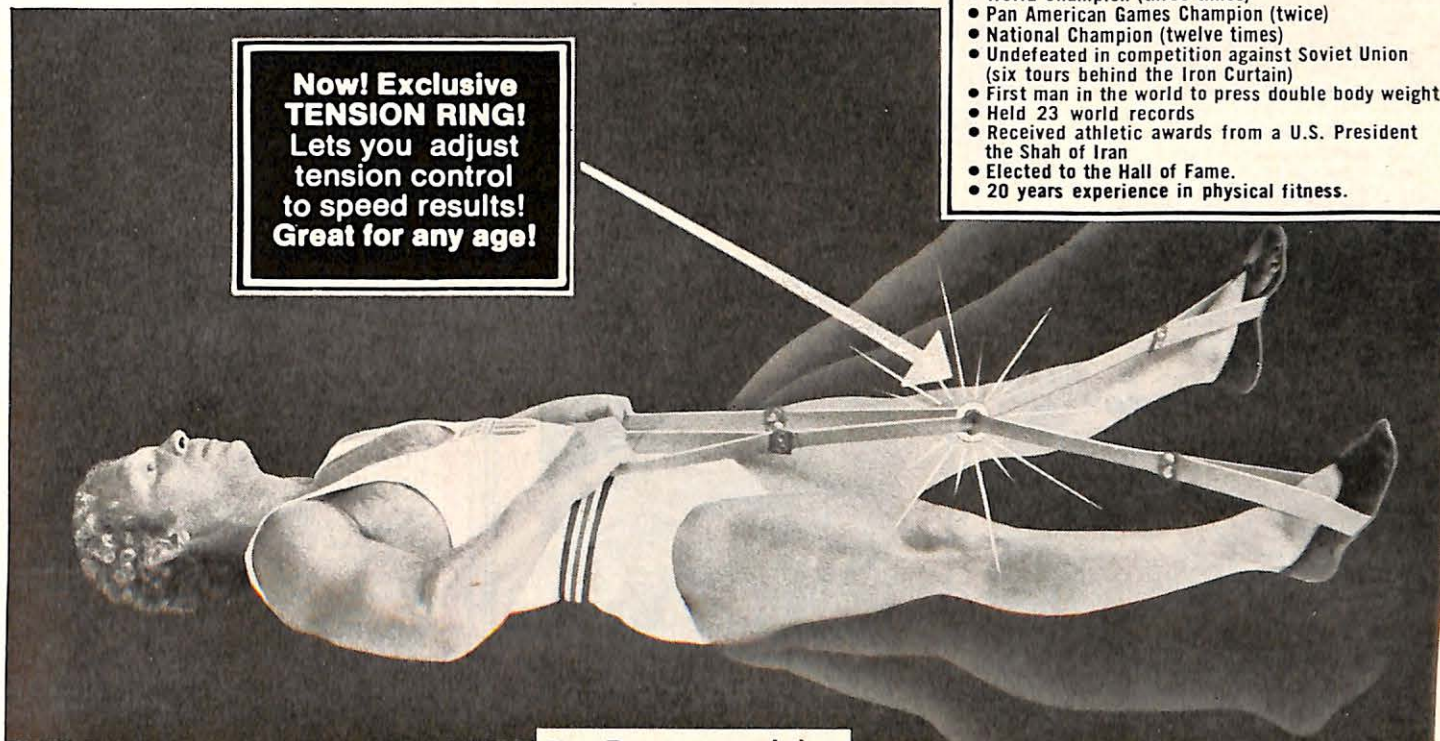
Turn Belly Fat into a Rock-Hard Lean Stomach

...in 7 short minutes a day with the "miracle" of **SYNOMETRICS**...the fantastic new discovery for **speed shaping** away ugly, embarrassing fat and flab...to reveal a brand new rock-hard, lean, trim, handsome body!



- Introducing IKE BERGER—**
Olympic Champion and truly one of the world's outstanding athletes.
- Olympic Gold medal winner (U.S. Team)
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 - Received athletic awards from a U.S. President the Shah of Iran
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 - 20 years experience in physical fitness.

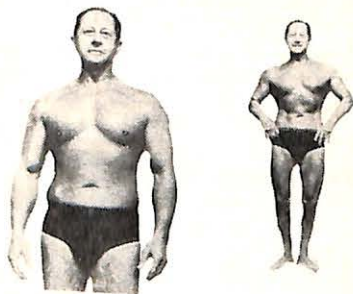
Now! Exclusive TENSION RING!
Lets you adjust tension control to speed results!
Great for any age!



Ike Berger explains What is Synometrics?

"I'M OVER 50, YET IN JUST 7 DAYS SPEED SHAPER™ 'BURNED' OFF THE FAT AND FLAB I'VE LIVED WITH FOR THIRTY YEARS."

You already know about the Isotonic and Isometric principle of body dynamics. Millions of people use one or the other in their daily exercises. I used BOTH methods in my daily Olympic training for years in different separate exercises. One day I accidentally discovered that if I used BOTH methods **together in one single exercise**, I automatically speeded up the results tremendously and I reduced my daily exercise hour down to only 7 short minutes.



"I'm over 50 and I thought my fat and flab was with me for life...SYNOMETRICS "burned" it off in only 7 days. In fact results came so fast I had to cut my daily 7 minute workout to 5 minutes to slow down the slimming process. It's the most amazing method I've ever tried...and I've tried just about every gadget and gimmick I've seen in magazines and TV."

HY HARRIS, New York, N.Y.

The Science of SYNOMETRICS

I later learned the scientific reason for this amazing result. It's called **SYNERGISM**—meaning that when you combine two methods the result is greater than the both of them separately. I now called my new discovery **SYNOMETRICS** and developed a special exercise unit I call the **SPEED SHAPER**. And that's just what it is...a speed method to give you results in minutes, NOT hours! Now...build yourself a "fantastic looking body" with the incredible **SYNOMETRICS**—the invention that works on the exciting new scientific concept of **ISOTONIC + ISOMETRIC**.

What Is The SPEED SHAPER?

An ingeniously designed amazingly compact slimming and shaping discovery that has no ropes or pulleys.

● *Contains no metal, springs, gears or other dangerous or exhausting parts or complicated apparatus.*

- *It is NOT worn around your waist but its powerful effect can be selectively applied to ALL problem areas: stomach, waist, chest, arms and legs, safely, easily and FAST.*
- *It is so amazingly compact that it slips easily into your pocket to be with you whenever needed. Weighs 5 ounces.*

IRON CLAD MONEY BACK GUARANTEE

In just a few days you must actually begin to see measurable, real results...or your money back promptly and without any question.

*No diet needed if daily caloric intake does not add to your present body weight.

Send Today for Speed Shaper Kit, only \$9.95

WONDER-SLIM, INC. Dept. EK-5-76
509 Fifth Ave., New York, N.Y. 10017

If the **SYNOMETRIC** Unit can really start shaping me up in just days, and I mean **ALL OVER** (stomach, waist, chest, arms and legs), I will keep it and use it...otherwise, I will want a full refund. Rush **SYNOMETRIC** to me.

NAME _____

ADDRESS _____

CITY _____

STATE _____ ZIP _____

I enclose \$9.95 (plus \$1.00 postage & hdlg.).
NY res. add sales tax: NYC 8%, NY State 5%.

Save \$1.00! Order 2 and send \$18.90.



AMERICAN LIBERTY BELL

Our nation's most famous symbol of independence.

This desk top Liberty Bell is a collectors item, authentic to the finest detail, and it rings. Cast in metal, with bell bronze color finish, it is mounted on a polished wood base and stands a full 7 1/2" high.

A beautiful display for your home or office, perfect for gift occasions, or a distinguished memento for awards or presentations.

\$25.00 postpaid. Satisfaction guaranteed.
(Pa. residents add 6% sales tax. Sorry no C.O.D.'s)

S.E. AMERICAN CO.

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**Cheney.
Because
Carol loves
this house.**

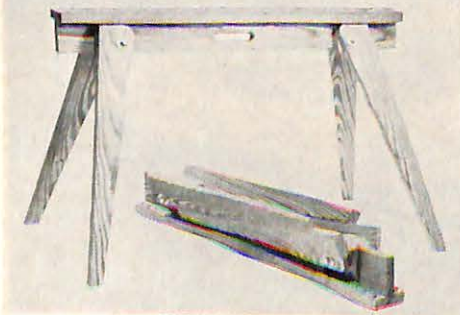
Carol's illness prevented her from climbing these stairs like she used to. She could move to a one-story house, but she loves this house. A *Cheney Weclator*™ solved Carol's problem by letting her ride from floor to floor quickly and comfortably. As the first stairway elevator to be UL-listed, it's virtually maintenance-free and can be installed in just a matter of hours. For a colorful brochure on *Cheney Weclators*, or *Wheelchair Lifts* and *Wheelchair Van Lifts*, contact your local Cheney Representative or write: The Cheney Company, Dept. EM, 3015 S. 163rd Street, New Berlin, WI 53151. (414) 782-1100.

Helping people help themselves.

CHENEY Weclators.

INTRODUCING.....

A NEW BREED OF HORSES!!



FOLDING LEG SAWHORSE

Here is a totally unique, patented design in a sawhorse. Manufactured of kiln-dried long needle yellow pine, preservative treated, this sawhorse is totally collapsible and yet rigid and strong to handle the heaviest of work loads. A pair folds easily and stores in any 7" X 11" X 36" space! Handle on underside of sawhorse provides easy portability. Available from manufacturer in three sizes:

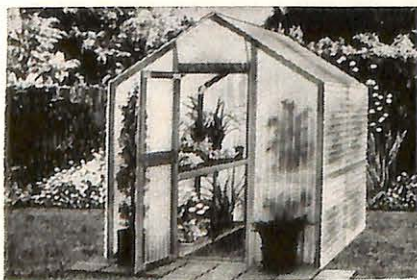


4/4 COLT (Handyman) \$19.95/pr.
5/4 MUSTANG (Craftsman) \$24.95/pr.
6/4 STUD (Contractor) \$29.95/pr.

Plus \$2.00 shipping (Pa. residents add 6% sales tax)

Full Size, Fiberglass

GREENHOUSES



FROM \$88.95

Grow Super vegetables and flowers! Write today for FREE brochure with Budget Plans and all Accessories. **McGREGOR GREENHOUSES**, Box 36-B5, Santa Cruz, California 95063. (408) 476-5390.



SIX GIFT-BOXED PLACEMATS

Put your table setting
into the "Spirit of '76"

Celebrate our nation's birth with a beautiful dining decor of 6 large (11 1/2" x 17 1/2") plastic sealed placemats! Each has a faithful reproduction of an original watercolor by James McBride, depicting famous 1776 sites. The reversible backs feature a stitchery version of the "Spirit of '76" painting. Washable and reusable, they are ideal for framing. In a handsome gift box, they cost only \$10.00 per set plus \$1.00 handling and postage charge (Cal. residents add 6% tax). Satisfaction guaranteed (no C.O.D.'s).

Send check, money order, Master Charge BankAmericard No. to Dept. 35, R.L.C. INC. 24346 ROCKFIELD RD., EL TORO, CA 92630

See Advertisement on Back Cover

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These sale prices good for next 2 weeks.
THE BEST TIME TO SAVE IS NOW!

RUSH your Order Now to:

NUTRITION HEADQUARTERS
104 West Jackson St.—Dept. N1308
Carbondale, Ill. 62901

List items you wish here:

QUAN- TITY	SIZE	NAME OF PRODUCT	TOTAL PRICE

TOTAL—Amount enclosed ▶

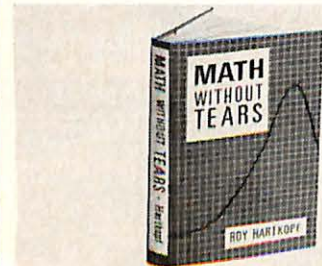
Satisfaction Guaranteed. We pay all postage

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STATE _____ CITY _____ ZIP _____

Elks Family Shopper



WANT TO FEEL FIT? You can develop power-packed muscles in just minutes a day. Use at home, office, anywhere. It's easy and results are fast. You build muscles, strengthen arms, legs, back and chest. Built-in powermeter measures muscle power from first day. Send for Free Booklet, no obligation. **Bullworker Service**, Dept. BW5, 201 Lincoln Blvd., Middlesex, N.J. 08846.



"**MATH WITHOUT TEARS**" by Roy Hartkopf gives a basic understanding of many everyday applications of math in lively non-technical language. He emphasizes the practical aspects of math and takes you from simple counting to trigonometry and calculus. \$6.95 + 50¢ shpg. Emerson Books Inc., Dept. E5, Buchanan, N.Y. 10511.

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Enjoy 3 Nutritious Meals on The
GRAPEFRUIT DIET PILL
PLAN AND LOSE WEIGHT FAST
90 PILLS FOR \$2.98

□ 90 for \$2.98 □ 500 for \$9.85 □ 1000 for \$16.49

EACH SIX TABLETS CONTAIN:

Natural Grapefruit Extract 100 MG

Vitamin C 60 MG Vitamin E 30 IU

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OFFER GOOD TWO WEEKS.

Contains one of the Strongest Diet Aids available without prescription. Includes Modern Effective Diet Plan that Lets You Enjoy 3 Delicious Meals and Snacks Everyday as you Lose Weight.

SAVE DOLLARS

MAIL-ORDER CERTIFICATE

NUTRITION HEADQUARTERS

104 W. Jackson, Carbondale, Ill. 62901

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ADDRESS _____
CITY _____ STATE _____ ZIP _____
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100 Units. 200 Units. 400 Units. 1000 Units

"VITAMIN E"

CAPSULES

MAIL-ORDER CERTIFICATE

GOOD NEXT 2 WEEKS

FINEST QUALITY—100% PURE

ALPHA TOCOPHERYL GELATIN CAPSULES

E-CAPS 100 200 400 1000

100 UNIT 200 UNIT 400 UNIT 1000 UNIT

CAPSULES CAPSULES CAPSULES CAPSULES

□ 100 for \$1.79 □ 100 for \$1.79 □ 100 for \$1.79 □ 100 for \$1.79

□ 500 for 4.69 □ 500 for 8.49 □ 500 for 14.19 □ 500 for 32.98

□ 1000 for 8.98 □ 1000 for 16.59 □ 1000 for 27.49 □ 1000 for 59.85

MAIL TO: NUTRITION HEADQUARTERS

104 West Jackson, Carbondale, Illinois 62901

NAME _____
ADDRESS _____
CITY _____ STATE _____ ZIP _____
SAVE DOLLARS N3700

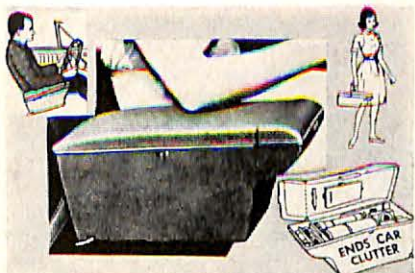
Elks Family Shopper



INSTANT TELEPHONE AMPLIFIER attaches to your phone to provide maximum hearing in noisy areas. Fits securely with snug-fitting band to phone. Has adjustable fingertip-touch volume control. Carry in pocket or purse for use in public telephones. Ideal for elderly, hard-of-hearing. \$19.95 ppd. Stadri, 147-47 6th Ave., Whitestone, N.Y. 11357.



CALLOUS & CORN SAFETY RAZOR has a convex "spoon-bottom" shaving edge that lets you trim, shape and shave exactly where needed. 6 in. long; polished chrome-plated steel; double-edge disposable blades of surgical steel. Razor and one blade, \$3.95 ppd. 5 spare blades, \$1.00 ppd. Personal Care Co., Dept. E-5, P.O. Box 8543, St. Louis, Mo. 63126.



CAR CADDY/ARM REST brings comfort to the driver by providing an arm rest with a handy 3-compartment caddy underneath the lid. Holds glasses, tissues, maps, change, etc. 15"x6"x7", fits front or back. No tools needed to install. Black Morocco finish. \$7.70; 2 for \$14.00. Ppd. Merit House, Dept. EK-56, 151-30 34th Ave., Flushing, N.Y. 11354.

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Sleep disturbing discomforts associated with benign prostate hypertrophy such as getting up nights, frequent daily discomfort, dribbling, urgency and undue retention are relieved by PROSTEX. This now famous formula is used by doctors. Ask yours about BPH. Read the complete fascinating story on how it was discovered and details of its use. Send for free literature today.

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Grass Seed Is For The Birds! Zoysia Saves Time, Work, Money

GRASS SEED WILL NEVER GROW A LAWN LIKE THIS! SPECIAL! UP TO 200 AMAZOY PLUGS FREE.

Amazoy is the T.M. Reg. U.S. Pat. Office for our Meyer Z-52 Zoysia Grass. © Zoysia Farm Nurseries, 1976

Established Amazoy

- Won't Kill Heat Kill
- Won't Kill Winter Kill
- Cuts Mowing up to 2/3
- Resists Blights, Diseases, Most Insects!
- Laughs At Water Bans



All orders sent shipping charge collect, via most economical means

No Need To Rip Up Present Grass Plug Amazoy Into Old Lawn or New Areas

Yes, Amazoy Zoysia Grass is as wonderful as it sounds — and more! Plant now. Like other owners you cut mowing ... never have another weed problem all summer long, the rest of your life. Never needs replacement. Ends re-seeding forever. Fertilizing and watering are rarely (if ever) needed. After killing frosts, this grass just goes off its green color, then regains fresh new beauty every Spring — a true perennial. We guarantee every plug — NO EXCEPTIONS — to grow in any soil you have, in your area! Any plug that fails to grow in 45 days replaced free. Just plant plugs 12" apart.

Order now and remember **If it isn't Amazoy you're not getting the grass that made Zoysia famous.**

To: Mr. Mike Senkiw, Zoysia Farm Nurseries
Dept. 486, 6414 Reisterstown Rd., Baltimore, Md. 21215
Please send me guaranteed Amazoy as checked below:

<input type="checkbox"/> Full Size Plugger \$4.95	<input type="checkbox"/> 100 Plugs & Bonus of 10 Free. \$6.95	<input type="checkbox"/> 100 Plugs & Plugger, Bonus of 20 Free. \$9.95
<input type="checkbox"/> 200 Plugs & Bonus of 20 Free. \$11.20	<input type="checkbox"/> 200 Plugs & Plugger, Bonus of 25 Free. \$13.75	<input type="checkbox"/> 300 Plugs & Plugger, Bonus of 50 Free. \$17.75
<input type="checkbox"/> 600 Plugs & Plugger Plus Bonus of 100 Free. \$27.95	<input type="checkbox"/> 1100 Plugs & Plugger Plus Bonus of 200 Free. \$39.95	

Name _____
Address _____
City & State _____ Zip _____

RESCUE CARPETS FROM

For all stains & odors



This is the complete set of scientific sprays -- guaranteed effective & safe -- that removes stains & odors forever. Carpet Rescue Kit saves carpets from pet accidents & stubborn stains. Each kit contains two 8 oz. non-aerosol sprays: Spray "A" permanently removes stains, and Spray "B" destroys all odors from carpeting, upholstery, kennel areas, litter boxes. Must work safely & completely or your money back. (Kits exclusively of Spray "A" or "B" also avail.) Send check or M.O. 1 Kit \$6.50 + \$1.00 postage. Save \$2: Order Two Kits \$12.99 (we pay post.)

American Century

135 So. La Brea, Dept. 6056
Box 36232, Los Angeles, Calif. 90036

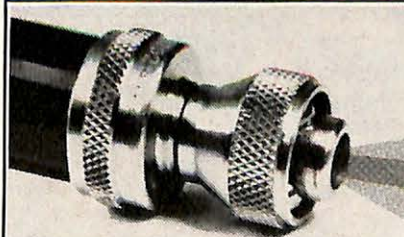
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The "Easydriver" Ratchet Tool System's unique, triple-ratchet ball-shaped head gives you double turning power—makes jobs go faster, easier, even on old screws and nuts! Deluxe 9-pc. Kit contains no-slip-grip head, drive shaft, 7" heavy duty screwdriver blade, 2" Phillips insert bit, 2 others for slotted screws, 3/4" & 3/8" socket adaptors, carrying case plus manual. Several tools in one—ideal for home, car boat. LIFE-TIME GUARANTEE! Just \$11.95 plus \$1.50 shpg.



J. W. HOLST, Inc., Dept. ED-56
1864 E. U.S. 23,
East Tawas, Mich. 48730



NEW! Adjust-A-Power Hose Nozzle

has 50% more power and lifetime leakproof guarantee. The ONLY adjustable nozzle with solid jet stream. Precision made of solid brass with stainless steel ball bearings. Easy fingertip control permits adjustable sprays: pin-point, fan spray, solid jet stream, or complete shut off. No washer needed—ever! Ideal for patio, garden, auto, driveway, or industry. MONEY BACK GUARANTEE. Order direct from LARCH, Dept. 602-P, Box 770 Times Sq. Sta., New York 10036

323
plus 45¢ shipping & hndlg.

PATRIOT'S PIKE™

Universal and Classic Symbol of Honor

Magnificent For Wall and Ceremony
SOLE AUTHORIZED PATRIOT'S PIKE
REPLICA OF CLASSIC ORIGINAL

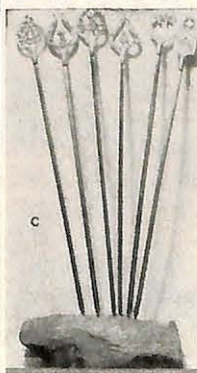
Very Large
22" x 10" x 1 3/4"
Socket 1 1/4"



RUGGED IRON \$19.00
SPECTACULAR BRONZE \$34.00 PPD.

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BARBEQUE TIME



Imported 17" stainless steel skewers with solid brass handles. For the host and hostess who want to add glamour to their barbeque parties. Perfect gift for father on his day. Set of six.

Mass. Res. 3% S. T.
\$7.95 Ppd.
Master Charge & Bank Americard Accepted
COPPER CORNER
466 Main Street
Chatham, Mass. 02633

□ To millions of American travelers the Caribbean is still mecca. They are drawn by the good weather, the endless miles of sugar-white beaches and the sea itself—gin clear and warm. They find shelter in modern hotels and clusters of condominiums, and their evenings are given over to games of baccarat and roulette and dancing to the calypso beat. But there is another side to the Caribbean which offers fewer of the sophisticated pleasures and a greater share of the simple charms. In particular, this brings to mind the Cayman Islands of which Grand Cayman plays the grand host.

As the largest island in the group, it attracts the bigger share of visitors, which isn't to imply that it's for everybody. It possesses no high-rise hotels and there are no big port cities; practically no one hurries (why?—there's nowhere to go), and night life is all but nonexistent. Obviously, it's not for the hedonist bent on the swinging life. Instead it's the playground of those who

seek sea, sun, sand and—peace.

To get a fix on the island, it's roughly 500 miles south of Miami and 178 miles west-northwest of Jamaica. Jetting down from Florida, the Southern Airways pilot cut across Cuba at the Bay of Pigs, pierced an overcast and set down at a funky little airport with a breezy and slightly lopsided terminal building. There's been talk of building a new one. But not everyone agrees. As a matter of fact, many of the Caymanians enjoy their island as it is. Compared with other Caribbean destinations, it's practically deserted. On the entire island there are fewer than 600 rooms. Most of the hotels look off at the salt-water world from a magnificent stretch of coastline known as Seven Mile Beach—possibly the loveliest in the entire Caribbean. Because it's a British crown colony, its citizens fritter away the leisure hours tossing darts, playing rugby, soccer and cricket. They're mostly content. For one thing, there's no unemployment. Neither is there racial discrimination—a plus in a sea of troubled waters which currently surround other Caribbean isles.

The grandest thing about Grand Cayman, though, is its lack of taxes. No income tax. No corporate tax. No profit

tax. No capital gains tax. Not even real estate or inheritance taxes. Obviously, someone must pay the piper, so the tourist gets stuck, but this is minimal. There is that bugaboo, the departure tax, which is set at \$2.50 a head. Add to this a 5% hotel tax, plus a tax on bicycles. As for the Caymanians, they were granted tax-free status by the King of England in 1788 for rescuing the crews of a convoy of merchantmen which struck the reef at Gun Bay. The king vowed never again to take a shilling from the islanders. No monarch has ever waived.

For outlanders, Grand Cayman is a haven of another sort. As the little Switzerland of the Caribbean—with more than 130 banks represented on the island—it is the busiest offshore financial center in the Western Hemisphere, with nearly as many numbered bank accounts as there are coconuts. Its telecommunications linkup has hot wires to every major capital in the world. Why

(Continued on page 28)

Few So Peaceful

by Jerry Hulse



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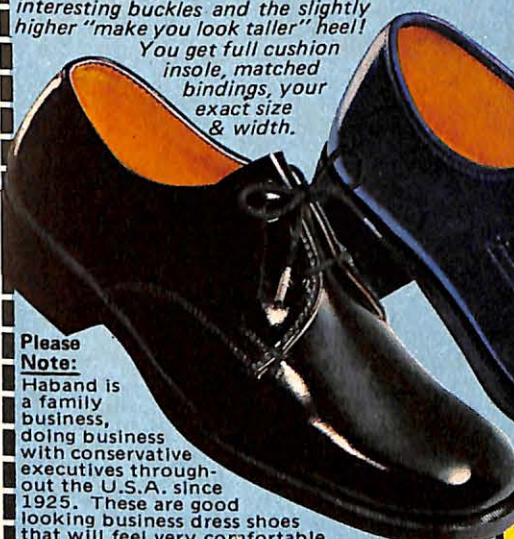
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