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ELKS
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May 1983

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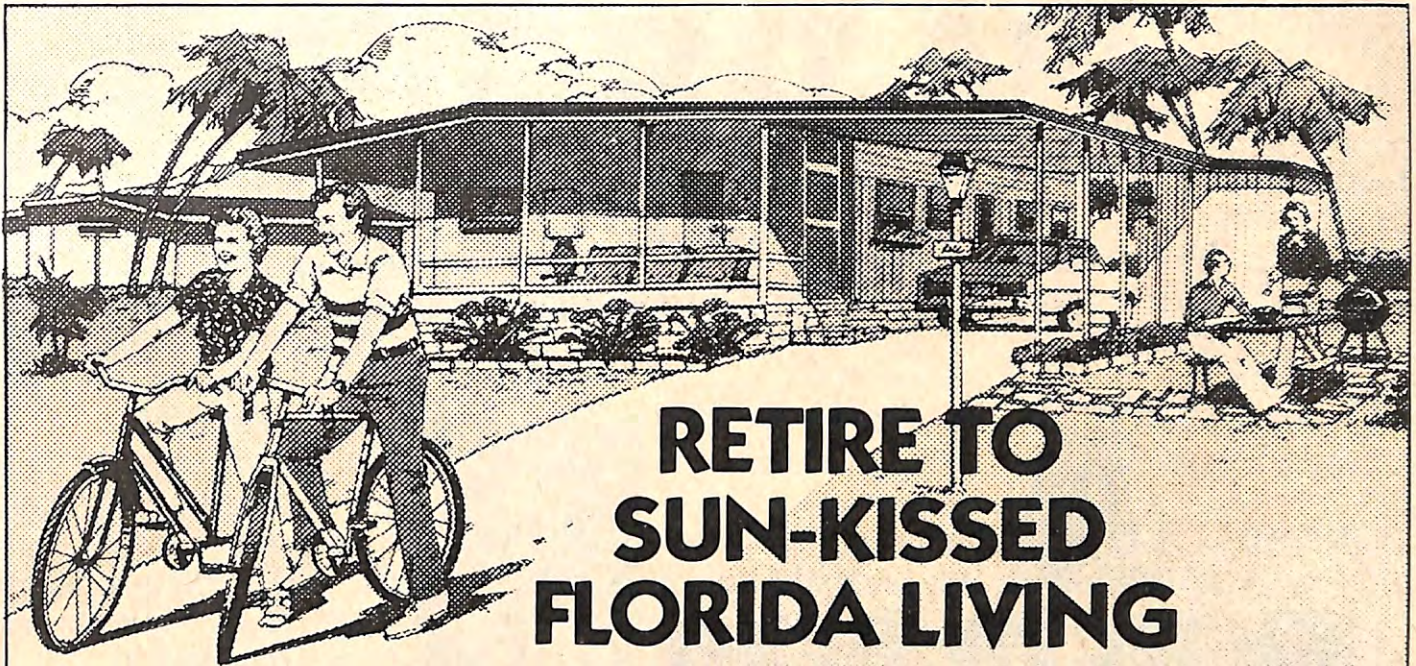
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A Message From The Grand Exalted Ruler

A FRESH START



A farmer with a large operation of fields and machinery once told me that Spring was his favorite time of the year. The past year, whether good or bad, was behind him and it was time for a fresh new start and the beginning of a new season.

In Spring, a new group of leaders and a new lodge year comes upon us. The past year is behind us, and we have a fresh new start on another good year of Elkdom. It is up to us to plan our course and to follow through.

May is a fine month for a fresh start. It's the month we pay tribute to our greatest resource: the youth of our country. All year long we honor and involve our youth in many ways. In the month of May we pay tribute to them by declaring a National Youth Week. Get your lodge involved in this worthwhile project and pay tribute to our youth.

The Elks have declared that "So long as there are veterans in our hospitals, the Elks will never forget them." There is another veteran we should not forget. On Memorial Day we pay tribute to those veterans who gave their lives to defend our great country. Whether they were Elks or not, those brave men also deserve our attention on Memorial Day.

Mothers Day is on May 8th this year. What fond memories I have of this great person. Some of us are fortunate enough to have our mothers still with us. Others have pleasant memories that we can recall. It's a wonderful way to start a lodge year with a program honoring and paying tribute to our mothers.

A new start on a new year in Elkdom. A time for all Elks to say the past year, good or bad, is now behind us. All of us working together can make the coming year a good year. Get involved, do your share, make Elkdom work and show all that "Elks Care."

Marvin M. Lewis

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6 The Path You Didn't Take

The passing years often bring a change of values, and the path we once took may not be the one we'd take today.

Dorrine Anderson Turecamo

16 Medical Myths That Can Change Your Life

Some myths are harmless, while others can be very damaging to your health and well-being.

Jean E. Laird

24 In Praise of the Pancake

The pancake has marched through time with man, appearing in one form or another in the cuisine of almost every nation.

Kevin Shyne

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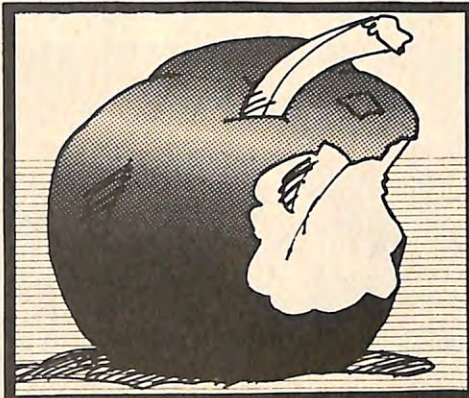
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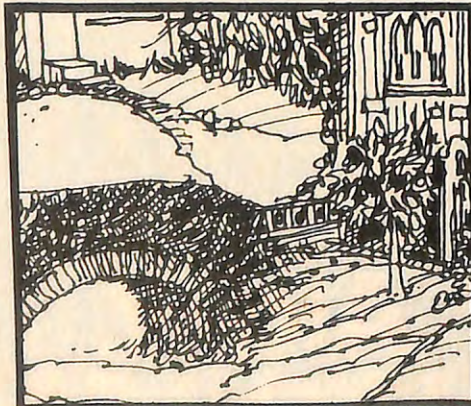
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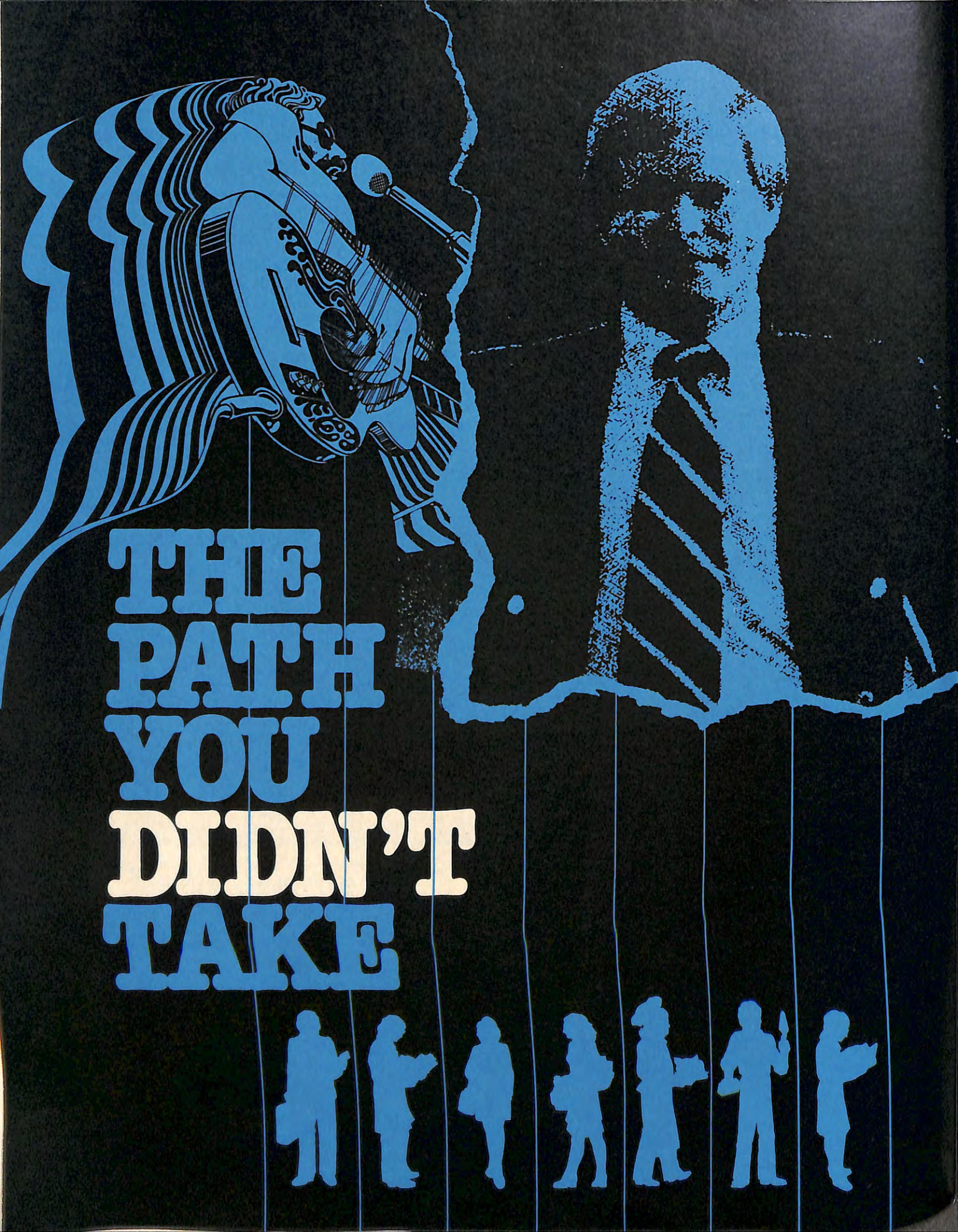
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THE PATH YOU DIDN'T TAKE

by Dorrine Anderson Turecamo

When we're 19, we dream of taking off to some foreign, intriguing place, like New York or London or Paris. We'll become rich and famous and have the adventures and romance the novelists and artists persuade us are there for the taking. We'll turn our backs forever on the humdrum monotony of a small town in the Middle West, where everyone is familiar and predictable and the only mystery is, "What's for dinner tonight?" We'll waltz through marble halls in Vienna, fall in love with an opera basso in Florence, or compose poetry in the pubs of Ireland. And, because we're young and idealistic, it will (we tell ourselves) cost very little, and every minute will be colorful and exhilarating.

You may be one who followed that dream, who took that path. You may have gone only as far as Chicago or San Francisco or Anchorage, but you had the courage to gamble your security for your dreams. And you may have realized them. At any rate, it was an experience, and it changed, forever, your way of looking at the world. You'll never again be just Bill, the kid next door who gets hay fever every September. Even if you return, you're Bill-who-tried-to-be-a-radio-announcer-in-Philadelphia, or Barbara-who-went-to-fashion-design-school-in-Boston. You're different, because you couldn't resist the temptation to follow the unguarded path that turned off the main highway.

But what if you didn't? Most people's youthful fantasies are just something they talk about sometimes, late at night, before a quiet fire. The path you didn't take...

"I was just wondering," said Bill Stewart over a cup of decaffeinated coffee, "what if I'd chosen the New Orleans station instead of Minneapolis, for my first announcer's job?" (Stewart and his wife, Becky Ann, had eventually bought and operated their own successful Twin Cities' radio station and, when Bill contracted Parkinson's Disease, sold it and went on to make some smart investments in that area's real estate.)

"I have moved 23 times in my life," says the screenplay writer of "Melvin and Howard." He admits his transplanted family often suffered as he searched for another rainbow, finally finding his pot of gold—an Academy Award. "What if I'd stayed put, like my 'sensible' friends advised?"

On the other hand, a reproachful woman in her 40s who also counts 23 moves, deplors her former husband's search for greener grass. "It affected our

family adversely every time. Sure, it forced us to have different jobs and experiences and meet new faces, but I see my grown sons now clinging to security and paranoid about taking risks. It brought us nowhere but to disillusionment, despair and disenchantment with each other." Some people see every break in the trees as a path and dash for it as though they're being chased by a Bengal tiger.

It's human to daydream, and it's a healthy release (if it doesn't take over our lives), of the path we *didn't* take, the man we *didn't* marry, the course we *didn't* pursue. Where would you be now? How would your life be different? According to biologists Adler and Wung-Wai Tso, it's a universal process. Even bacteria must make decisions. This one-celled creature must sometimes choose in the "conflict" between going after something attractive or something repellent...and they do it successfully. Humans, on the other hand, make some colossal mistakes.

James Baldwin said, "No mortal lives who does not have regrets. When more time stretches behind than stretches before one, some assessments, however reluctantly and incompletely, begin to be made. Between what one *wishes* to become and what one *has* become, there is a momentous gap."

On the other hand, it could be true that Hell is answered prayers. Heaven help you if you *had* married that cute little dancer in Atlantic City or the man who became a plastic surgeon. What if you *had* chucked it all in the 60s and moved Back to Basics to some small farm in Nebraska?...If you *had* won the part for that Broadway show, would you be working computers in Cleveland today?...If you had bucked your parent's wishes and studied medicine instead of accounting?...If you had joined your friend's construction business rather than accepting the promotion with Honeywell?...If you had had only two children, instead of six?...

Like Dorothy, looking for the Wizard of Oz, you come to one fork in the road after another. You must choose the way you'll go, fully aware that the decision could change your life. Each pathway you encounter represents a new direction you might take—a job, a marriage partner, a change in where you live. But it doesn't stop there. Every path has its own sunny and soggy twists and turns. Whether an inviting path is truly open to you or you find it's clogged with woods and branches and fallen logs may depend on your education, age, skills, experience, connec-



The passing years often bring a change of values, and the path we once took may not be the one we'd take today.

Path You Didn't Take

tions, or even appearance. Is the path (dream) vaguely defined or brightly lighted, is it a burning passion or does it continue on as a steady, quiet force?

Many paths are unmarked. You can only guess where they'll lead. When we enter one of these, we're trusting in intuition. This is not irrational, says Robert W. Olson in *The Art of Creative Thinking*, because intuitive decisions are the result of unconscious mental thinking. Jumping at a last minute opportunity to visit New Zealand, the brilliant, 28-year-old writer-editor Kay Barnick rationalized, "I can always write about it and sell the story and the pictures to pay for the trip." Her next spontaneous junction was to board the once-a-year sightseeing plane from New Zealand to Antarctica. Tragically, the plane dipped too low trying to help the reporters on board get better pictures. It crashed into a mountain. No one survived.

But intuitive decisions aren't the only ones that can go awry. Sometimes we try to enter a path too early (before we're

ready for it), as the high divorce statistics on teenage marriages evidence. Or we hesitate too long: What's reasonable about expecting to begin practicing to become a ballet dancer or a professional football star once you pass 30? Or we get the inspiration too late: Most people dread being Babbitt—accused of embarrassing family and friends by doing "foolish" things in midlife. Whatever your age, Liv Ullman says, "The world is always there to caution, 'Take off the funny hat. Be like everybody else. Your reach exceeds your grasp.'"

There are lonely paths. Mountain top trails beckoned Albert Schweitzer, Will Durant, Albert North Whitehead, and Margaret Meade. They required deep dedication and a single-minded personality that can shut out the world's distractions and its people. And the treacherous paths Winston Churchill, for one, followed—first as a youthful career soldier and later as a world decision maker—call for a sense of mission that is of more importance to you than any other consideration, including your own life.

"At some point," says Daniel Levinson

in *The Seasons of a Man's Life*, "we begin to realize it is no longer essential to succeed, no longer catastrophic to fail." We begin to enjoy the process of getting there, sensing that the chase is often more satisfying than the prize. The decisions for the treacherous or the lonely paths can be modified. As Thomas R. Quick, of the Research Institute of America says, "If you can't be a tiger, be a lynx."

Charles Lindbergh never anticipated that his flight to Paris would change his whole life. His impossible dream, which he realized, by a Satanic twist, took the life of his first son and never allowed the shy aviator to be the same private person again. Does your path threaten to conflict with the rest of your life or your relationships?

"Illusions," says Levinson, "can be a mixed blessing or curse. The best way to avoid illusions is not to want anything very much, which is hardly a prescription for a full life."

Perhaps the path you're looking at involves trade-offs. Grace Kelly, in accepting Prince Ranier's offer of marriage, agreed
(Continued on page 27)

George I. Hall Memorial Dedicated

Green Acres Cemetery in Scottsdale, Arizona, was the site of an impressive ceremony on February 19, dedicating a memorial to the late PGER George I. Hall.

Present for the ceremony were GER Marvin Lewis, the entire Grand Lodge Advisory Committee, The Board of Grand Trustees and many other Grand Lodge dignitaries, as well as Elks and their ladies from many parts of the country who knew and loved PGER Hall.

Opening remarks were made by PGER Leonard Bristol, and the eulogy was delivered by GER Lewis.

Placing the wreath on the memorial were Bryan McKeogh and George Malekian of the Elks National Convention Commission, of which PGER Hall was the long-time chairman.

A delegation of Arizona Elks



The Elks wreath and American flag flank the memorial's bronze plaque which is inscribed with a quotation from Abraham Lincoln: "I cannot conceive how anyone can look up into the heavens and say there is no God."

(Below) GER Lewis (second from left) and the Grand Lodge Advisory Committee and their wives were present with Mrs. Hall (center) for the dedication.



headed by Joseph D'Angelo presided at the dedication, after which Mrs. Gertrude Hall was presented a large oil painting of the bronze

plaque facing the memorial by PGER Francis Smith, Chairman of the Grand Lodge Advisory Committee and PGER Bristol.



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LETTERS

• As a member of Mothers Against Drunk Drivers (MADD), I would like to commend you on the excellent article, "Drunk Driving: How Bad Is It?" by Phyllis Zauner, (December, 1982/January, 1983), regarding the major problem on our roads.

We do not receive your magazine but a friend kindly saved this issue for us since our son was killed last year by a drunk driver. It is so good to see some of the major magazines finally bringing this problem to the attention of the public.

Again I would like to thank you for the article and for educating the public on this subject.

Dorothy Cantley
Hollywood, FL

• Thank you for the copy of *The Elks Magazine* containing the excellent article on drunk driving.

Our "Take A Taxi On Us" program is our way of telling our employees that we care about their and others' safety, and we invite other companies to use the same or similar program as one means of making an inroad on the alarming casualties brought on by drunk drivers.

Your timely article reaching over a million people is another way of reminding people that drinking and driving simply do not mix.

Theodore Deikel
Executive Vice President
American Can Company
Greenwich, CT

• I had to sit down and write you to express our thanks for the great March, 1983, issue. The four articles: "They Are Our Ancestors Too!" by Ennis Duling, "Helping Children Cope With Death" by Sharon Gloger Friedman, "Pets and People: Partners in History" by Texe W. Marrs, and the always looked forward to "Guide to Travel Bargains" by Jerry Hulse, were all first-rate. The magazine gets better all the time. From formerly just glancing at it, now I read it from cover to cover. Keep up the good work.

Francis W. Benedict
Dayton, WY

• We are taking a moment this morning to ask you to thank Ennis Duling for his good article, "They Are Our Ancestors Too!" We enjoyed it very much. Especially since we are Mormons and intensely interested in genealogy. My husband's ancestors, at least some of them, came from Ireland and Wales and worked in the mines in this country. Some were also indentured servants.

We will clip this article and save it. It was very inspirational and timely.

Mr. & Mrs. Roscoe C. Lee
Milton-Freewater, OR

• Regarding the article, "Pets and People: Partners in History": the young fighter pilot pictured was not Lieutenant Findley but Field E. Kindley. He scored the first kill on an enemy aircraft by the American Air Service on July 10, 1918. He brought down 12 enemy aircraft in a period of four months.

He was killed February 1, 1920, at Kelly Field while attempting to save the lives of enlisted men who had wandered into an aerial target range. Kindley Air Force Base in Bermuda is named after him.

He was truly an American hero.

Lane L. Carlton
South Beach, OR

• Your article in the March, 1983, issue, "Helping Children Cope With Death," is very well-written. Having been in funeral service for 26 years, I wholeheartedly agree with the author.

Keep up the good work. I always enjoy reading *The Elks Magazine*.

Dillis Ward
Glendale, AZ

• *The Elks Magazine* for February, 1983, was the best, from cover to cover. The "You and Retirement" column on "Settling An Estate" was super. Being a banker for 37 years and an Elk for 48 years, I highly recommend a will.

Cecil C. Bond
Bluefield, WV

• Thanks for an excellent magazine. It is balanced with news of the Order, entertainment and useful information. "Its Your Business" is always good, and the February, 1983, "You and Retirement" column is outstanding. I am the executor of my father's estate, and I will have to come up with thousands of dollars to pay the bills because the will allowed distribution of the money and assets before all bills were paid. I urge people to check their wills and, if needed, have things like this changed so that the executor gets paid, instead of having to pay another's bills.

Norman Heitstuman
Uniontown, WA

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

SPECIAL ANNOUNCEMENT

The 1983 Hall of Fame Tournament In Pinehurst, N. C. on May 16-22 will be Co-Sponsored by the

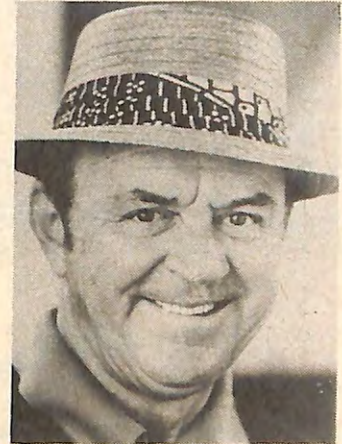


**Benevolent and Protective Order of Elks
and the World Golf Hall of Fame**



*A Grand Week of Golf
in Pinehurst, North Carolina*

Here's your opportunity to play with the pros as an amateur partner in a two day Pro-Am. You can join Arnold Palmer, Gene Littler, Don January, Julius Boros, Sam Snead, Billy Casper, Miller Barber, Charles Sifford and Kel Nagle in challenging the historic No. 2 course at Pinehurst.



SAM SNEAD

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- One playing position in the two day Pro-Am tournament, May 19th and 20th.
- One playing position in the two day Amateur tournament, May 17th and 18th.
- Complimentary caddy or cart fees and range balls.
- Five nights accommodations for two at Pinehurst Hotel and Country Club (one & two bedroom condominiums reserved).
- One reserved parking pass good all week.
- Invitations for two to the:
 - May 17th Pro-Am draw party and dinner.
 - May 18th Hall of Fame Enshrinement Ceremonies and cocktail party.
 - May 20th Pro-Am awards cocktail party.
- Two Sponsor badges good for admission to the members clubhouse and grounds during the tournament.
- One Sponsor gift package.

Your purchase of this exciting package above is a tax-deductible contribution to The World Golf Hall of Fame which relies solely on public support for its operating expenses.

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Grand Week of Golf Order Form

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Middletown, NJ.

NEWS OF THE LODGES

MIDDLETOWN, NJ, Lodge purchased two billboard posters from the Grand Lodge and had them installed on two major highways in Middletown. Each poster ran for three months, and the cost would have been \$300 per month for a grand total of \$1,800. However, J.C. Williams Advertising and Gannett Outdoor Advertising both donated the use of the billboards and charged only small fees for installation.

Pictured beneath one of the posters are then-ER Fred Ackerly (left) and lodge Americanism Chm. Bill Smith.

HAGERSTOWN, MD, Lodge presented a Hi-Low Tilt Table to Western Maryland State Hospital at a cost of \$2,445, replacing a 25-year-old unit. This much-needed piece of equipment is used with stretcher and wheelchair patients. Hagerstown Lodge has contributed over \$20,000 in equipment to the hospital during the past few years.

WINTER PARK, FL, Lodge was host for a Miniature Dollhouse Show entitled "Wee Things for Wee People." The two-day show was sponsored by the local "Merry Miniaturists" to benefit the Florida Elks Harry-Anna Crippled Children's Hospital in Umatilla.

Seventeen miniaturists exhibited and sold items to the public and donated a portion of their proceeds to the hospital. In addition, a nine-room dollhouse, completely decorated and furnished, was donated by the group to be raffled off, with the proceeds also going to the hospital. Receipts for the two-day show were over \$2,000.

Pictured with the dollhouse are Patrick Grant, then-ER of Winter Park Lodge, and his wife Claire.

ORLANDO, FL, Lodge has a motorcycle drill team which participates in 12 parades throughout Florida each year and entertains



the children at the Harry-Anna Hospital. Orlando Lodge would like to hear from any other lodge that has a motorcycle unit and exchange maneuvers.

BIRMINGHAM, AL. Mary Jane Hester of Livingston, AL, won first prize in the Alabama Elks Cadillac Raffle. Jim Reeves, then-ER of Birmingham Lodge, presented her with a check for \$12,500.

The Alabama Elks sponsor this yearly fund-raising raffle to help support handicapped children at the Alabama Elks Memorial Center in Montgomery. This year's raffle netted a record-breaking total of \$77,781.

KINDERHOOK, NY, Lodge held a luncheon for local cerebral palsy children and their families. The ladies auxiliary raised \$697 for the luncheon and for the United Cerebral Palsy Funds.

Winter Park, FL.





Coos Bay, OR.

COOS BAY, OR. A little patient of the Elks Children's Eye Clinic made her starring appearance at the midwinter convention of the Oregon State Elks Association in Coos Bay January 13-15.

Mrs. Alice Walentich, mother of young Amy Walentich, addressed the delegates and guests at the convention. Mrs. Walentich said that the prompt referral to the Elks Children's Eye Clinic and the immediate care that Amy received at the clinic were major factors in the success story she had to tell. She thanked the Elks for "their generous contributions which made this facility available to Amy."

At only five weeks of age, Amy was placed in glasses due to her extreme farsightedness and crossing eyes. She is now 15 months old. After she was placed in glasses her eyes straightened and her behavior changed completely.

Mrs. Walentich and Amy accepted donations for the clinic from the various representatives at the convention. These contributions totaled \$30,452. GER Marvin M. Lewis highlighted the moment by himself donating \$100. This showing of support will continue to help the 3,000 children like Amy who are seen at the clinic each year.

In photo from left are GER Lewis; Diane Hardin, liaison of the clinic; Amy Walentich being held by her mother Alice; PGER Frank Hise; and Grand Chap. Charles Neville.

NORTH PALM BEACH, FL. Lodge presented over 150 American flags to the students of the Gen. Eisenhower School in Palm Beach Gardens, FL. PER and Americanism Chm. Edward York and lodge National Service Chm. John Busby also presented a large American flag for the school to fly on national holidays.

VISTA, CA. A stained glass medallion was recently hung in the dining area of Vista, CA, Lodge. Brother Jimmy Arnold made the four-foot-diameter stained glass circle depicting the Elks emblem in varied colors, and Brother Maurice Bourget made the frame. The emblem can be seen as one approaches the main entrance to the lodge and is very impressive when viewed from inside.

ST. HELENS, OR. Meadowood Springs Speech Camp, located in the Blue Mountains east of Pendleton, is a non-profit corporation dedicated to providing intensive therapy for young people with speech, hearing and/or language disorders. The 24 hour-a-day therapy, combined with the camp environment, has been extremely successful.

However, since the camp receives no funds from federal, state or county governments, it has turned to other sources for help. Responding to this need have been the Oregon State Elks Association and the many local Elks lodges. St. Helens Lodge has been particularly supportive.

Since learning of the camp and its good work more than 10 years ago, the officers and members have contributed nearly \$10,000 and many man-hours to help Meadowood fulfill the important work of helping these handicapped young people.

Each summer for the past three years members and their wives have traveled by

bus to spend a weekend at the camp, donating time and material to improve the facility.

The volunteers often come into close contact with the campers, eating meals and walking the many trails.

"We enjoy the work, but when you see those kids trying so hard just to say a word or express themselves, it really brings home what we are there for," says St. Helens ER Jerry Congrove.

The Elks also help in another important way. The cost of a three-week session is \$650, a price many parents cannot afford. For 10 years, St. Helens Lodge has given a "scholarship" each year to a youth who desperately needed the clinical attention given at Meadowood.

Many of the other campers at Meadowood are helped financially by local Elks lodges. The camp director, accustomed to this generosity, routinely sends referral forms to every Elks lodge in the state.

(Continued on page 34)

North Palm Beach, FL.





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IT'S YOUR BUSINESS

IS NEW WITHHOLDING TAX NECESSARY?

If you have savings or dividends accruing interest after July 1, there's a good chance Uncle Sam will withhold 10 percent of it... thanks to the omnibus 1982 Tax Equity and Fiscal Responsibility Act.

What a name for a tax act, incidentally. It has bothered me since President Reagan signed it last fall. We haven't had tax equity, in my opinion, since the Continental Congress met to discuss how to raise monies for the colonies. Furthermore, if any of the recent congressional discussions regarding financial matters are called "fiscal responsibility," Webster should redefine the terms.

But what is particularly irksome about the 10 percent withholding on savings and dividends is that it will, it seems, punish a vast number of people who have been most supportive of government. I'm talking about the middle-class wage earner or small business proprietor who, two years ago, tried to set aside savings accounts when the government urged the public to do so. It's the same worker who is probably paying increased state and local taxes who is now being told that the savings he put aside will have 10 percent withheld.

In New York, Gov. Mario Cuomo has proposed a three percent withholding on interest and dividends which, if approved, would raise the total to 13 percent for the average saver in that state.

The 10 percent federal tax would apply to all interest earned on savings accounts—including certificates of deposits and new money market accounts—and the amounts would be sent to the IRS quarterly. Corporations would withhold 10 percent of dividends and send them to the tax collectors.

An overwhelming number of banks and savings and loans oppose the measure. It will create tons of paperwork for the government and the private institutions, they contend, and possibly reduce the motivation to put money away. It couldn't happen at a worse time, in fact. S&Ls have reported business picking up. Savings banks in New York, for example, announced an increase in January deposits. It was the second consecutive month of rising deposits and ended a 30-month decline.

The withholding plan "is a monumental policy error that couldn't have come at a worse time for the economy," says Leonard Shane, chairman of the U.S. League of Savings Institutions.

New York Congressman George C. Wortley, a member of the House Banking

Committee, is concerned "about the effects of the bill, particularly the disincentive to savings." Wortley received more than 5,000 statements from central New York bank customers asking for a repeal of the law, the Syracuse *Herald-Journal* reports.

The upstate congressman thinks that a postponement of the act is more likely than a repeal. A postponement until January, 1984, could give proponents and opponents a better opportunity to present arguments. The law, says Wortley, is "absolutely counterproductive to capital formation, and the United States needs capital formation because that's what creates jobs." Among industrial nations, the United States has one of the lowest savings rates, he pointed out.

Sen. Bob Dole, chairman of the Senate Finance Committee, told a U.S. Chamber of Commerce meeting not long ago that his panel's study of the problem was not an attempt to go after the banks. It was a matter of seeking equity.

But a study of 256 banks by the CPA firm Peat, Marwick, Mitchell & Co., earlier this year indicated that consumers will pay higher service fees at financial institutions because of the tax withholding program.

The accounting firm's survey showed that banks plan to **increase fees after July 1 for checking accounts, and they are considering charges for cashing savings bonds and coupons on utility bonds.**

Business writers and observers see other consequences. Says Joseph Porcello, business editor of the Syracuse *Herald-Journal*: "Withholding these amounts would reduce the amounts in savings accounts left to compound and so decrease the total the saver would receive each year... As a result, the total of taxable interest would drop and so would the total taxes collected..."

"Another likely result would be that many savers would take money from savings accounts and invest in tax-exempt securities. That would reduce still further the amount of tax collected. Investors also would put more money into tax-exempt bonds and stocks to avoid withholding and its effect on income."

The likely results of such a scenario?

"Both... would leave much less money in bank accounts for loans to home buyers, retailers financing inventories, businessmen seeking funds for expansions and new machinery to create jobs and individual borrowers who are buying cars, appliances, furniture

(Continued on page 29)

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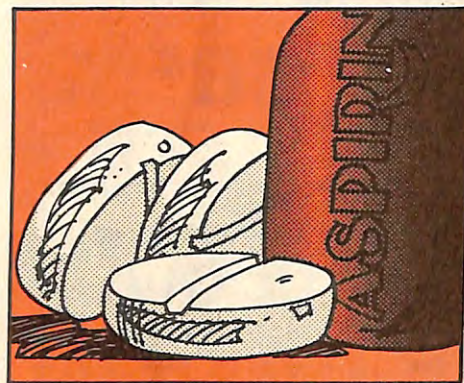
If you check this box and mail your order before May 31, 1983, we will include in your order a free bottle of PAPAINE ENZYME TABLETS

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MEDICAL MYTHS

That can
change
your life



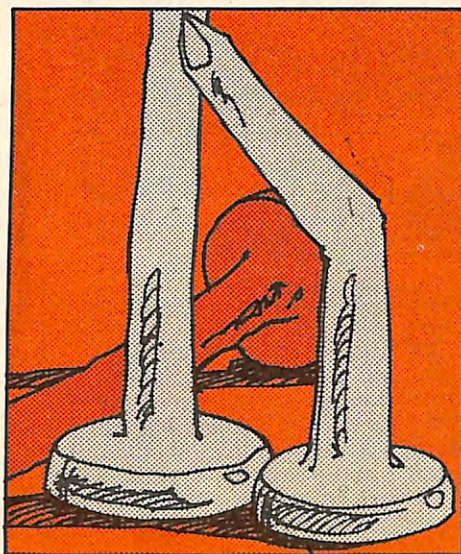
It's surprising how many otherwise well-informed, intelligent people still believe in what can only be termed "medical myths." Some of these myths are as harmless as "step on a crack and break your mother's back." However, some of the myths are not so harmless, and some of those exploded here can be very damaging to your health and well-being.

With the help of experts, we'll separate fact and nonsense from the truly harmful myths.

MYTH: Aspirin can't cause any harm. **FACT:** That generally innocent drug, aspirin, which Americans swallow at the rate of 20 to 30 tons a day, also affects the gastro-intestinal tract and interacts with other drugs, according to studies by Dr. Gerhard Levy of the State University of New York at Buffalo. Aspirin may also slow down the elimination of additional drugs from the body. Aspirin can also cause a 50 percent decrease in salt excretion for three to four hours. As a result, people on low-salt diets, diuretic therapy or digitalis should take aspirin only under medical supervision.

MYTH: Cotton is used in medicine bottles to absorb the moisture. **FACT:** Cotton is used by druggists and manufacturers primarily to prevent the tablets and capsules from rattling around inside the container and breaking.

MYTH: Punctures from rusty nails are dangerous. **FACT:** They are no more so than punctures from clean shiny nails. The danger lies with the germs that either



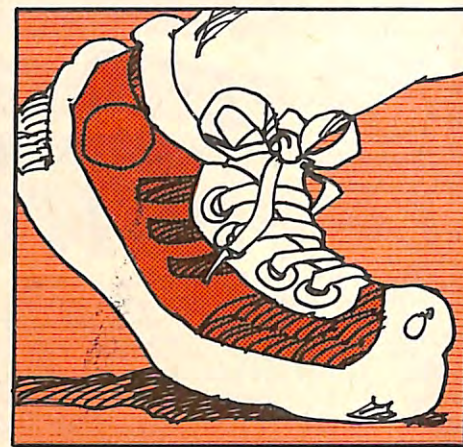
a rusty or clean nail may introduce.

MYTH: A glass of warm milk will work wonders for insomnia. **FACT:** Possibly, because milk contains tryptophan, a naturally occurring component of protein. Studies by Dr. Ernest Hartmann, director of the Sleep-Dream Laboratory at the Boston State Hospital, have shown that tryptophan can help you fall asleep faster and sleep more soundly.

However, Dr. Hartmann adds, "It's questionable whether there is enough tryptophan in a cup of milk to have a significant effect. Moreover, milk triggers chemical reactions, including some that actually interfere with tryptophan." And whether the milk is warm or cold shouldn't make any difference, except for the fact that for many of us, the soothing effect of warm milk at bedtime stems from pleasant childhood memories.

MYTH: Warts can be wished away through hypnosis. **FACT:** "Yes," says Lewis Thomas, M.D., President of New York's Memorial Sloan-Kettering Cancer Center. He says, "Warts can appear overnight on any part of the skin, like mushrooms on a damp lawn, full-grown. One of the greatest mystifications of science is that warts can be ordered off the skin by hypnotic suggestion. Not everyone believes this, but generations of internists and dermatologists have been convinced of the phenomenon." (He delves into this more fully in his book, *The Medusa and the Snail*.)

MYTH: Tennis shoes often cause flat feet. **FACT:** Despite studies that clearly refute it, this myth seems to persist. It's simply not true. In a study, 40 children



who were determined to have "normal feet" were asked to wear tennis shoes about 85 percent of the time. They were observed annually over a ten-year period, and none of them showed any evidence of flattening or falling of the arches. Tennis shoes are not only safe to wear, but are often the best choice.

MYTH: Plastic surgery makes the skin stay younger looking longer. **FACT:** Plastic surgery can neither accelerate nor retard the aging process, although it can improve one's appearance for a certain length of time.

MYTH: Plastic surgery leaves no scars. **FACT:** Every operation involves an incision, and every incision causes a scar. However, in most plastic surgery, the scars are well-hidden—inside the nose, behind the ears, along the hairline, or in body creases and folds.

MYTH: Doctors who perform surgery are required to have a few years of special training. **FACT:** Any licensed physician may perform any kind of surgery, even if he has not taken a surgical residency or passed his surgical boards. This is why it is important to make sure that a surgeon is board certified.

MYTH: The aging brain is highly prone to irreversible senility. **FACT:** The more we use our brains the more alert they will stay until a ripe, old age. True senility, which involves definite damage to the brain tissue, occurs in an estimated 15 percent of the elderly population. Many con-

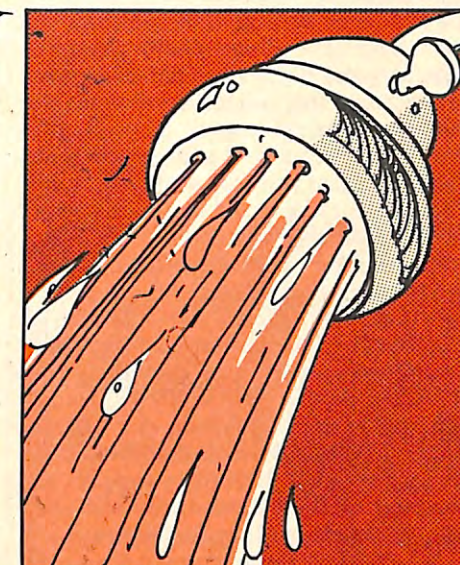


fusional states that occur in the aged are due to correctable medical and emotional problems such as depression, hormonal or heart disorders, and improper use of medication.

MYTH: Geneticists can now tell if an unborn baby is normal. **FACT:** Geneticists still have no sure-fire test to guarantee a healthy baby. Although they can screen for more than 100 specific diseases, they must know exactly what it is they are looking for.

MYTH: Black coffee or a cold shower overcome the effects of too much alcohol. **FACT:** The rate at which the liver metabolizes, or "burns off" alcohol remains constant whether you drink a pot of strong coffee, take a cold shower, roll in the snow, or try any other treatment or technique. Only time can reduce alcohol levels in the blood or reduce the effects of alcohol on the response centers in the brain. Until the alcohol is completely eliminated, your judgment will remain impaired.

MYTH: Does the type of alcohol you drink, the length of time over which it is consumed, and how much food you eat while drinking, affect your body's reaction to any drugs (tranquilizers, sleeping pills, medication for blood pressure) in your system? **FACT:** Yes. The higher the concentration of alcohol in the beverage, the faster it is absorbed into your bloodstream. Thus vodka or gin are absorbed rapidly and table wines and beers more



slowly. However, if you have eaten, food in your stomach may reduce the concentration and effect of the alcohol in the blood by as much as 50 percent. And a lightweight person will have higher concentrations of alcohol in his body than a heavier person who drinks the same amount.

MYTH: People with creased earlobes are likely to die of heart disease. **FACT:** For years, studies have shown that more people with heart disease or hypertension have a diagonal crease on each earlobe than people without these conditions. Why? Nobody knows. Perhaps people with these creases are overweight, and thus more vulnerable to heart disease. Doctors agree people who are worried about heart disease should pay attention to their diets, their exercise programs, cigarette smoking, and forget about the earlobes.

MYTH: Heartburn involves the heart. **FACT:** Heartburn occurs when swallowed food and acid juices from the stomach back up into the esophagus and throat, resulting in irritation and inflammation. Heartburn usually occurs following a large meal or during stooping or bending within 20 to 60 minutes of eating.

MYTH: It is important to sleep on your right side so as not to interfere with your heart's activity. **FACT:** This is without foundation. The heart is in the middle of the chest and not on the left side as is commonly believed.

MYTH: Milk is the best food for an ulcer patient. **FACT:** Many specialists now believe that milk is actually detrimen-



tal to people with duodenal ulcers (the most common form). An ulcer patient should not eat or drink anything he believes is bad for him. Alcohol should be avoided by anyone with ulcers.

MYTH: An apple a day keeps the doctor away. **FACT:** Not exactly, but apples are good for you in several ways. They contain vitamins A and C, plus calcium and iron. Because apples are high in potassium and low in sodium, they are one of the foods that can be eaten by persons with certain heart and kidney disorders.

MYTH: Drugs sold over the counter must be safe. **FACT:** Just because a drug does not require a prescription does not mean it is harmless. Drugs sold over the counter can affect body organs, interfere with the action of prescription medications, or worsen pre-existing medical conditions. You can become addicted to some of the over-the-counter medications. If you use nonprescription drugs frequently, see your doctor.

MYTH: If you are taking female hormones (estrogen and progesterone) or male hormones (androgens) you should consult your doctor before taking any other drugs. **FACT:** Yes. Even common remedies like antihistamines and barbiturates can decrease the effect of the hormones. On the other hand, the drugs themselves become ineffective because of the drug-hormone combination.

By JEAN E. LAIRD

Medical Myths

MYTH: Sun worshippers don't risk anything more than a sunburn. **FACT:** The experts tell us sun and certain drugs can make unpleasant and dangerous combinations. For instance, commonly prescribed antihistamines, antibiotics and tranquilizers sometimes cause skin reactions when patients taking them are exposed to direct sunlight for any length of time. Birth control pills also seem to increase the incidence of dark skin blotches in susceptible women.

MYTH: Goose bumps result from any situation that "literally makes your hair stand on end." **FACT:** The skin beneath the hair follicle is flattened, while that immediately around the hair itself is elevated. When this happens on hairy skin, all we see is the movement of hair. On comparatively hairless skin we see the bumps because the follicles are still there even though the hairs are not. At the base of each hair follicle is a muscle, known as the erector pilae, connecting the skin to the hair. When stimulated, most often from the chills, fear or anxiety, the muscle contracts, causing a mound or small bump around each hair. Actually, it is part of the body's preparations to either fight or flee from danger. There is even a scientific name for goosebumps. It is cutis anserina.

MYTH: Pimples and boils indicate bad blood. **FACT:** They are due to outside infections.

MYTH: Removing a mole may cause cancer. **FACT:** Not if it is removed properly. Actually, cancer is more likely to result from *not* having it removed if it ought to be.

MYTH: Skin becomes wrinkled in the bath or pool because it is shrinking. **FACT:** These wrinkles are due to puffiness caused by the skin's absorption of extra moisture.

MYTH: Sneezing brought on by a sudden chill is the sign of a cold coming on. **FACT:** Entering a colder environment does not cause instant illness. Most likely, sneezing when walking into a chilly room is caused by an allergic reaction to the abrupt change in temperature. Being chilled may reduce immunity and make a person more vulnerable to a cold virus, but the symptoms would not appear immediately. The virus needs time to multiply.

MYTH: Kissing is a sure way to spread a cold. **FACT:** This is false. Colds are rather difficult to catch by way of the mouth. University of Wisconsin researchers tested couples, asking that in each couple, the cold-stricken partner kiss the unafflicted one for 90 seconds. Only one caught cold.

MYTH: Children catch more colds than anyone else. **FACT:** True. Young

children, as well as parents with young children, suffer more colds. However, the older a person is, the more likely it is that he already has had a particular cold virus and has some immunity to it.

MYTH: Cold weather and wet feet cause colds. **FACT:** A study at the University of Virginia School of Medicine found that cold germs are most frequently transmitted through hand contact...such as not washing hands before meals, or using towels contaminated by someone who has a cold. The advent of the paper cup dispenser and dishwasher has done much to decrease the incidence of colds for many families.

MYTH: Feed a cold and starve a fever. **FACT:** Should you feed a cold and starve a fever, or starve a cold and feed a fever? Actually, neither practice is entirely correct. In some instances, the metabolic needs may be increased and the body may then consume calories more rapidly to combat the invading organism. However, many people lose their appetites when they are sick. The most important guiding principle is to make certain that drinking fluids replace the moisture lost as the feverish patient breathes rapidly and perspires. Best are those drinks with some caloric benefit, such as fruit juices.

MYTH: Drink chicken soup for a cold. **FACT:** While cold symptoms can be eased, nothing can rid you of a cold until the illness has run its course. In the meantime, mother's chicken soup may well be your best medicine. Dr. Marvin Sackner of Mount Sinai Medical Center in Miami found that drinking *any* hot liquid will help open a stuffed nose. Further research showed that chicken soup is more effective than plain hot water, and that sipping is more effective than drinking through a straw. But Doctor Sackner has yet to determine exactly what factors account for chicken soup's palliative powers.

MYTH: If you have a painful sore throat, try gargling with warm salt water every three hours or so. **FACT:** The experts contend this is the safest and cheapest gargle, and most of the lozenges, rinses and syrups you can buy will not be much better.

MYTH: We get a lump in our throats when we are sad. **FACT:** There is no real lump, but there is a tightening of some of the muscles of the pharynx. This response to emotional stress is judged to be an adrenalin response. When it becomes a chronic problem, dealing with the underlying anxiety gets rid of the lump.

MYTH: You can stop a child's nosebleeds by pressing an ice pack to the back of the neck or by applying pressure to the upper lip. **FACT:** Nosebleeds in children are usually induced either by a drying of the nasal passages caused by an arid environment or by frequent picking. About 99 percent of all nosebleeds, say the experts, will eventually cease by themselves without any active intervention.

In adults, the doctors say the simplest and most effective means of treating most

nosebleeds is to pinch the nostrils directly above their openings for a minimum of five to ten minutes. This pressure interrupts the flow and allows clot formation to begin. Stubborn bleeding may take 20 minutes to restrain. If the bleeding lasts longer, contact your doctor.

MYTH: Sewer gas makes people sick. **FACT:** No, it is just unpleasant.

MYTH: If a permanent tooth is knocked out—it is gone forever. **FACT:** Not too long ago, if a permanent tooth was completely dislodged, usually in an accident, nothing could be done to replant it. (This is still the case with baby teeth.) However, advances in replantation surgery have made this procedure a workable reality for permanent teeth. When this process is carried out within 30 minutes of the accident, the tooth has a 90 percent chance of being saved.

Wash the tooth in cold water, without scrubbing or touching its root. Then, while holding the tooth by its crown, gently insert it back into the socket and proceed to the dentist's office.

MYTH: Cracking or popping your knuckles will cause bigger finger joints. **FACT:** Dr. John Gould, chief of hand surgery at the University of Alabama Medical Center in Birmingham says, "When people crack their knuckles, they are causing the nitrogen normally present in joint tissue to be displaced with enough force to be audible. This causes no real harm, and the nitrogen naturally builds back up to the point where there is enough to pop the knuckle again." Doctor Gould adds, "If it is not painful, you are not causing big knuckles. But if it hurts, a pre-arthritis condition could result. And arthritic joints do get bigger in these cases."

MYTH: Yawning is caused primarily by sleepiness or boredom. **FACT:** Some textbooks conclude: "Yawning is usually an indication of fatigue, sleepiness, or simply of boredom. Yawning also may be induced by seeing someone else yawn. It is primarily of psychic origin. Still other textbooks state: "Yawning seems to serve the same purpose as sighing—to suddenly and fully expand the lungs. This is necessary because the sticky materials that line the tiniest air sacs in the lungs will interfere with lung function unless opened wide from time to time."

MYTH: To stop hiccups, breathe into a paper bag. **FACT:** There are many hiccup myths abounding today—eat a tablespoon of sugar, drink from the opposite side of a glass, or swallow dry bread, etc. First of all, we must understand that hiccups are involuntary spasms of the diaphragm muscle. The intake of air after a spasm produces the familiar "hiccupping" sound.

Dr. Marshall Nathan, an ear, nose and throat specialist in San Antonio, suggests that there is a "hiccup center" in the brain. Stimulating the back of the throat by swallowing honey or sugar, or touching the uvula with a spoon handle, opens a pathway to the hiccup center and often

may be more effective than other remedies, he says. When hiccups don't stop within a reasonable length of time, drugs may be prescribed.

MYTH: Nearly everyone "jumps" suddenly during sleep. **FACT:** This is called a myoclonic jerk. The experts tell us sleep occurs in four stages, ranging from the first very light, half-dozing stage to a fourth very deep-sleep stage. In about two-thirds of all sleepers, as they descend from stage three to four, there is a sudden upsurge of brain activity that sends out a little burst of electrical impulses to all muscles and makes them contract in a sharp spasm, causing the jerk.

MYTH: Flowers are removed from the sick room at night because they steal the oxygen from the patient. **FACT:** No, they are removed because they keep better in open air.

MYTH: Reading in poor light can damage your eyes. **FACT:** However injurious this activity may seem, it cannot damage your eyes, either temporarily or permanently. Your eyes may become tired in poor light, but not because they have to work harder. The fatigue results from the additional strain put on the brain as it tries to interpret what the eyes are seeing. This can cause tension in the temples and the muscles around the eyes, sometimes provoking headaches. Aside from fatigue-related discomfort, reading in poor light has no effect on the eyes.

MYTH: Eating carrots will improve your vision. **FACT:** During World War II, carrots were fed to American military pilots as a means of improving their vision. This practice, however well intentioned, was probably useless. In normal, balanced diets, the body receives all the vitamin A it needs. Although carrots, egg yolks and sweet potatoes are particularly high in vitamin A, consuming extra amounts of these foods won't enhance your child's vision and may even be harmful because the body cannot utilize excess vitamin A.

MYTH: Seeing little spots before your eyes is harmless. **FACT:** Spots are caused by small clumps of pigment cells pulled off the lining of the inside of the eyeball, known as vitreous floaters. These floaters most often appear as tiny spots or specks, but also can be lines or doughnut shapes. They can occur at any age, but are most prevalent in nearsighted people and those over 50. After the cells float by, they are usually reabsorbed and disappear. If a large number of floaters occur, so that vision is blurry or obscured, see an eye specialist.

MYTH: People with cataracts cannot bequeath their eyes for corneal transplants. **FACT:** Cataracts are in the lens of the eye, not in the corneal cover. Thus, most corneas are suitable for transplants as long as they are clear and uninfected.

MYTH: You can get diabetes from eating too many sweets. **FACT:** Diabetes is not caused by eating too many sweets. It is caused by a defective pancreas that is

unable to produce the insulin necessary to metabolize starches and sugars. The normal pancreas can handle large amounts of sugar. A tendency to become diabetic may be increased only if one gorges oneself to obesity.

MYTH: The elbow has a "funny bone" that tingles when hit. **FACT:** There is no such thing as a funny bone. The tingling sensation is caused by striking and stimulating the ulnar nerve, which runs down the arm, across the elbow.

MYTH: When your breath smells from eating garlic, this odor is coming straight from the stomach. **FACT:** The contents of the stomach smell very unpleasant even when food that is not particularly

aromatic is eaten, but the smell is held very well inside. The smell of garlic, onions, curry spices, alcohol, etc. gets to the breath from the lungs. The molecules that create the aroma in these materials get through the stomach walls into the bloodstream and are carried by it to the lungs. There they are picked up, together with the carbon dioxide that is to be exhaled, and carried out as you exhale.

MYTH: Folk medicine is totally worthless. **FACT:** A number of important medications used today, such as quinine, digitalis and opium, were old standbys in folk medicine and in use long before modern medicine achieved its "scientific" status. ■

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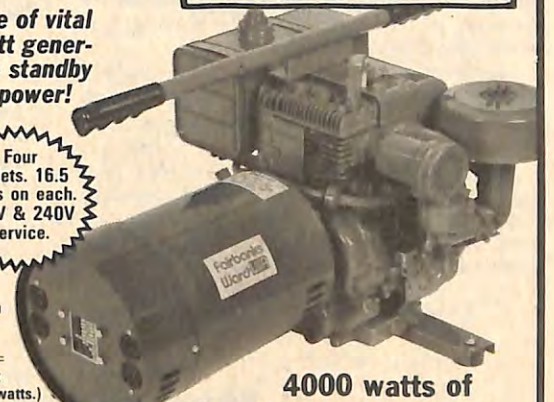
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Candidates for Grand Lodge Office 1983-1984

New Lexington, OH, Lodge Presents Larry L. McBee for Grand Esteemed Leading Knight



Whereas: Brother Larry L. McBee has been a member of New Lexington, OH, Lodge No. 509, Benevolent and Protective Order of Elks, continuously since 1952 and has served this lodge in a variety of capacities including that of Exalted Ruler; and

Whereas: Brother McBee has served his district and his state association in all of its offices including President of the Ohio Elks Association for the year 1972-1973; and

Whereas: Brother McBee has served the Grand Lodge as District Deputy Grand Exalted Ruler for the year 1960-1961. He was a Special Deputy Grand Exalted Ruler from 1974 to 1976. He was a member of the GL Lodge Activities Committee in 1976-1977. He was elected to a four-year term as a member of the Board of Grand Trustees in 1977. He served the Board as Building Applications Member, as its Secretary, Home Member and as its Vice-Chairman; and

Whereas: In each of the above capacities Brother McBee has demonstrated a high degree of competence as well as a singular dedication to the principals of our Order;

Now therefore be it resolved that New Lexington, OH, Lodge No. 509, of the Benevolent and Protective Order of Elks endorses the candidacy of Brother Larry L. McBee for the office of Grand Esteemed Leading Knight.

Dean Colburn, Exalted Ruler
Merle Dickson, Secretary

Albuquerque, NM, Lodge Presents Howard W. Nunez for Grand Esteemed Lecturing Knight



Whereas: The officers and members of Albuquerque, NM, Lodge No. 461 recognize that Brother Howard W. Nunez has faithfully and honorably served the Benevolent and Protective Order of Elks at the lodge, district, state and Grand Lodge levels for the past 29 years; and

Whereas: Brother Nunez was initiated into the Benevolent and Protective Order of Elks by Albuquerque, NM, Lodge No. 461 in 1954; was appointed Esquire in 1956 and began a progression through the chairs that culminated in his election as Exalted Ruler in 1960. His ritualistic performance won him the position of All-State Exalted Ruler in 1961. In 1975 he was elected to Honorary Life Membership in recognition of his dedicated service to his lodge and to Elksdom; and

Whereas: Brother Nunez has been very active in the New Mexico Elks Association, having served as Chairman of the Youth Activities, Deer Hide, Ritualistic and Convention

Policy Committees. He served as Trustee from 1967 to 1972, the last year as Chairman; and in 1968 he was named Elk of the Year. In 1972 he was elected Secretary of the association and served in that capacity until 1982, and

Whereas: Brother Nunez has attended eight Grand Lodge sessions, beginning in 1960; was named District Deputy in 1970 by Grand Exalted Ruler Glenn Miller; from 1977 to 1980 served on the Grand Lodge Credentials Committee, the last two years as its Chairman; and has been a member of the GL Lodge Activities Committee since 1980; and

Whereas: Brother Nunez served in World War II, graduated from Auburn University in 1949, received his Master's Degree from the Missouri School of Mines in 1952, and has been employed by Sandia National Laboratories since 1957. He is a member of Trinity United Methodist Church and is held in high esteem by his community, by his profession and by his associates in Elksdom;

Now therefore be it resolved that Albuquerque, NM, Lodge No. 461 is proud and honored to present to the Grand Lodge Convention the name of Howard W. Nunez as a candidate for Grand Esteemed Lecturing Knight.

William R. Gateley, Exalted Ruler
Joseph H. Corbin, Secretary

Phoenix, AZ, Lodge Presents Joe D'Angelo for Grand Esteemed Loyal Knight



Whereas: Brother Joe D'Angelo, began his affiliation with Elksdom by joining the Antlers Organization of Phoenix, AZ, Lodge No. 335 in 1947 and had served as an officer while in the Antlers. He later was initiated into Phoenix Lodge in 1951 and served with distinction in our lodge and has rendered service to the Arizona Elks Association and the Grand Lodge of our Order during his 32 years of membership; and

Whereas: Brother D'Angelo has served six years "in the chairs" and was elected Exalted Ruler of Phoenix Lodge in 1971, after which, he served five years as Trustee, his final year as Chairman. During his years of membership, he has served faithfully on many committees and has continued with active support of our lodge's activities; and

Whereas: Brother D'Angelo has served the Arizona Elks Association as Chairman of the Youth Activities Committee for three years, later as Vice-President, First Vice-President and as President of the Arizona Elks Association for the year 1981-1982. He has been active with the Ritualistic Committee and is currently a certified Ritualistic Judge for the state association. He has been very active with the Elks National "Hoop Shoot" Contest, having served as Regional Director of Area VII for four years and is still actively engaged in the program; and

Whereas: Brother Joe D'Angelo has further distinguished himself by serving as District

Deputy Grand Exalted Ruler, Lodge Advisor and member of the Grand Lodge Youth Activities Committee for three years. This year he is currently State Convention Chairman for the Arizona Elks Association;

Now therefore be it resolved that Phoenix, AZ, Lodge No. 335 is honored and privileged to present to the Grand Lodge Convention to be held in Honolulu, Hawaii, in July, 1983, the name of Joe D'Angelo 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.

Max Schroedter, Exalted Ruler
L. Wayne Adams, Secretary

Albany, NY, Lodge Presents Robert M. Bender for Grand Tiler



Whereas: Brother Robert M. Bender, Sr., has faithfully and honorably served the Benevolent and Protective Order of Elks at the lodge, district and state levels since his initiation; and

Whereas: He served his lodge as Exalted Ruler in 1956-1957, and was granted Honorary Life Membership in 1958; and

Whereas: He was appointed District Deputy Grand Exalted Ruler for the New York State, State Capital District in 1960-1961 by then-Grand Exalted Ruler John E. Fenton; and

Whereas: He is a member of the Advisory Board of the New York State Elks Association, having also exhibited dedicated leadership to that association while serving as State President 1970-1971;

Now therefore be it resolved that Albany, NY, Lodge No. 49 is honored and privileged to present to the Grand Lodge Convention the name of Robert M. Bender, Sr., as a candidate for the Office of Grand Tiler.

Paul J. Clarke, Jr., Exalted Ruler
Raymond H. Osterhout, Secretary

Hermiston, OR, Lodge Presents Raymond R. Schroth for Grand Inner Guard



Whereas: The officers and members of Hermiston, OR, Lodge No. 1845 are proud to have Raymond R. "Whitey" Schroth as a member. He is an active, hardworking member devoted to Elksdom. He was an Exalted Ruler in 1954-1955, an Honorary Life Member, a Special Deputy Grand Exalted Ruler in 1975, a District Deputy Grand Exalted Ruler 1962-1963, on the GL Lodge Activities Committee 1971-1973, and is now Chairman of the Hermiston Elks Trustees; and

Whereas: Brother Schroth was President of the Oregon State Elks Association 1967-1968,

a member of the Business Practices Committee since 1973, Chairman of our lodge's Government Relations Committee; and

Whereas: Brother Schroth is active in the community, served on many fund-raising committees including Youth Activities and Senior Citizen Projects, proclaimed Citizen of the Year in 1979, is the owner of his own successful business and was named Business Man of the Year in 1982, is an active member of his church, served on the school board for five years and was Chairman, and has been a member of the City Council for 10 years and is now Mayor;

Now, therefore be it resolved that Hermiton, OR, Lodge No. 1845 is honored and privileged to present to the Grand Lodge the name of Raymond R. "Whitey" Schroth as a candidate for Grand Inner Guard.

Dennis L. Barnett, Exalted Ruler
George W. Peret, Secretary



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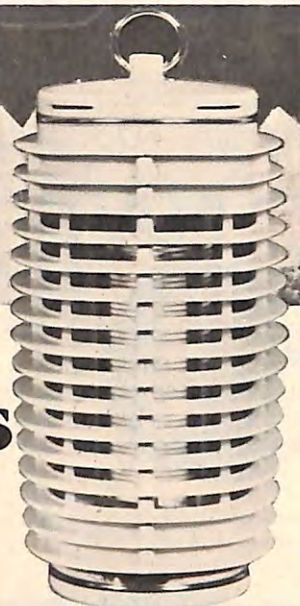
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Departed Brothers

PAST GRAND TILER Wendell G. White of Muscatine, IA, Lodge died January 21, 1983. He held that office in 1979-80.

Brother White served on the GL Americanism Committee during 1969-71. He was also a past district deputy, past special deputy, and a past president of the Iowa Elks Association.

PAST DISTRICT DEPUTY Eric H. Lind of Willimantic, CT, Lodge died January 19, 1983. Brother Lind served as District Deputy Grand Exalted Ruler for the East District of Connecticut in 1966-67.

PAST DISTRICT DEPUTY A. B. Shacklett of Pekin, IL, Lodge died November 15, 1982. Brother Shacklett served as District Deputy Grand Exalted Ruler for the West Central District of Illinois in 1950-51.

PAST DISTRICT DEPUTY George D. Boyer of Ashland, WI, Lodge died December 7, 1982. Brother Boyer served as District Deputy Grand Exalted Ruler for the Northwest District of Wisconsin in 1955-56.

PAST DISTRICT DEPUTY Henry E. Bergstrom of Lakeview, OR, Lodge died recently. Brother Bergstrom served as District Deputy Grand Exalted Ruler for the Southeast District of Oregon in 1964-65.

PAST DISTRICT DEPUTY J. E. Calderwood of Lakeview, OR, Lodge died recently. Brother Calderwood served as District Deputy Grand Exalted Ruler for the Southeast District of Oregon in 1972-73.

PAST DISTRICT DEPUTY George Mickel of Cobleskill, NY, Lodge died February 26, 1983. Brother Mickel served as District Deputy Grand Exalted Ruler for the State Capitol District of New York in 1970-71.

ON TOUR WITH

MARVIN M. LEWIS



GER Marvin M. Lewis (center) visited Hoquiam, WA, Lodge during the celebration of its 75th anniversary. He was greeted by lodge Chap. Herb Arnold (right). Also pictured are (from left) PGER Robert Yothers, Hoquiam Mayor Jimmy Englund, and Grand Est. Lead. Kt. Frank Garland.



GER Marvin M. Lewis (right) and PGER Frank Hise (left) attended the Oregon State Elks Association's midwinter convention in Coos Bay, OR.



During the Oregon convention, GER Marvin M. Lewis received a cowboy hat as a gift from Pendleton, OR, Lodge.



At Umatilla, FL, GER Marvin M. Lewis (left) and PGER William Wall (center) were welcomed to the Florida Elks Harry-Anna Crippled Children's Hospital by Jim Oliver, hospital administrator.



During his visit to Chicago (South), IL, Lodge, GER Marvin M. Lewis (left) received a winter lodge jacket and other gifts from then-ER Joseph Oderio (center). Looking on was GL Committeeman Fred Sheehan.

YOU & RETIREMENT

by Grace W. Weinstein

LIVING ABOARD A BOAT

Most retirees stay put, happy in familiar surroundings. Some move, often in search of a sunny climate. Some move all the time, living full-time and wherever the fancy takes them in a recreational vehicle. And some try, for shorter or longer periods, full-time living aboard a boat.

If you've ever thought of taking to shipboard life, whether sailboat or motorboat or houseboat, *How to Live Aboard a Boat* is a book for you. Written by Janet Groene, who has lived the full-time boating life with her husband Gordon (and who wrote an earlier book, *Living Aboard Your Recreational Vehicle*), this is a guidebook to all the ins and outs of living happily in cramped and movable quarters afloat.

Here are some tips, based on the Groenes' experience:

The basic amenities are very important to anyone spending more than a few hours at a stretch on a boat. You'll want to pay special attention to such items as your bed (don't select a boat with a bed that must be made into a bed each time you want to use it), the galley (cooking three meals a day requires appliances you can use), and the head (you may not have a shower on board but you'll want some sort of bathing facility, even if it's just a spray attachment).

Storage space is particularly important when you're living in tight quarters. You'll have some hard decisions to make if you've given up your house on shore—what to sell, what to give away, what to store, and what to take on board. What you do take on board, and have to store, includes food (enough so that you won't run short far from port) and clothes (ditto, in case you can't get to a laundry). It also includes tools, hobby equipment, books, as well as your Christmas decorations, income tax records, and all your household goods. Groene offers some suggestions: (1) Be sure you each have private storage space, not to be challenged by a shipmate; (2) Divide large storage bins with removable compartments, such as plastic dishpans, for easy access; (3) Classify your storage areas so that everyday items are readily at hand, less-frequently used things are reasonably accessible, and once-a-year needs (those Christmas decorations again)

are out of the way; (4) Be sure everything is secure, either tied down or in cabinets locked by sturdy wooden toggles, before the first big wave hits. And, one more hint: Be sure you've planned a space for dirty laundry; there's nothing like removing your socks on your first evening aboard, and discovering that all storage space is already allocated.

The moveable life brings certain problems. What, for instance, do you do about cashing and depositing checks? Step one, says Groene, is having a checking account wherever it's convenient to do so; if you won't have a home port, this can be wherever you get the best deal. Use direct deposit for your Social Security checks, and talk to your broker about direct deposit of dividend checks. Step two is to be sure you can get cash when you need it; traveler's checks are one suggestion, U.S. Savings Bonds, which cost nothing extra to buy and are redeemable at any bank, are another. You'll need identification, in either case, to get cash when you're a stranger in town; a passport serves the purpose nicely. Step three, if you'll travel for weeks or months at a time, it might be to open a joint checking account with someone both willing and trustworthy; a grown child might be the perfect choice. Then, while you're out of reach, checks can be deposited and important bills paid. Step four, if you have extensive investments, it may be to sign over power of attorney to a professional who will manage your money for you.

Mail is important, but receiving mail can be a big problem when you're moving from port to port. Janet Groene, who has lived the roving life in both recreational vehicle and power boat, has a few suggestions: Establish a single address or mail drop, rather than supplying a constant flow of forwarding addresses. Tell your children your itinerary, but don't tell anyone else; sooner or later, if you try to keep everyone up-to-date, mail will go to the wrong place and may be indefinitely delayed or irretrievably lost.

Use a reliable relative or friend to forward the mail, use your post office, or engage a mail forwarding service. There are advantages to each: With the personal approach, junk mail can be weeded out, magazines and catalogs held, important mail forwarded. With

the post office, first class mail is forwarded free; you can leave money on deposit to pay for forwarding the rest. Mail forwarding services repackage your mail and send it along at intervals, charging you for both annual service and for postage; the best of them, however, answer their telephone around the clock, so that you can leave instructions with a person or a machine on what you want done next with your mail.

Some other useful mail tips for any traveler: If your expected arrival date is postponed, and you've had mail sent to General Delivery, send a post card to the postmaster there asking that the mail be held until you arrive. Otherwise mail is held for 15 days and then returned to the sender. Ask the person or service forwarding your mail to put his return address on each piece of mail; then, if mail goes astray, it will go back to the forwarder instead of to the original sender.

Medical and dental care can also be a problem for any traveler. Always have checkups and tend to any problems before you set out. Carry medical records with you, dental X-rays too. Keep a well-stocked medical kit on board; talk to your doctor about any special items you should include. Take a course in cardio-pulmonary resuscitation, and you'll be better prepared to cope with emergencies at home or at sea. If you're covered by Medicare, it will apply in all domestic ports. If you're not covered, or if you plan to travel abroad, look into private catastrophe insurance, the kind that will pay for everything over a basic deductible. If you make that deductible as high as you can possibly manage (the Groenes found a policy with a \$5,000 deductible), your premiums will be kept manageable. And if you do need a doctor on shore in an unfamiliar port, contact the local medical society for a referral.

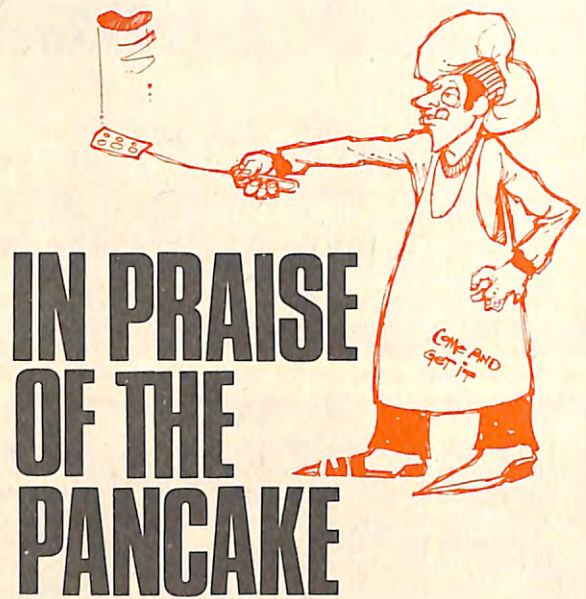
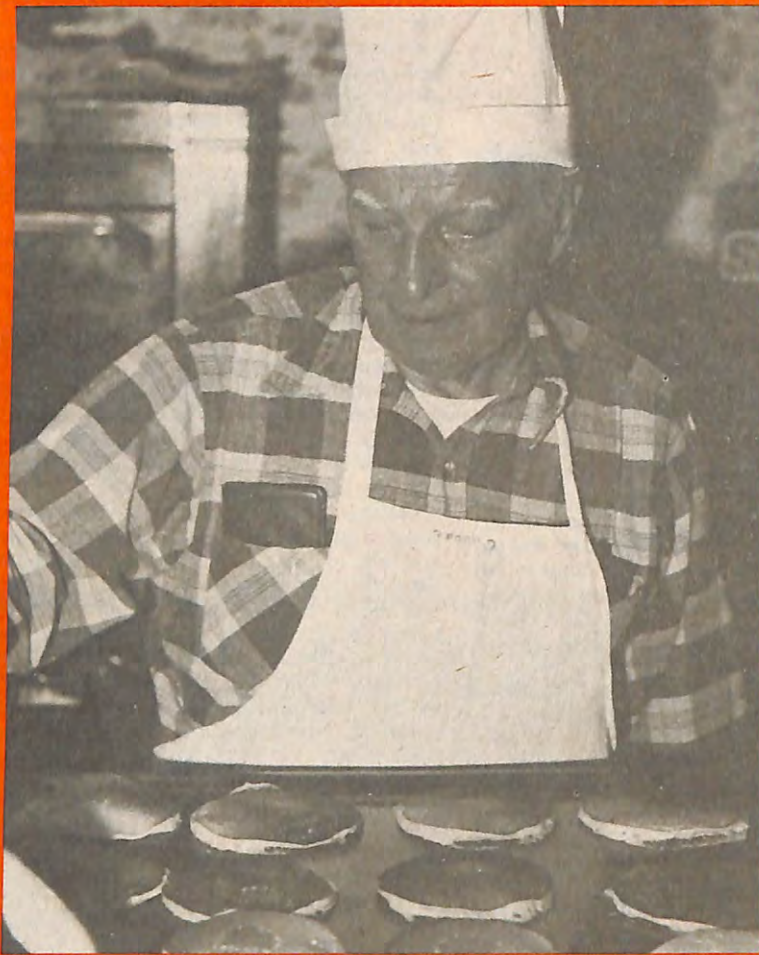
How to Live Aboard a Boat contains a great deal more useful information, from how to heat and cool your boat to appropriate shipboard tools, from keeping living quarters shipshape and secure to, at the end, making the move back to shore. Whether you want to houseboat on an inland lake or sail through the Bahamas, whether you want to work from the boat (yes, there's a chapter on money-making opportunities) or retire to a boat, you should find this book of interest. Published at \$17.95, there's a special offer for Elks of \$16.50 postpaid. Orders go to Botebooks, Box 248, DeLeon Springs, FL 32028.

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Another book recommendation for you this month:

The Only Money Book for the Middle Class, by Don and Joan German, is a well-written compendium of practical advice. Aimed at the vast middle class, all those Americans with annual incomes from \$15,000 to \$50,000, it provides information on some down-to-earth subjects indeed: How to answer the questions at a loan interview and get the loan you want at less cost; how to get more insurance for less money; how to avoid getting stung by questionable investments; how to pay your bills and protect your credit rating when you're in a money squeeze; how to have sufficient assets when you retire. All the information is presented in easy-to-understand fashion, laced with good humor, and in comfortable-to-read print. *The Only Money Book for the Middle Class* may be ordered by writing to Order Dept. JLC, William Morrow & Co., Inc., 105 Madison Ave., New York, NY 10016. The price is \$13.95 plus \$1 for shipping and handling.

Attention: Exalted Rulers
Will yours be the "All-American Lodge"?



*The pancake has marched through time
with man, appearing in one form or another in the
cuisine of almost every nation.*

by Kevin Shyne

Corn flakes are fast and buttered toast is tasty, but when it comes to a mouth-watering, rise-and-shine breakfast, there's nothing quite like pancakes.

Think about pancakes, a moment. Does the word conjure up an image of golden cakes, a pat of melting butter and a pitcher of maple syrup? Or do you see a platter of pancakes full of plump blueberries and lightly dusted with sugar?

Whatever your idea of pancake perfection, you and other consumers of this delicious dish eat millions of them every year. Americans spent more than \$1 billion in 1981 at franchised pancake restaurants. Sales of pancake mix totaled \$135 million, and another \$316 million was spent on maple syrup. Market surveys indicate the average American household spent \$1.74 and \$4.60 on pancake mix and syrup, respectively.

These hefty sales figures are just one indication that pancakes are more than a breakfast standby. They're something of

an institution in American cookery with a tradition as sweet as maple syrup.

Food historians claim that the pancake was the first cooked dish, the original versions consisting of a mixture of meal and water cooked on a hot stone. Since then the pancake has marched through time with man, appearing in one form or another in the cuisine of almost every nation. Russia has its blinis, small pancakes stuffed with caviar or salmon and topped with sour cream. Holland gives us the waffle, and the French are proud of their delicate crepes. Rice pancakes are a staple of Mandarin cooking, and the egg roll is really an oriental-style pancake rolled around a meat and vegetable mixture, then fried to a crisp golden brown.

By the time the colonists were settled in North America, so was the pancake in the colonial kitchen. George Washington's mother was known for serving pancakes with a mixture of maple syrup and honey. Thomas Jefferson, in spite of his reputed

taste for French cooking, did *not* order up crepes for breakfast. Monticello records show he preferred hearty batter cakes or "waffles" made with cooked rice.

In 1796 the first cookbook by an American author was published, and pancake recipes were well represented. *American Cookery* by Amelia Simmons tells how to make such dishes as slapjacks, a corn meal pancake; and johnny cakes, a name that is thought to refer to the pancakes travelers ate during their *journeys*.

Since those early days of American pancake history, nearly every region has produced a distinctive version of this tasty dish. New England farmers stacked pancakes and topped them with the sweet syrup from their abundant maple trees. Cooks in New Jersey made pancakes tastier by mixing wild blueberries into the batter. The forty-niners of the California Gold Rush adopted the sour dough pancake as a favorite dish, since the batter resisted spoiling.



By the time the colonists were settled in North America, so was the pancake in the colonial kitchen. George Washington's mother was known for serving pancakes with a mixture of maple syrup and honey, and Thomas Jefferson preferred hearty batter cakes made with rice.



In the late 1800s two Missouri merchants, Christopher Rutt and Charles Underwood, produced the first packaged pancake mix, the first ready mix of any kind ever made. It might have remained little more than a culinary novelty, but Rutt and Underwood also created one of the most beloved trademarks in merchandising history: Aunt Jemima. Thanks to the appeal of this legendary Southern mammy, their pancake mix became a well-accepted item on American shopping lists.

And who was the real Aunt Jemima? There never was one, according to Quaker Oats, which now owns the trademark. She may have been inspired by a vaudeville show tune heard by Rutt and Underwood. But because they hired actress Nancy Green to portray their trademark at the Columbian Exposition in Chicago, 1893, many people believed she was Aunt Jemima.

Even today the pancake reflects the tastes of the times. Recipes using skim milk, wheat germ, whole wheat flour and bran are signs of our diet consciousness and the popularity of so-called natural foods.

Whatever recipe you use, dieticians agree that pancakes are a good start for a nutritious meal. Pancakes fall into the bread food group, one of four groups from which you should eat every day. Add a glass of milk and fruit or fruit juice to a plate of pancakes, and you've got a balanced, not to mention delicious, breakfast.



Behind the scenes at the 25th Annual Pancake and Sausage Day run by Boy Scout Troop 9 of Wilmette, IL.

But pancakes are not just for eating. They're for enjoying, as people have been doing for centuries in a wide variety of holidays, festivals and special occasions. In Britain it's traditional to have pancakes on Shrove Tuesday to use up milk, eggs and butter, foods forbidden during Lent.

Possibly the most lavish pancake event in the U.S., if not the world, is the International Pancake Festival held in Liberal, KS, every Shrove Tuesday. The celebration includes a breakfast, a parade, a pancake-eating contest and a talent show. But the highlight is a women's foot race. Dozens of contestants run a winding

415-yard course while holding a griddle with a pancake in it. The rules require the women to flip the pancake at the start and finish.

What makes the festival an international affair is that on the same day an identical pancake race takes place in Olney, England, where it has been run for more than 500 years. According to pancake legend, an Olney housewife was so engrossed in cooking pancakes one Shrove Tuesday, she forgot the time. When she heard church bells calling everyone to shoving service, she dashed to the church, skillet in hand and still wearing

Pancakes

her apron and head scarf. The pancake race has been held ever since. In keeping with tradition, entrants must wear aprons and scarves.

The races in Olney and Liberal start at 11:55 a.m. Greenwich Standard Time and 11:55 a.m. Central Standard Time, respectively. After the Liberal race, a transcontinental phone call is made to Olney to compare the winning times. Since 1950, when the race was imported to Liberal, the U.S. pancake racers have won 18 times, the English, 13. The 1980 race was declared "no contest," because the Olney women were blocked by a BBC television truck filming the event.

But Liberal, KS, is not the only American town with ideas for pancake fun. At the 1974 St. Paul Winter Carnival intrepid chefs cooked what is believed to be the world's largest pancake—a masterpiece 4'9" in diameter. To add to their glory, the chefs also managed to flip the pancake intact.

Perhaps these Minnesotans were inspired by the tall tales of Paul Bunyan, whose legendary exploits in the Northwoods included some awesome pancake production. According to one tale, Paul's cooks would grease their huge griddle by strapping slabs of bacon to their feet and

skating across it. The batter was mixed in eight concrete mixers; and when it was ready, the head chef blew a warning whistle for any cooks still greasing the griddle. Then he tripped a chute and out poured a wave of batter four feet high.

In real life, Brenda Lavisso of the Village Inn Pancake House in Fort Worth, TX, is generally regarded as the world's finest pancake maker. According to the Guinness Book of World Records, in 1975 she flipped a pancake 8,960 times in just over 65 minutes.

But you don't have to be a record holder to have a special fondness for pancakes. Maybe you remember the fun of cooking pancakes in the woods on Boy Scout camping trips. Or the coziness of a pancake supper in a warm kitchen after a day of ice skating. Can you recall the sweet smell of a church or school basement on the day of a pancake breakfast? Few other dishes in American cooking are linked with so many good times. Pancakes aren't just a breakfast. They're a dish that combines good food with good times.

Fund-Raising Secrets From Mr. Pancake

Joe Berol of Wilmette, IL, knows his pancakes. In fact, people in the neighborhood call him "Mr. Pancake." That's because Berol has helped cook and serve some 100,000 pancakes and 20,000 sausages since he founded the Boy Scout Troop Nine Annual Pancake and Sausage

Day 26 years ago.

"We started raising money by collecting newspapers, but it dragged on for weeks. Then we switched to our Pancake Day. It was more fun and more profitable, too. We served 479 people the first year. Last year, 1,056 people came," says Berol.

Berol's Boy Scouts sell advance tickets for \$2. (Children under six are free.) Last year the troop showed a profit of \$2,441. Half the money was donated to Leader Dogs for the Blind School in Rochester, MI. The other half supports troop activities.

"It's a great way to raise funds," says Berol. "People really enjoy it. Where else can a family go out for breakfast and get all you can eat so cheaply?"

Berol offers the following tips for organizing a successful pancake breakfast.

- Begin planning at least three months in advance.
- Organize a capable kitchen crew. Berol uses the fathers of the Boy Scouts as cooks, and holds a cooking rehearsal the day before the breakfast.
- Publicize the event with store window posters, advance ticket sales, church bulletins and local newspapers.
- Concentrate on advance ticket sales. "This is what makes or breaks the breakfast," says Berol, who awards prizes of camping equipment to the best ticket sellers.
- Serve a full meal of pancakes, sausage, orange juice, coffee and milk. If possible, make the breakfast an all-you-can-eat event. "Quality and quantity is a big reason people come, especially families," says Berol.
- Try to obtain donations from local merchants. Berol gets free milk, orange juice, coffee and paper products.
- Create a nice atmosphere. "We give people a clean place and lots of hospitality. Everyone gets metal silverware, a china coffee cup and a paper place mat," says Berol. (He does use paper plates.)
- Keep the eating areas clean. "There's nothing worse than sitting down to eat and finding your table is greasy and sticky," says Berol. His scouts and their mothers keep tables and aisles cleared and clean.
- Be sure to thank workers and suppliers. A brief friendly note goes a long way to keep up the goodwill you need for an event like this.

Organizers of pancake breakfasts can obtain a free starter kit from the makers of Aunt Jemima Pancake Mix and Swift Brown 'N Serve Sausages. The kit contains a helpful how-to manual with tips on everything from purchasing to cooking to publicity; posters to advertise the event; balloons for decoration; and information on refunds available for using Aunt Jemima Pancake Mix and Syrup and Brown 'N Serve Sausages. Send a postcard with your name and address to Aunt Jemima/Brown 'N Serve Pancake Day, P.O. Box 8533, Clinton, IA 52736. ■

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Path You Didn't Take

(Continued from page 8)

to leave her homeland, family and career. Edward VIII voluntarily abdicated his throne for "the woman I love." At the moment, passion overwhelmed his thinking, but as time went by, his exile wore him down to a shadow of himself.

Our passing years and myriad experiences often bring a change to our inner rules or values, and the path we took ten years ago may not be the one we would take today. In quiet moments we all have inner voices that keep whispering, "What if...?"

What if you hadn't risked everything you owned to go into your own business?

...Mr. and Mrs. John Hinckley, Sr. hadn't lost patience with their troublemaker son and tossed John, Jr. out of their home?

...Kierkegaard had become a police spy rather than a philosopher and Richard Nixon had become a sportswriter, as they each dreamed of?

We make decisions, says psychotherapist Rolland S. Parker, in accordance with the level of esteem we have for ourselves. This controls the positives and negatives. So Goethe wrote, long ago, "For a man to achieve all that is demanded of him, he must regard himself as greater than he is." Only then, can he make the life-changing move that will work.

Necessity can give the most timid a push to attempt something courageous or outrageous. If Jim Henson, struggling to work his way through college, hadn't answered a tiny, two-line ad to present a five-minute late night TV puppet show, he'd be a theatre set designer today and we wouldn't be enjoying Miss Piggy and the Muppet extravaganzas.

Lewis W. Lehr needed a part-time job to help pay his way through law school, so he began working with the 3M company. He never graduated from law school because his new work became more important to him. Lewis Lehr is now chief executive officer and chairman of the board of Minnesota Mining and Manufacturing, one of the largest corporations in the Fortune 500.

Margery Hurst, whose husband left her and their two little daughters penniless, refused offers of help from her family. Instead, she installed a telephone and advertised a new concept—high quality temporary office help. As each call came in, she sent "a young woman" (herself) to fill the position. It was a long, difficult, hungry trail, but the indomitable Hurst now has branches of her London-based Brooke Street Temporary Bureaus in Australia, the U.S. and many other countries. The "excellent young typist" is now one of the richest women in the world. Parker tells us in *Effective Decisions and Emotional Fulfillment* that the self-confident person will always cope differently with new

situations and opportunities than the one who can only anticipate defeat.

Before leaving Sweden to join her husband-to-be in America, 18-year-old Emma Magnuson faltered. It was 1904, and her family had been hearing frightening things about the new frontier. "I've changed my mind. I don't want to go," she said.

Her brother was appalled. "How can you talk that way? You promised him, and Sigfried has sent you the tickets. It's too late now. You must go." She went. But she was so unhappy in the sod house he took her to in Montana that she never unpacked the beautiful things in her immigrant trunk. Grandma Peterson died young and bitter.

Determination and persistence may make the difference between the life you had hoped for and the life you have forged. One woman, finding herself alone with three children and no education, determined to become the star salesperson for Stanley Home Products. She was so desperate she reached that goal quickly, but a paralysis had begun to attack her face. Surgery, together with a strong will, pulled her through, and the plucky woman started down an extended path. This time, she and her new husband would begin their own direct sales company. One month before opening, he died of a heart attack. Was it hopeless? Should she abandon the path? Seeing no promis-

(Continued on page 46)

THE JOY OF GIVING

Elks National Foundation

2750 Lakeview Avenue • Chicago, Illinois 60614



The penny-a-day dues of Pueblo, CO, Lodge's 365 Club build the funds earmarked for purchase of National Foundation certificates by the lodge, which are then awarded to club members through drawings. GER Marvin M. Lewis became a 365 member during the 1982 Colorado state convention in Pueblo, but was unable to receive his certificate in person with five lodge members, (from left) PER Robert Blazich, PER Charles White, James Patti, PER George Wolf and Jasper Genova. Lodge ENF Chm. Homer Goldsberry (right) made the presentations.



During a visit by GER Marvin M. Lewis (right) to the Elks National Home in Bedford, VA, Brother George Lewis (center) of Middletown, OH, Lodge made a most generous contribution of \$5,000 to the National Foundation. The certificate was presented by GER Lewis, as Doral Irvin, executive director of the Home, looked on.

FALLON, NV. During his official visit to Fallon, NV, Lodge, DDGER Roy Bell spoke briefly about the National Foundation. As a result, new member Gerald Hill signed up 12 members of his family and Brother and Mrs. Ray Lee as Participating Members. Since that time, Brother Hill has signed up another 22 Participating Members.

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MEDICINE & YOU

by Larry Holden

THE WILL TO LIVE

As a follow-up to last month's "life changes test" and your own personal results, let's take a closer look at the link between our minds and bodies. No matter what stresses we do or don't endure, can our minds actually determine whether we live or die? Can our minds influence the chances of surviving a tragic illness?

In treating their patients, the physicians of the '80s rely on sophisticated medicines, devices and techniques. But medical research and evidence also reveals there is often a wild card in a person's recovery: the will to live.

Before Barney Clark was selected to be the world's first human recipient of an artificial heart, he underwent a battery of physical tests—plus psychological exams to determine if he was mentally prepared for the procedure. University of Utah doctors now say his desire to live has been an essential factor in his remarkable success with the man-made organ.

Conversely, emotions and life changes can just as easily have a negative effect on one's health. In a 1981 interview, Alabama football coach Paul (Bear) Bryant told a reporter: "Quit coaching? I'd croak within a week. Football is my life."

Then, just six weeks after the fabled coach announced his retirement from football, he was dead of a heart attack. Coincidence? Many psychiatrists and psychologists across the country don't believe it is. "While it's impossible to prove, there's no question in my mind that the loss Bryant experienced was one of the contributing factors in his death," states Dallas psychiatrist Michael Fitzpatrick. "Without football, he no longer had an important element in his life."

Dr. Fitzpatrick, who counsels terminally ill patients, says he often can predict how successfully a person will cope with and even recover from a serious illness. The best guide, he notes, is the patient's character. The cornerstone traits of that character are a strong feeling of being needed and loved—and a stubbornness to maintain hope. Also, the patient must be able to share and communicate feelings to someone close to him or her.

"The patient who successfully battles his illness might say he can't alter the course of his illness," points out Dr. Fitzpatrick, "but he can alter his life now. He adapts. And in the process, his mood affects the response to his medical treatment."

Is there, really, any medical basis for that drive that some people have to survive? Is "the will to live" a medical reality? There are clues, notes Dr. Fitzpatrick, that definitely

seem to support the existence of such a drive.

"We know," explains the Texas psychiatrist, "the body can be affected by emotion. Depression causes hormonal changes, as well as a wide range of other physical changes. The body's immune system is altered and, in the process, becomes more susceptible to illness."

How, though, can a patient arm himself with the mental weaponry to confront a life-threatening illness? Toward that goal, researchers in many phases of medical science all over the country are now exploring a number of experimental techniques to bolster the so-called will to live.

The primary object of much of this research is for the patient to re-create certain positive mental states on command. This, along with conventional medical methods, can then be channeled toward treating an illness.

Many physicians now recommend meditation to help patients endure pain and speed recovery. Patients are taught to remove themselves mentally from stress, thereby making a split between the physical pain and the mental process. A great number of doctors are relying on relaxation techniques and other methods similar to those practiced with biofeedback. These researchers believe they have revealed that a positive mental attitude can be instrumental in coping with and even recovering from serious disease.

None of the methods—meditation, relaxation, biofeedback and others—are meant to replace medication. Patients are instructed to continue with traditional medical treatment while they utilize one or a combination of several mind exercises. These mind exercises are designed to complement the patient's medical treatment, not interfere with it. The researchers who use these mental techniques state that the managing of a patient's fears and stresses will be beneficial to his or her health. And that this benefit will become part of any recovery the patient makes.

One of the most unorthodox—and successful—demonstrations of will to live was pioneered by Norman Cousins, the editor of the now-defunct "Saturday Review." In 1964, Cousins was diagnosed as suffering from a rare disease that affects the connective tissues of the spine. His chance for recovery was one in 500. He was told to prepare to die.

Nineteen years later, Cousins is healthy and active. His doctors are confounded—and delighted. After the gloomy diagnosis, Cousins promptly borrowed a movie projector and dozens of reels from his favorite television show at the time, "Candid Camera."

In a landmark article that appeared in the

"New England Journal of Medicine" in 1976, the famous editor related: "I made the joyous discovery that 10 minutes of genuine belly laughter had an anesthetic effect and would give me at least two hours of pain-free sleep."

When the pain-killing effect of the laughter wore off, Cousins reported he would switch on the motion picture projector again, and that led to another pain-free interval. His truly remarkable recovery had a negative effect on some of his fellow sufferers. They became discouraged when they heard the news of his recovery—because they had identical and unremitting symptoms.

What happened to Norman Cousins happens to many of the patients whose will to live boosts them to a successful recovery. When friends or family of a patient hear about a person's recovery they respond with comments like: "Why don't you get well like that?" Or, "What's wrong with you, anyway?" That makes the person think he is responsible for his disease, that he deserves it.

In turn, the recovered patient sometimes undergoes his own personality change. Those who recover from a deadly disease, notes New York City medical writer Lawrence Chery, can "develop a feeling of moral superiority to those who are ill—a kind of 'healthier-than-thou smugness.'"

But why do some people desperately hang on to life, while others don't? No one knows for sure. It seems apparent, however, that any patient who demonstrates a strong will to live increases dramatically his/her chances to conquer a fatal illness. ■

It's Your Business

(Continued from page 14)

and other higher-cost merchandise," Porcello says.

There's disagreement, of course.

In fact, Wortley's newest colleague in the House, Rep. Sherwood Boehlert, a Republican from the nearby 25th District of New York, believes the withholding tax problem isn't exactly as it's being portrayed.

"It seems to make more sense to reduce the deficit by \$10.6 billion over the next three years by this new system than to reduce it by levying new taxes or by cutting needed programs. There are two basic facts to keep in mind... First, withholding is not a new tax... It is merely a method to collect what's already owed on a quarterly basis rather than on April 15 when tax forms are due.

"Second, withholding is an attempt to cut the deficit by making sure that people pay the taxes they owe. Cutting the deficit will make the economy healthier for all of us. And making sure that everyone pays the taxes they owe will make the tax system fairer for all of us."

Boehlert points out that all low-income taxpayers and an estimated 90 percent of the nation's elderly are exempt from the withholding plan, and banks must honor that exemption. And while he admits that any new tax law causes initial confusion, he believes the provision will be "relatively inexpensive and a painless way to accomplish two goals..."

The postponement may be a better answer if you consider the loud dissent and last fall's House and Senate votes. It passed the House by 226 to 207 and the Senate by a narrow 52-47.

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PER Larry Potter, Jr. (second from right), co-chm. of the National Service Committee of Hagerstown, MD, Lodge, presents a check for \$1,150 to Lee Kauper, associate director of the Martinsburg, WV, VA Medical Center. The money is to be used toward the purchase of a miniature golf course at the center. Also pictured are (from left) PER Donald Keefer, co-chm. of the committee; Est. Lead. Kt. Mark Pryor; and L.E. Potter, Sr., a member of the committee.



Then-ER William Wollert of Greensboro, NC, Lodge helps play bingo with one of the residents of the VA Rehabilitation Center in Salisbury, NC, where the lodge's National Service Committee took snacks, soft drinks, and prizes to entertain the veterans.



Then-ER Chessie Hudgens (second from left) of Homestead, FL, Lodge presents to T.C. Doherty, director of the Miami Veterans Hospital, a check for \$850 for the purchase of two TV sets for the hospital. The lodge also distributed \$500 in canteen coupons to the veterans. Also pictured are (from left) Est. Lect. Kt. Fred Borgardt; Russ Godin, lodge Veterans Service Committee Chm.; and Co-chm. Frank Betko.



Newport News, VA, Lodge presented a TV set to the VA Medical Center at Hampton, VA. From left are PDD William Coutts; Jay Tanner, director of volunteer service at the center; and John Tribble, lodge National Service Committee Chm.

WARWICK, RI, Lodge donated a color TV set to the Veterans Home in Bristol. Dignitaries on hand for the presentation included Ernest Faiola, chm. of the state National Service Committee, and DDGER Thomas Fleming.

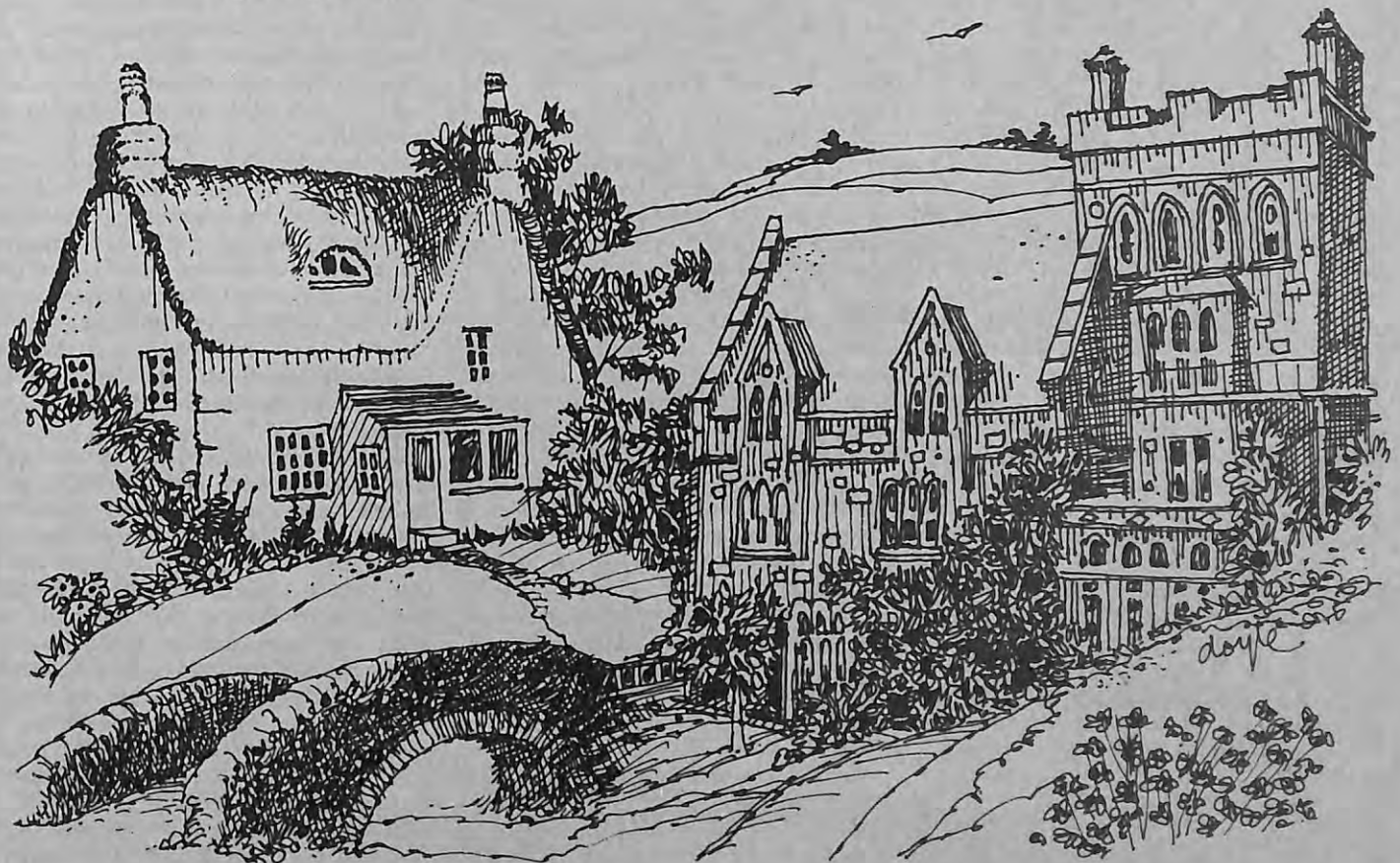
ASHLAND, OH, Lodge contributed \$261 to the Wade Park VA Medical Center in Cleveland, OH, for the purchase of a new TV set at the facility. The donation was made in response to the state National Service Committee's request for such contributions.

SAN LUIS OBISPO, CA. Through a raffle and generous donations by friends of the veterans, San Luis Obispo, CA, Lodge raised a total of \$5,735 for the veterans at the Fresno, CA, VA Hospital. This amount paid for many comfort items, therapy materials, musical instruments, and many other gifts for the veterans.

FLINT, MI. During a visitation by Flint, MI, Lodge to the Veterans Hospital at Saginaw, MI, a check for \$750 was presented for the purchase of two TV sets for the hospital. In addition, over 800 books, games, and puzzles were donated. Lodge members also conducted a bingo game for the veterans' entertainment.

Offbeat Spots In BRITAIN

by Jerry Hulse



Spare a few minutes with us this month and let us tell you about a series of marvelous little offbeat spots in Britain— inns and small country places with the sort of flavor that brings to mind green meadows, fields of wildflowers, streams and rolling, oak-covered hills that are poems yet to be written. First off, there's the old English inn in the village of Great Snoring (now, how could an old inn in a place called Great Snoring be anything but a delight?)

The Old Rectory at Great Snoring is a former manor house that rises on 1½ acres of gardens that provide peace and seclusion in the heart of the north Norfolk countryside. This, it should be noted, is not far from Walsingham and about 115 miles northeast of London, which places it within easy reach of the coast as well as nature reserves.

While the original date of the Old Rectory is unknown, it is believed to have been occupied as far back as 1500. Its guests view the garden from mullioned

windows. Logs blaze in the fireplace. Birds twitter in the trees outside. All of which is enough to cause one to settle snugly onto a sofa and take a snooze in Old Snoring.

I have a bundle of correspondence from other innkeepers, hoteliers and the like, telling of similar charming shelters. A letter from one Jane Marsden describes a manor house, Studley Priory, in a village known as Horton-cum-Studley that is near Oxford. Studley Priory is set among 14 acres of park land and its management takes delight in preparing such specialties as venison, suckling pig and fresh salmon. Dating from roughly the same period as the Old Rectory at Great Snoring, Studley Priory appears much as it did in Elizabethan times, I am told, except for such creature comforts as central heating and the addition of private baths for each of its 19 guest rooms.

My correspondent writes: "The house is advantageously situated on a ridge offering views to the west over Blenheim

Palace to the Cotswolds and to the east along the line of the Chilterns... whilst to the north lie the once-desolate lands of Otmoor."

Deep in the Cotswolds there's another gem, the Lords of the Manor Hotel at Upper Slaughter. Lords of the Manor provides great warmth, charm and excellent cuisine. Set among rolling green hills, the Lords of the Manor features 16 guest rooms, lakeside gardens and a peacefulness resulting only from such tranquil surroundings. Also in the Cotswolds there is Cockbury, "a miniature hamlet nestled high above the picturesque old town of Winchcombe." Proprietor Michael Blanchard has converted an old barn into "two delightful guest cottages." Other select holiday dwellings are situated elsewhere on this 16th-Century estate, he tells us. "We operate like a hotel. I prepare home-cooked items, including oven-fresh bread for our guests," adds Blanchard.

To get a fix on Cockbury, it is 30

Offbeat Spots in Britain

minutes from Stratford-on-Avon and roughly one hour from Oxford. It features a heated swimming pool, a tennis court and croquet. Arrivals will find fresh flowers in the cottages as well as Blanchard's homemade bread. The proprietor also prepares cakes, pate, quiches, roasted chickens and yogurts. "These can be ordered in advance of arrival or bought daily from the farmhouse kitchen," he writes. Minimum bookings at Cockbury are for one week in summer and two to three days during other seasons. At Cockbury one has the choice of Barn Cottage, Tythe Barn, Badgers Mount, Cockbury Cottage, Mole End, Honey-suckle Cottage or the Gazebo, a circular building with a thatched roof, Italian cane furniture and magnificent views.

In the same general area, Nicholas Mander provides similar shelter at his estate in Owlpen which occupies its own remote and picturesque valley. At Owl-

pen, guests have the choice of half a dozen cottages. And if one desires, freshly prepared pheasant will be waiting on the dining table along with champagne tucked away in the fridge. Owlpen occupies 200 acres of private park and woodlands. Cattle graze in the meadows. A forest of beeches cascades down undulating hill-sides, and there is a pond for trout fishing. Owlpen's cottages are supplied with irons, teakettles, toasters and blenders. These plus logs for the fireplace. Guests may buy farm-fresh vegetables, goat milk, ranch eggs, lamb and beef from Mander. Or if one wishes, homemade take-away meals are also available from the proprietor.

One cottage at Owlpen features an ancient gristmill that's been converted into a snug shelter with its own garden and wicket gate. The property lies secluded at the bottom of the valley, a river running by its door. Meanwhile, lords of 30 other country homes in England and Scotland bid guests to share their meals, savor their wines and liqueurs, fish their trout streams and hunt their game. Lifts by helicopter are arranged from airports throughout the U.K. while those less hurried are conveyed by chauffeur-driven limousine to the various estates.

High praise is given Chewton Glen, a deluxe country house set among 30 acres of park land between Southampton and Bournemouth. With the sea nearby as well as a forest, Chewton Glen appeals to a wide range of travelers. There are in addition a dozen golf courses within a radius of 20 miles. England's hotel guidester, Egon Roney, praises Chewton Glen as one of the few luxury hotels outside London.

Only a few miles away in Bournemouth, the proprietors of the four-bedroom Chez Bray bid the traveler to "eat, sleep and live England." They are Richard and Christine Bray whose home rises near cliffs that overlook the English Channel. Guests are met at the airport, entertained, delivered about on excursions and sent on their way whenever Cinderella's slipper crashes to the floor. Jackie Perkins, an American, describes her visit to Chez Bray as "a fantastically enjoyable week that will live forever in our memories as an unblemished success." With the Brays she explored a Norman castle, a Roman fort and even slipped aboard one of her Majesty's warships. She tells us: "Christine Bray prepared gourmet meals every evening and packed lovely lunches...a little sherry before dinner...tea in the afternoon." Later the Brays wished her "Godspeed as we gunned off on the wrong side of the narrow road with two wheels on the sidewalk!"

Everyone who visits Great Fosters has good things to say about this 400-year-old country hotel only 20 miles from the heart of London. Great Fosters (a former hunting lodge in the Royal Forest of Windsor) attracts royalty, film folk and ordinary travelers who enjoy the pleasures of a

four-star hotel. Period furniture is scattered about the rooms with their ornate plaster ceilings and oak paneling. There's an oak walled staircase and an immense Jacobean fireplace in front of which guests sink into deep sofas to be lulled to sleep by crackling logs. The perfect spot on one of those rainy English afternoons.

And there's Swynford Paddocks, once the home of Byron's half-sister, Augusta Leigh, the estate having been given to her husband by the then-Prince of Wales. Writes my source: "Frequently left alone whilst her improvident husband was away racing, (gaming or avoiding his ever-present and ever-pressing creditors), Augusta became bored and dissatisfied and welcomed the attention of her handsome and licentious half-brother, Lord Byron, when he visited her at Six Mile Bottom. Their romance during the summer of 1813 scandalized London society, and whilst we shall never know for certain that Medora, born to Augusta the following April, was Byron's daughter, most historians have held Medora to be the fruit of the incestuous love, and certainly the girl always claimed Byron as her father."

Whatever, Swynford Paddocks provides a dozen rooms, all with private bath, antique furniture and great bouquets of flowers. This lovely old estate stands within Ian Bryant's 40-acre stud farm that's barely 15 minutes from Cambridge and about 90 minutes from London. Its menu lists such delights as steak and oyster pie, poached filets of sole, roast duck, rack of lamb, crab pancakes and smoked salmon filled with prawns.

Meanwhile, Bill and Gretchen Stevens, a couple of displaced Kansans, have opened their home in West Sussex to the wayfarer with a promise of "personal service to each guest and guaranteed privacy." In addition, Gretchen declares: "Our guests will not stand in queues because theater tickets, car rentals, dinner reservations, etc., are done free of charge by us." Their Edwardian home, which they call Arundel Holt Court, stands in 17 acres of secluded woodland not far from the English Channel. Besides Arundel Holt Court, Bill and Gretchen Stevens have recruited a number of other homeowners whom they represent under the banner, At Home Country Holidays. They tell how one may travel through history in a variety of residences—Elizabethan, Palladian, Georgian houses, Edwardian manors, thatched cottages, a windmill...

And there is this note from Patricia Wayne about Hawks Hill, her 30-year-old country home in Norwich: "It stands in its own large garden...about 20 miles from the North Norfolk coast...full central heating...a large beamed ceiling with open fireplaces at either end...all vegetables from my own garden." Bed, breakfast, dinners, afternoon tea, picnic lunches, wines, spirits. The whole bit.

Finally, I must tell you about a place in

Christmas Charities Winners

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

Lodges with less than 301 members

1. Gatlinburg, TN
2. Kearny, AZ
3. Edmond, OK

Lodges with 301 to 600 members

1. Council Bluffs, IA
2. Potosi, MO
3. Gunnison, CO

Lodges with 601 to 1,000 members

1. Maryvale (Phoenix), AZ
2. Tucson, AZ
3. Warren, MI

Lodges with 1,001 to 2,000 members

1. Roy, UT
2. Garden Grove, CA
3. Scranton, PA

Lodges with 2,001 or more members

1. Clawson-Troy, MI
2. Bordentown, NJ
3. Tacoma, WA

The GL Lodge Activities Committee would like to congratulate all lodges that participated in this year's contest. The only losers were the lodges that did not send in brochures.

Al F. Humphrey, Member
GL Lodge Activities Committee

Ireland that brings to mind all the wonderful things ever said about the Irish. I am speaking of an old farmhouse that takes guests in a setting that's a joy to behold. By car from Shannon Airport it is less than an hour to Dilly Griffey's farmhouse. She's a dear, this woman who takes in guests... wears the face of Ireland itself, old and rain-fresh. She was in the kitchen brewing tea when I arrived a couple of years ago. Her late husband, Tom, who sat rocking in the living room, raised his cane, motioning to me.

"Come in, sit down."

During my visit Tom Griffey rocked and drank tea or sherry (depending on the hour) and Dilly, bless her, scrubbed and cooked and milked the cows and did a dozen other chores. She said she didn't mind, that she rather enjoyed her life. She explained that Tom couldn't work: "Poor dear, his health is a wee frail." What is important is that there is a feeling of warmth and contentment at Dilly's, and one day I intend to go back for a longer stay.

Here are the addresses of the inns and hotels named in this article:

- The Old Rectory, Great Snoring, Fakenham, Norfolk NR21 OHP, England.
- Studley Priory Hotel, Horton-cum-Studley, Oxford OX9 1AZ, England.
- Lords of the Manor, Upper Slaughter, Cheltenham, Gloucestershire GL54 2JD, England.
- Cockbury Court Cottages, Winchcombe, Gloucestershire GL54 4AD, England.
- Owlpen Manor Cottages, Owlpen, Near Dursley, Gloucestershire GL11 5BZ, England.
- The Heritage Co. (for various country homes), Leslie House, 244 High St., Poole, Dorset BH15 1EA, England.
- Chewton Glen Hotel, New Milton, Hampshire BH25 6QS, England.
- Chez Bray, 7 Southwood Ave., Southbourne, Bournemouth BH6 3QA, Dorset, England.
- Great Fosters, Egham, Surrey TW20 9UR, England.
- Swynford Paddocks, Six Mile Bottom, Newmarket, Suffolk CB8 0UQ, England.
- Arundel Holt Court & At Home Country Holidays, Bedham, Fittleworth, Pulborough, West Sussex RH20 1JP, England.
- Hawks Hill, Great Witchingham, Norwich NR9 5QS, England.
- Dilly Griffey, Crusheen, Ireland.

Note: An address change in the "Guide to Travel Bargains" (March, 1983) under the listing "Europe on \$10 a Day." Interhome, which arranges for low-cost accommodations in Europe (France, Switzerland, Austria, Italy), has closed its North American office in New Jersey and all correspondence should be sent to Interhome's headquarters in Switzerland: Buckhauserstrasse 26, 8048 Zurich, Switzerland.

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NEWS OF THE LODGES

(Continued from page 13)



GUILDERLAND, NY. Richard Byron, Public Relations Chm. of Guilderland, NY, Lodge, presents a check on behalf of the lodge to Bettye Fedor, director of the Early Childhood Education Center. Looking on is teacher Mary Oates. The center, a non-profit organization, serves over 100 area handicapped children from birth to age five.



GREENWICH, NY. Lodge presented new flags to Boy Scout Troop 27 during the dedication of the troop's new home. The flags replace those that were destroyed when the troop's former home was leveled by fire. From left are Scoutmaster John Andrew accepting an American flag from then-ER Stephen Peltier, and lodge Americanism Chm. Jack Wheeldon presenting a troop flag to Assistant Scoutmaster Ronald Thomas.



LEWISTON, ME. For the last several years, Lewiston, ME, Lodge has sponsored the Special Olympic team from the Madison Street School in Auburn, ME. This year the lodge is distributing bumper stickers with the goal of raising funds to send 50 handicapped children and their aides to the state Special Olympic games in Waterville June 10-12. From left are Archie Casey, Special Olympics Chm.; then-Est. Lead. Kt. Don Pelletier; Brother Peter Bolduc; and Joe McCarthy, House Committee Chm.



COHOES-WATERFORD, NY. Robert Clarke donates his 40th pint of blood at a Red Cross Bloodmobile sponsored by Cohoes-Waterford, NY, Lodge. Looking on are Robert Johnson, chm. of the program; Nancy Dysard, a registered nurse; and Leo Shanahan, chm. of trustees. Sixty-one units of blood were donated in the lodge's First Annual Bloodmobile Program.



UMATILLA, FL. James Brewer (right), then-ER of North Miami, FL, Lodge, and Mrs. Dottie Messler of the North Miami Ladies Auxiliary presented a check to Jim Oliver, administrator of the Florida Elks Harry-Anna Crippled Children's Hospital in Umatilla. The check completed the ladies' pledge of \$10,000 to construct and equip one four-bed patient room.

ROEBUCK (BIRMINGHAM), AL, Lodge donated \$1,000 to the Shepherd Center, a multi-purpose center for aid and relief to senior citizens. The lodge also donated \$1,100 to the Alabama Elks Memorial Center and \$1,050 to the National Foundation.

SALEM, OR. Over 1,000 persons a month come through the doors of the Salem Elks Lodge Clothing Store to obtain needed clothing. There are over 250,000 items in the store, and anyone in need may have what he chooses free of charge.

The clothing is donated by members of the lodge and the community. The store has been in continuous operation for over 22 years.

MONTPELIER, VT. On February 11, Montpelier, VT, Lodge held its Annual Valentine's Day-Silver Towers Dinner-Dance and Auction. The evening raised over \$1,080 to be donated to the Silver Towers Camp.

Silver Towers Camp is a summer camp in Ripton, VT, for retarded and special children and is completely supported and maintained by donations from all the Vermont lodges.

FINDLAY, OH, Lodge honored the winners of the Fifth Grade Patriotism Essay Contest and their parents. All of the students were presented with a framed certificate by then-ER George Wisner.

A total of 171 students from seven local schools entered the contest. Each of the 14 winners also received a Coke radio, courtesy of the Coca-Cola Bottling Co. of Findlay.

Brother Donald Renninger, former mayor, was the main speaker. Also in attendance was SP R.J. Baker.

SANTA BARBARA, CA, Lodge held a special fund-raising dinner-dance for the state Major Project, aid to handicapped children. Over \$750 was raised at this event, bringing to \$11,000 the amount raised by the lodge this year through direct donations by members and other fund-raising activities.

Special guests at the dinner were Robby Morris, age 3, a speech-impaired youngster who is receiving speech therapy through the Major Project, together with his parents Mr. and Mrs. David Morris, and Robby's therapist, Carol Barnett. On behalf of the lodge, then-ER Burton Bolt presented Robby with several gifts. Robby responded to show the progress he is making in overcoming his speech difficulty.

DELRAY BEACH, FL. More than 300 well-wishers witnessed the awarding of "Outstanding Service" plaques to six citizens of Delray Beach, Boynton Beach, and Ocean Ridge, FL, by then-ER E.E. Ben Dooley of Delray Beach Lodge.

The award recipients were Mrs. Harriet Lowy, a registered nurse at Bethesda

Hospital; Paramedic Lt. Dennis Morley of the Delray Beach Fire Department; Fire Fighter/Paramedic John Hagg of the Boynton Beach Fire Department; Sgt Robert Brand of the Delray Police Department; Support Officer Dennis West of the Ocean Ridge Department of Safety; and Patrolman Paul Valerio of the Boynton Beach Police Department.

NEWARK, OH. As part of its Americanism program, Newark, OH, Lodge entertained 11 new Eagle Scouts from the Licking County Council, Boy Scouts of America. Dinner was served, followed by a ceremony in which each Scout was awarded an Elks Eagle Scout certificate and an American flag. Also in attendance was Licking County Council's oldest Eagle Scout, Charles Shauck, who is now a member of Newark Lodge.

CLEVELAND, TN. A mortgage-burning ceremony at Cleveland, TN, Lodge was attended by 120 charter members and their wives. Among the dignitaries present were then-SP Jack Allen and Cleveland Mayor and Charter Member Harry Dethero.

CLAWSON-TROY, MI. The Youth Activities Committee of Clawson-Troy, MI, Lodge has worked with the Clawson Volunteer Fire Department in developing a fire safety training program for the mentally impaired. The project was put on videotape by the Troy Fire Department and will be used as a training film by the Michigan Public Fire Education Network.

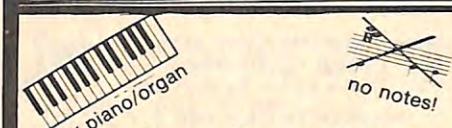
CHELSEA, MA, Lodge made a substantial donation towards the restoration of the Assumption Church and School, which were damaged by fire several months ago.

GALENA, IL. History came alive for Galena, IL, Lodge, as President Lincoln paid a visit to the lodge and held an 1864 press conference.

Richard Blake, as President Lincoln, appeared in Galena courtesy of a major insurance company and its local representatives. Mr. Blake, whose resemblance to our 16th President is remarkable, travels across the country performing before schools, organizations, and civic groups. Mr. Blake is considered to be one of the country's foremost experts on Lincoln.

Joining the President on stage were the Galena generals. Elks, wives, and friends enjoyed asking Mr. Lincoln 1864-era questions in a press conference format and had a chance to meet him after his performance.

LIVINGSTON, MT, Lodge presented a check for \$1,500 to the Livingston Memorial Hospital for the purchase of a new electric bed. The lodge also donated \$1,600 to the Sweet Grass Community Hospital to be used for a new X-ray film processor. ■



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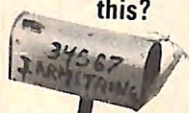
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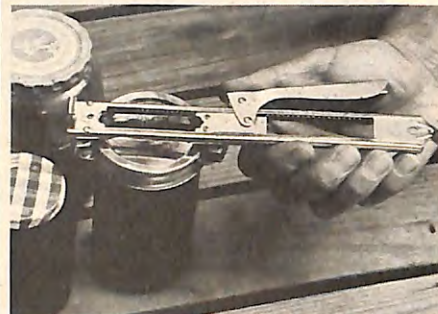
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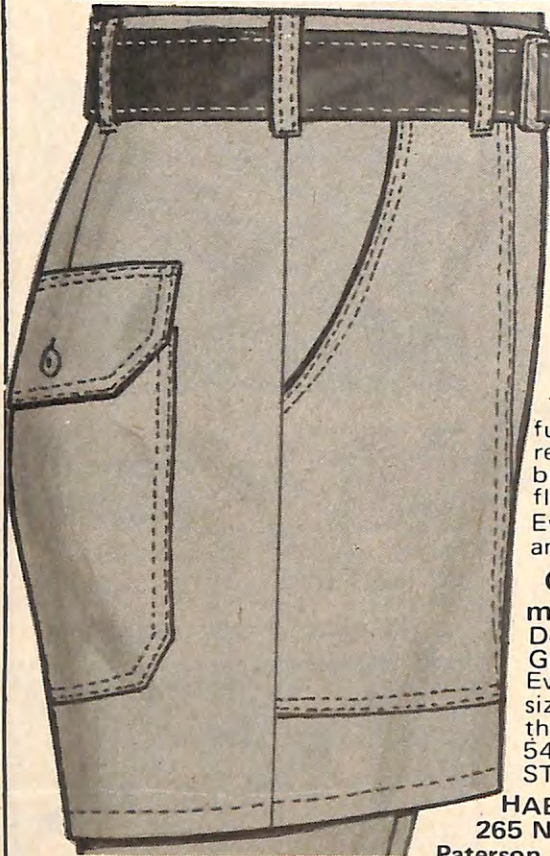
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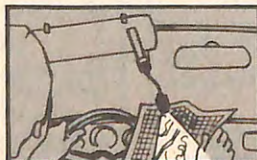
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Prominent signs of zinc deficiency in man include loss of appetite, retarded body growth, slow wound healing, decreased taste acuity and skin lesions.

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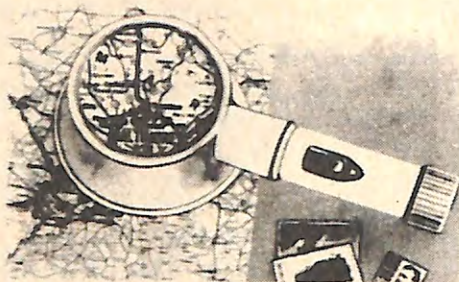
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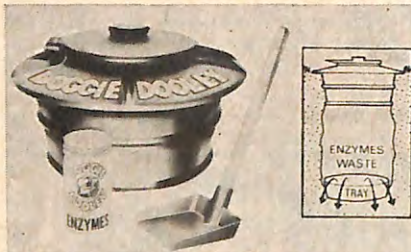


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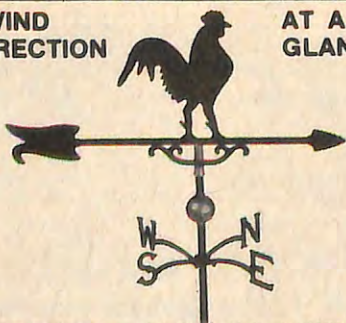


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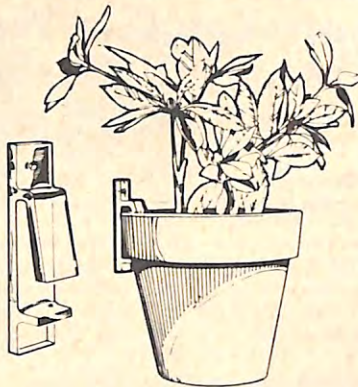


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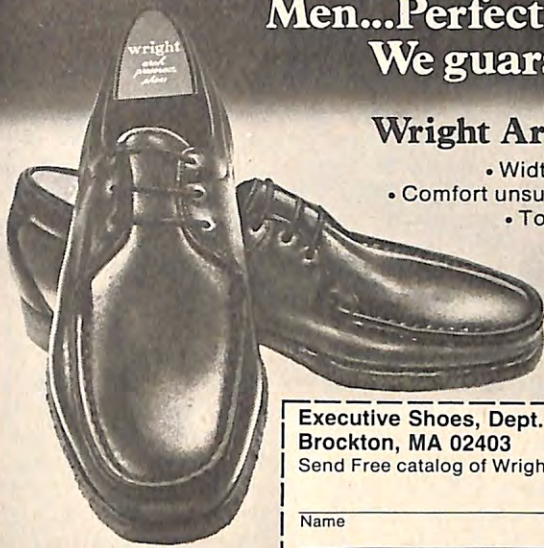
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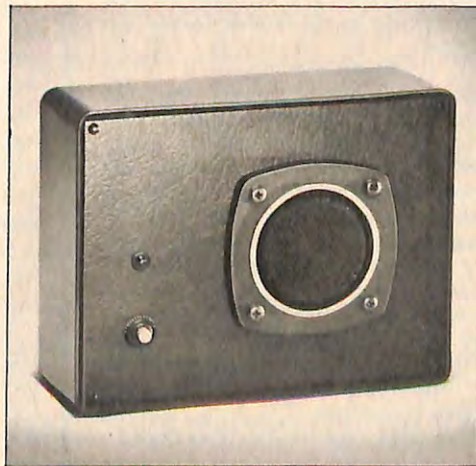
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Path You Didn't Take

(Continued from page 27)

ing alternatives, Mary Kay Ash continued on—to head one of the fastest growing, most successful businesses in the country: Mary Kay Cosmetics. Mary Kay Ash is a single-minded entrepreneur, from the same mold as people like Curtis Carlson and Jenö Paullucci.

By contrast, most of us, like Dorothy, pick companions along the way to Oz who influence us, rightly or wrongly, in our choices. Another person may lead us to choose a path. It was good advice when trainer George Reeves believed in and encouraged Bill Shoemaker, while others told him he was too small—even to be a jockey. Thanks to Reeves' support, Bill is known as the "winningest" jockey ever.

Patricia Van Buren, a bright insurance executive, was trained out of her former shy and negative ways by her boss. Furthermore, when he was given a big promotion and transferred to another state, he

insisted that Pat must be a part of his package. He was her mentor and champion, and she was grateful. Nevertheless, Pat soon realized that this would be true only as long as she supported him and his work. When it came to the point where she had outgrown her position as an assistant, she had to break with him and take a new path. If she hadn't, she would have stunted her growth. The times when we face a choice between a principle or a friend can be a wrenching experience. These points are the downfall of those without a deep enough commitment to the goals they're seeking. Considering the value of each tugging you into opposing directions, the easier, and generally regrettable, choice is to go along with the friend.

You cannot make the right choice if you're overwhelmed by self-destructive feelings of guilt, incompetence or worthlessness, advises Parker. However, the ghosts of past mistakes can haunt you and negatively influence your future decisions. If the path was wrong, admit it—and

forget it. Keep alert for the next junction.

"Opportunity rarely rings twice," announces a full page Bell Horizon system ad. "Chances are, you won't get a second chance." Regrettably, we can never retrace our steps exactly. It's not the same the second-time-around. The interview or Christmas party or your child's first steps can't be replayed again. The first snowfall is only there once, inviting you to walk in its wonderland. College dropouts and political agitators of the 60s found, years later, they'd spent their youth and their original opportunities for life. An abortion can't be brought back to life. A lost temper can be forgiven, but not forgotten.

"Memory is the most essential element in man's education and development," said historian-philosopher Ariel Durant. "Because of memory, man can compare and attempt to change that which is and was." Only man has memory and the opportunity to look back and regret or enjoy. One problem in looking back is that everything has been decorated and painted over in the way we'd like it to be, in perspective. The "good old days"—19th century cities with no plumbing, electricity, conveniences and cleanliness as we've come to know it—were terrible. But we daydream backwards of honors that were greater, applause that was louder, sweethearts sweeter, food tastier, homes lovelier. We recreate our past by a sweet twist of our memories. Around the world, mothers with unfulfilled dreams keep reminding their children, "I could have been a big opera star (or actress or lawyer) if I hadn't married your father and had children." How close is this to actuality?

Some people try to overcome a fear of weakness recklessly. They plunge head-on into an area they fear, expecting they'll emerge with a stronger character. The truth is that the success rate with this attitude is poor. Olson tells us that "gut-level feeling," if they are expressed by a true expert in a field are generally more valuable and correct than those of an amateur. If you're weighing choices in an area where you are knowledgeable, your snap decisions are more likely to end up right than wrong.

Broadcaster Bill Stewart says, in retrospect, "I probably couldn't even have talked intelligently to the New Orleans culture. The Deep South is another world and I'd be kidding myself not to admit that I'm really a Midwesterner. I think and talk like one. I don't think they would have accepted a boy from Indiana as easily as the Minnesota natives did. Our lives were changed in every way by the move to Minneapolis and, probably because the shoe fit, it's all been good."

"Moonlight and Roses" singing star Lanny Ross faced a triple choice. After graduating from Yale law school, he turned his back on law and also a promising chance for the Olympics for the equally chancy path of show business. His

(Continued on page 48)

did you know..



Frank Vita, photos; George Viola, miscellaneous items; and A. E. Hancock, latch hook.

It was quite a day and everyone was pleased to show off their handiwork.

Republic Airlines should certainly review their in-flight safety features. En route to a recent Grand Lodge Advisory meeting in Phoenix, AZ, PGER Raymond C. Dobson, Chairman of the Elks National Memorial & Publication Commission, was bitten by a large white parrot that flew into the first-class section of the plane from the coach section to nip Brother Dobson on the finger.

Would you like to believe that *The California-Hawaii Elk*, the state association publication, has a centerfold?

Editor Clare McCord makes sure that the center section of the magazine is devoted every month to the California-Hawaii Elks major project—therapy treatment for children with physical handicaps.

The center section of the publication features photographs and stories of the good work California-Hawaii Elks are doing. No wonder they are able to spend approximately \$2.6 million in the treatment of these youngsters.

It just goes to show you, "Elks Care."

The Oklahoma Elks Association has an estimated expenditure of \$60,000 in the major projects department. Oklahoma Elks sponsor youth camps, camps for retarded citizens, buses for Cerebral Palsy Training School, two drug abuse vans for use by the Oklahoma Highway Patrol Educational Division, additional scholarships and awards for Special Olympics, just to name a few.

There are 23,481 Elks in 42 lodges in the state, which is over \$2.50 per member. Do Elks Care in Oklahoma? You'd better believe they do.

We suspect that Doral Irvin, executive director of the Elks National Home in Bedford, VA, could hardly believe his eyes.

John Tansey, a former secretary of Yuma, AZ, Lodge No. 476, made application for residency in the home. It was, of course, approved. It was when John arrived at the home, some 2,000 miles from Yuma, that Doral probably did a double take.

The reason? John arrived on his Honda motorcycle after trekking across country.

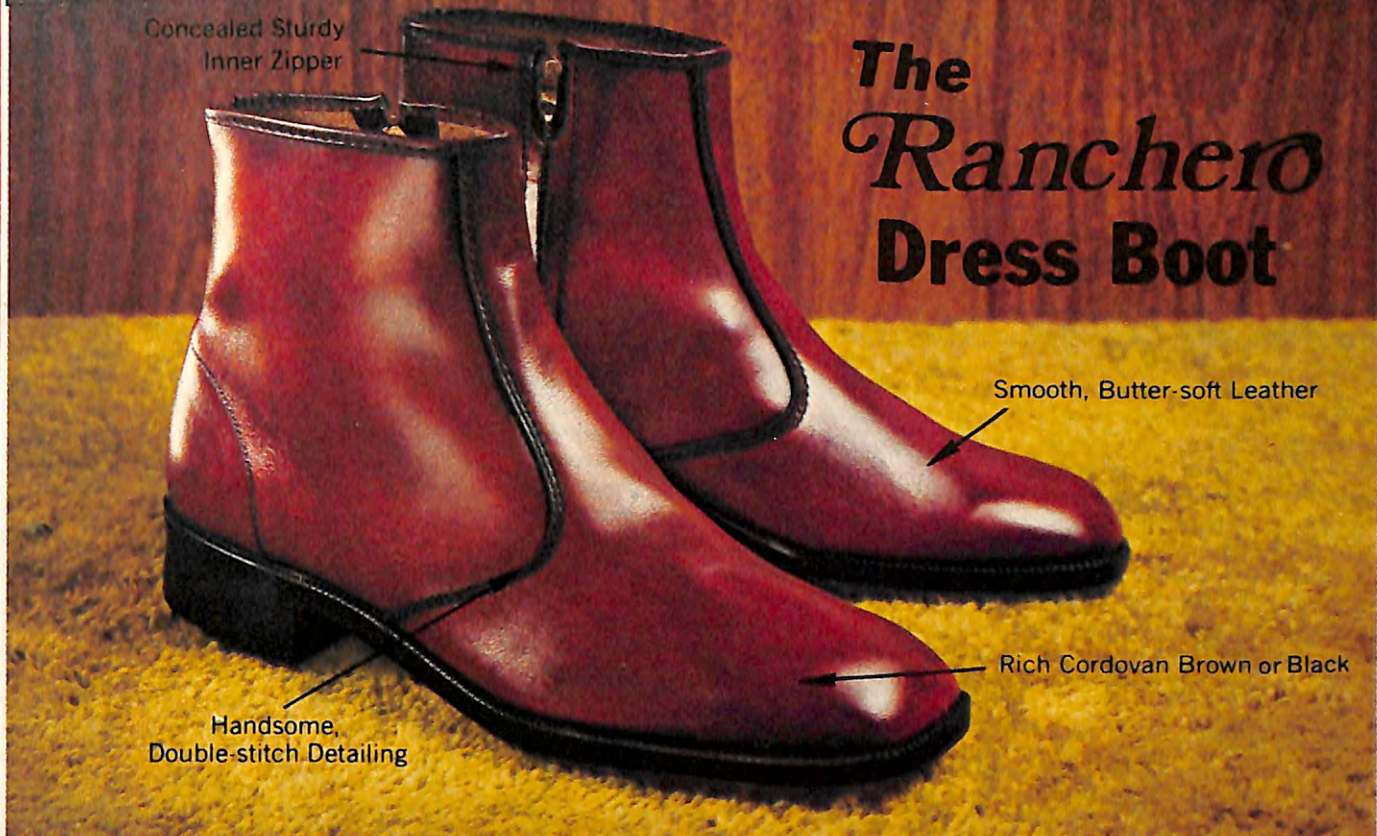
Doral says that Brother John is an excellent resident and they are pleased to have him with them. He didn't say whether or not John is still whizzing around and about on his motorbike.

Speaking of the Elks National Home, it recently held its fourth annual Arts and Crafts Fall Festival. The event drew quite a crowd. Of special interest was the needlepoint work by Brother Otis Bane. He also exhibited macrame and afghans. Brother Bob Stuart had quite a display of stained glass and metal crafts.

All in all, there were 18 displays. In addition to Brother Bane's and Stuart's, there were displays which included Leo Mathurin, oil paintings; Cam Yates, name plates and windmills; Bill Bakewell, latch hook; Joe Wilson, plants; Kurt Gruen, model ships; Charles Stanion, photos; Oscar Sabin, oil paintings; Percy Harris, sign painting; John Rector, model ships;

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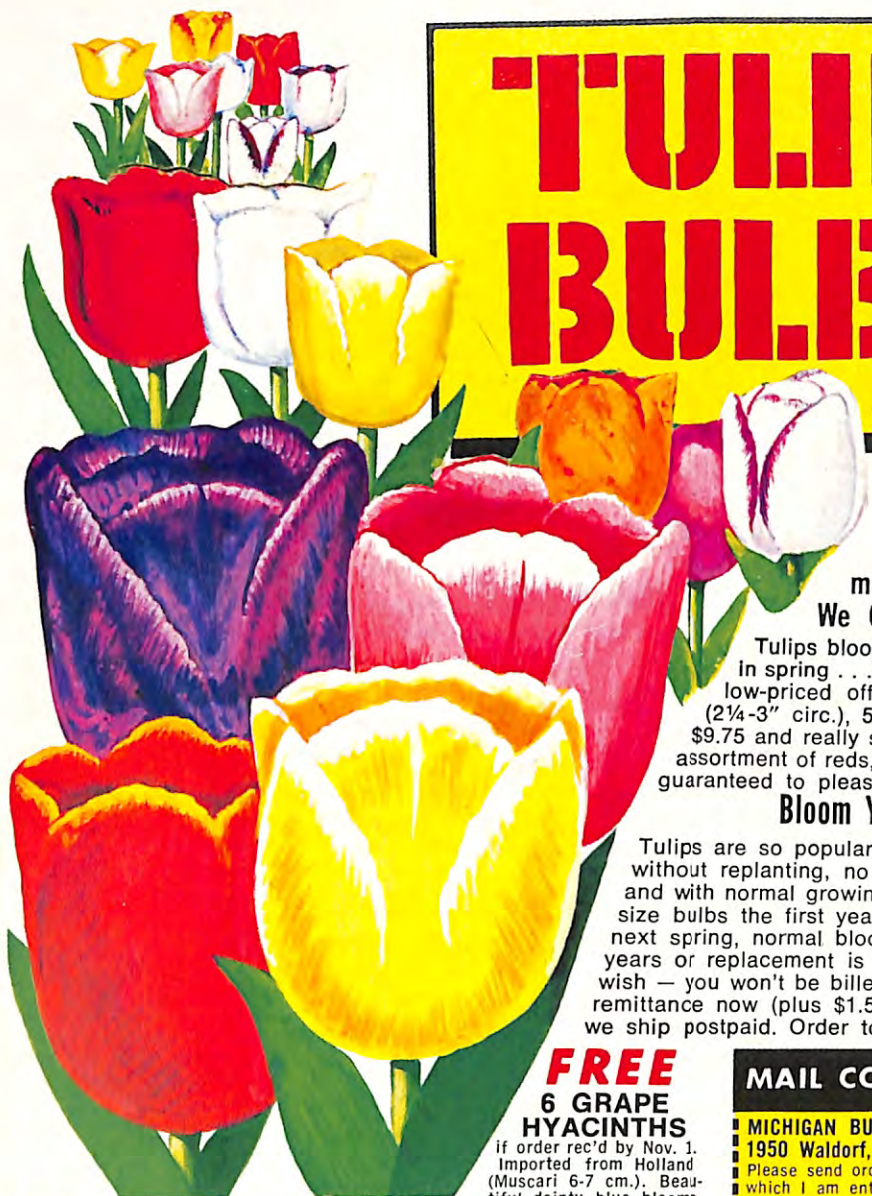
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