

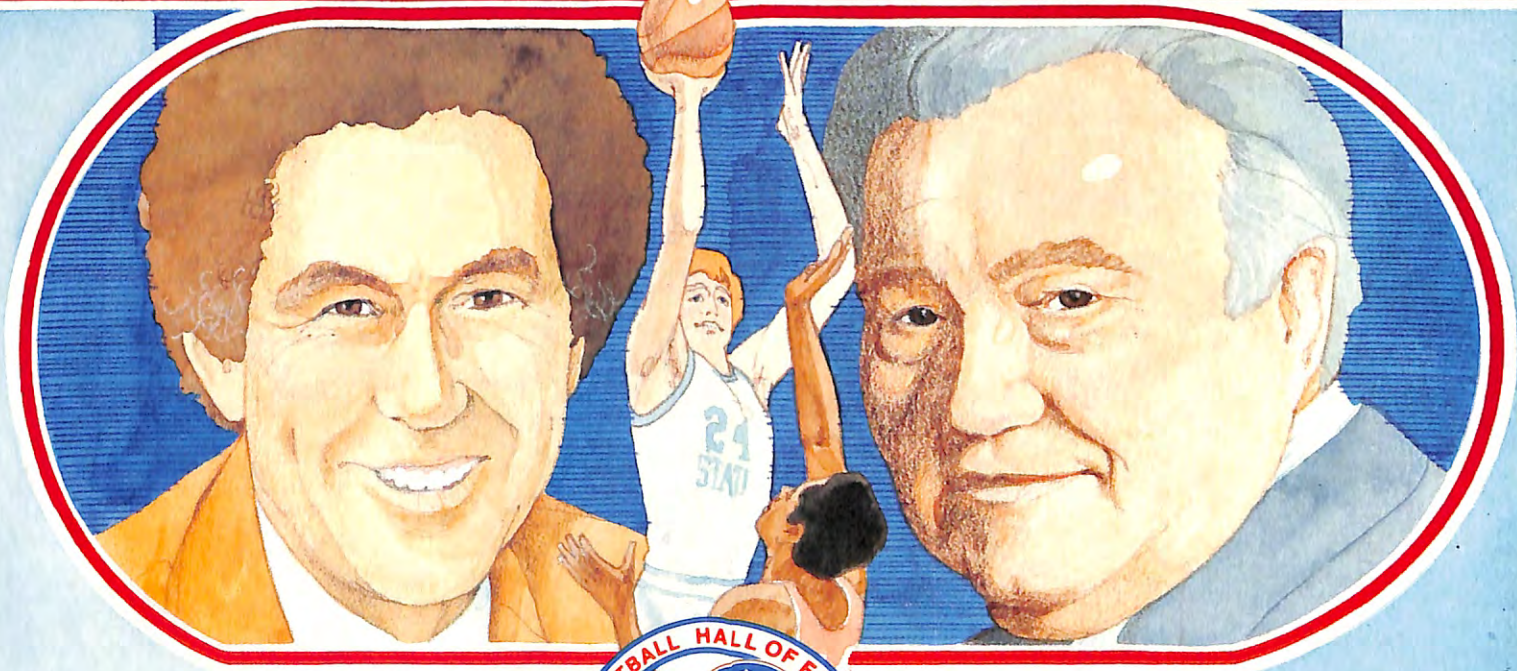


the **ELKS**
magazine

April 1984

ELKS
HOOP-SHOOT
FREE-THROW
FINALS

★ **CAGE CLASSICS** ★ **MAY 5th** ★



Coach Eddie Sutton,
University of Arkansas

Coach Ray Meyer,
DePaul University

**ELKS/BASKETBALL
HALL OF FAME
CLASSIC**



NOW! YOUR LAWN STAYS GREEN THROUGH DROUGHT AND HEAT!



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Lakeland's **Famous**® 30-Below-Zero Zoysia Takes Wear, Tear, Cookouts, Children's Games . . . After 30 Below Zero Winters, It Bounces Back Green, Thick, And Beautiful! Closest Thing to An Indestructible Lawn You Have Ever Seen!

Zoysia Lawn Wasn't Mowed Or Watered For A Month! Not A Weed In Sight!

If your family is like mine, you're squeezing every dollar to make sure you have enough to go around. And it looks like things are going to stay that way.

One way to cut expenses is to cut the costs, and work, of lawn care. For example, a woman wrote about her zoysia lawn that she had mowed it only twice ALL SUMMER. She hadn't spent a cent on weed-killers. Not one cent for fertilizers. Yet her lawn was as green and weed-free as a pile carpet.

DROUGHT PROOF

Let the scorching sun burn lawns around you into hay—your zoysia stays fresh and green, an emerald isle of beauty. I have yet to water my own zoysia lawn. One day I saw that my sprinkler had gotten cobwebs! In Iowa, a zoysia lawn was declared the area's "Top Lawn—nearly perfect." Yet this lawn had been watered only once that entire summer!

CUT YOUR WATER BILLS. SAVE THE WORK OF LAWN SPRINKLING. START A FAMOUS ZOYSIA GRASS LAWN NOW.

Weed-killing chemicals are NOT NEEDED for a weed-free Famous® Zoysia Lawn

How is it possible that Famous Meyer Z-52 Zoysia stays weed-free without using expensive, risky chemicals? It grows so thick that crabgrass (weed) seeds don't get enough light to germinate!

Has Cut Mowing To Once A Month

Zoysia grows sideways, not just up like ordinary grass. It forms a thick, interwoven carpet of turf that keeps its well-groomed look weeks longer. It cuts your mowing by half, 2/3 or more!

No-Reseeding—Not Ever!—With Lakeland's Famous® Zoysia

Plug in Lakeland Zoysia and never buy grass seed again. Zoysia lawns don't grow old; they just grow better. They sparkle under 100° heat . . . stay green through droughts. They resist diseases and insects which ruin ordinary grasses. After sharp frosts, they only give up their green color, then green up better than ever each following Spring. Famous Zoysia gives you the closest thing to an indestructible lawn you have ever seen.

Ends Washouts on Steep Slopes Perfect Where Other Grasses Do Poorly

Deep-rooted zoysia holds soil in place, stops it from washing away from slopes. It's your perfect answer for worn out or weedy areas, too.

In a typical newspaper article I read (quote): "upgrading your current lawn" requires the right selection of grass seed plus "regular applications of fertilizer (and lime where needed)." This article also said you need, "weed, insect and disease control." Sound familiar? Of course!

Why not forget all that work and expense, and plug in Famous Meyer Z-52 Zoysia? To upgrade your lawn with zoysia, don't dig it up. Just set plugs into holes in the soil a foot apart more or less. Let those plugs spread toward each other to form a carpet of solid turf. Growth is so vigorous it chokes out old growth you want to get rid of, WEEDS INCLUDED.

**NO NEED TO DIG UP YOUR LAWN
PLUG IN **Famous**® Z-52 ZOYSIA**



**From Coast to Coast
People Write to
Mike Senkiw**

From Hudson, N.Y., E. La-Roche writes how he planted plugs "in the worst possible place—clay with weeds and gravel . . . It formed a 4" thick carpet of grass. Not children, dogs, cats, rabbits, extremely hot sun or drought could kill it."

From Sacramento, Calif., J. M. writes how he bought our Zoysia "for a weed infested spot—it took care of the problem."

From Indiana, M.A. Low, Sr. writes how he visited a physician friend in Albert Lea, Minn. where he saw a "whole back yard was entirely in zoysia and it was beautiful . . . a deep green."

The success of many thousands of delighted Famous® Zoysia owners awaits you. Prove it to yourself today.

Poor Soil? No Problem!

Our Famous Zoysia plugs are so vigorous we guarantee them to grow whatever your soil—from heavy clays to sandy sub-soils. You cannot lose.

**IT'S SO EASY AND INEXPENSIVE TO START
A MAGNIFICENT ZOYSIA LAWN**

Start your own magnificent, perennial zoysia lawn with as few as 100 plugs. Just let your plugs establish solid turf. Then take up transplants and plug in other places to your heart's desire. Plugged areas grow right back into solid turf. Your supply of plugs is endless.

Prices and Bargains

If you plant more grass that sits there and struggles—or dies on you—you may not miss your work and money. It's the time you cannot recover! So please don't confuse Lakeland's 30-Below-Zero Zoysia with any ordinary turf offered as a "bargain." If our plugs cost a little more in the beginning, they remain, in the long run, the only true bargain for your lawn.

Order guaranteed **Famous®**

zoysia plugs now, for delivery from our nearest shipping point. Your order will be sent at the earliest proper time to plant in your area.

Orders not accepted from Wash. or Ore. States.

Meyer Z-52 Zoysia Grass was perfected by the U.S. Govt. and released in cooperation with the U.S. Golf Association.

"Same Day Fresh"

The day we cut your plugs is the day they are on their way to you. Because freshness counts, Lakeland has 2 shipping points, one in the Midwest and one in the East. Your plugs go out from the nearest point "Same Day Fresh" and ready to grow, shipping charge collection the most economical way. On credit card orders, the shipping cost will be prepaid by us and billed to your account.

Lakeland's Total Guarantee

- Drought Won't Kill It • Heat Won't Kill It
- Diseases Won't Kill It • Cold Won't Kill It

Even though we don't know your soil, we guarantee EVERY plug of Famous Z-52 Zoysia to live and grow in it. No ifs. No buts. Should any plugs fail to grow, just let us know within 60 days. We refund or replace them FREE. That guarantee clearly means that Famous Zoysia has to do everything we say—and more! Otherwise there's no way we could give you such unique protection.



**LAKELAND NURSERY SALES, Dept. NL-2193
Bldg. #5, Hanover, PA 17333**

Please send me the certified and guaranteed Famous® Zoysia plugs checked.

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A MESSAGE FROM
THE GRAND EXALTED RULER



A Season of Renewal

As Spring arrives and we are released from the grip of what has been a very cold Winter, our hopes rise that nature has a way of renewal. Similarly, a renewal is taking place in each of our Lodges—that of seeing our officers take up more important and demanding responsibilities. To each new Exalted Ruler, I say congratulations! You have the opportunity and burden of leading your officers and membership and to attempt to improve every facet of your Lodge. I can say this, you will learn something about life in the months ahead and hopefully you will be a better man for it by the end of your year.

I encourage each Elk and every family member who reads this, to take part in the activities of the Lodge, support its programs, lend a hand wherever and whenever possible. We are a family-oriented Order and we encourage family participation.

Now is a perfect time to solicit your friends and neighbors to become members of your Lodge. If a friend is the type of person you like to have in your own home, he should be invited to become an Elk. By joining early in the Elk year, he can become active and help get the job done. Our need to grow is never ending.

Sincerely and fraternally,

A handwritten signature in black ink that reads "Kenneth V. Cantoli". The signature is written in a cursive style with a large, sweeping initial 'K'.

Kenneth V. Cantoli
Grand Exalted Ruler

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are not satisfied, you may return your purchase
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Blair. America's leading direct-to-you fashion
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indicated below for a week's FREE TRIAL. After one
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JACU-S4

6 1984 Hoop-Shoot Finals/Elks Basketball Hall of Fame Classic

This year rings in double cage excitement as the inaugural Elks/Basketball Hall of Fame Classic debuts after the 1984 Hoop-Shoot Free-Throw Finals!

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Come with us to the magical isles of Tahiti.

Jerry Hulse

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Research races death and Nebraska Elks lend a hand.

Debbie Reeves

48 After "...Twilight's Last Gleaming"

Old Glory flies 24-hours a day over the Elks National Memorial Building.

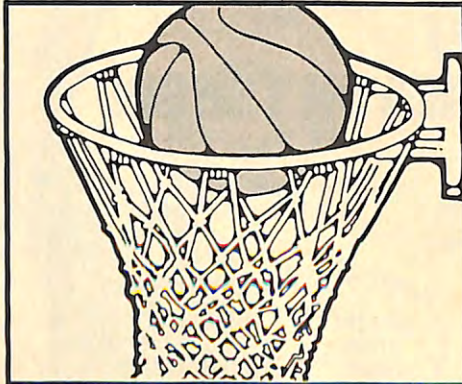
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Cover: 1984 Hoop-Shoot Finals/Elks/Basketball Hall of Fame Classic.

Art by James Lavengood



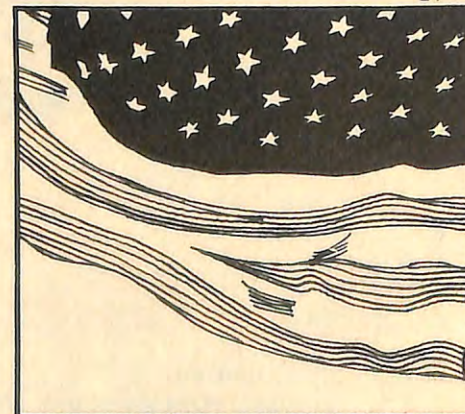
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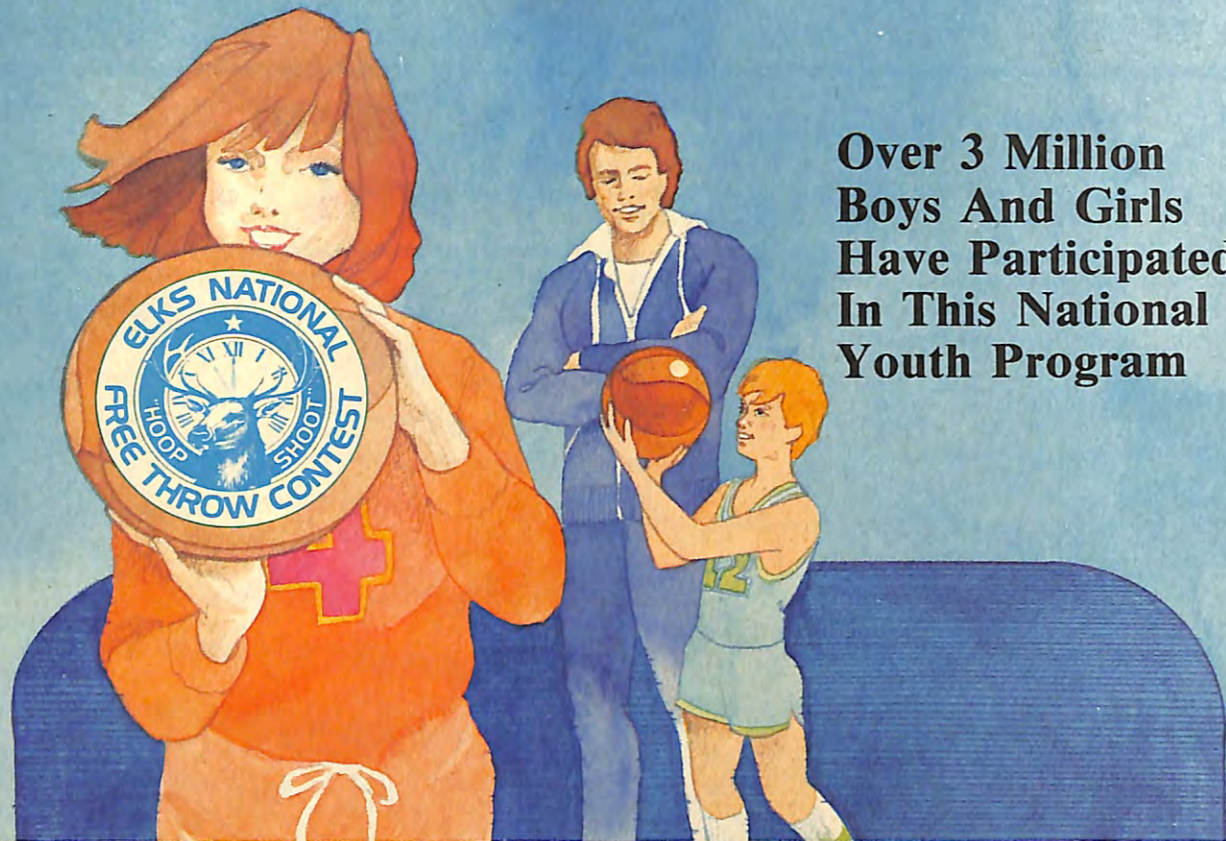
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If I am delighted with my 20-Pc. Butterfly Bath Ensemble after my 30-Day Free Trial, I agree to pay the cash price of \$24.99 plus shipping and handling (total cash price of \$29.85) in 3 monthly installments of \$9.95 each. Sales or use tax will be added where applicable. I understand that I may return the Ensemble at my expense if I am not completely satisfied after my 30-Day Free Trial. The Free Gifts are mine to keep. (This order is subject to approval of my credit by Fingerhut.)

Please sign ✓ _____

CLIP AND MAIL TODAY FOR PROMPT SHIPMENT!

Offer valid in Continental U.S.A. only.



Over 3 Million Boys And Girls Have Participated In This National Youth Program

Elks Hoop-Shoot Free Throw Finals Set the Pace...

Saturday, May 5th promises to be a day packed with excitement for basketball fans in general and for Elks in particular.

Two events will provide the excitement and the place to be to get in on the action is Market Square Arena in Indianapolis, Indiana.

First, the National Finals of the Elks Hoop-Shoot Free Throw Contest sets the pace for a day of fabulous basketball action with seventy-two youngsters from across the nation competing for honors within their respective age-groups.

Then, the afternoon roars to life as the inaugural Elks/Basketball Hall of Fame Classic gets underway.

Now in its 12th year, the 1984 Elks Hoop-Shoot Free Throw Contest National Finals, promises to be one of the best ever. Seventy-two youngsters who have shot their way through rigorous local, state and regional competitions will be competing in three separate age-groups. Each youngster will test his or her skill at shooting free-throws in this best of twenty-five shot contest.

These seventy-two budding athletes, 36 girls and 36 boys, represent the cream of over 3-million boys and girls who participated in this year's Hoop-Shoot Contests across the nation; and you can be sure that they have been honing their skills in preparation for this big day.

In the 8-9 year-old class, twelve boys and twelve girls will square-off just four-feet inside the regulation foul-line to take their practice shots and then shots in groups of ten and fifteen which count toward their official individual scores.

Shooters in age groups 10-11 years and 12-13 years will follow the same procedure but will do their shooting from the foul-line. In each age group one girl and one boy, shooters with the best score out of twenty-five shots, will be declared champions.

Shooters with the second-best scores will receive runner-up honors, again, one girl and one boy shooter in each age group.

Tied scores will be shot-off with groups of five shots, the shooters alternating, until the tie is broken.

All 72 finalists will receive plaques commemorating their participation and the 6 second-place winners will receive silver Frank Hise Awards and silver medallions while the six National Champions will receive gold Frank Hise Awards and gold medallions.

In addition to these honors, the six National Champions will have their names added to the Elks Hoop-Shoot plaque in the Naismith Basketball Hall of Fame in Springfield, MA.

The overall high scorers in the girls' and boys' divisions will be honored at the next Elks Grand Lodge Convention in Houston, TX by receiving the massive Getty Powell Award in recognition of their accomplishments and skills.

The Elks National Hoop-Shoot Free Throw Finals will begin at 9:00 a.m. in the Market Square Arena. Here's your chance to show these youngsters the enthusiasm and interest in youth for which our Order is justly famed. Demonstrate your support for these leaders of tomorrow by your attendance and encourage their efforts with your cheers!

Following the Elks Hoop-Shoot Free Throw National Finals at 3:00 p.m. on Saturday, May 5th at the Indianapolis' Market Square Arena, this first-ever Elks/Basketball Hall of Fame Classic promises to become a classic of its kind.

This inaugural game will pit two of the nation's top basketball field-generals against each other in an afternoon of all-out, all-star action. Coach Ray Meyer of DePaul University levels his 42-years of coaching savvy against the brilliant court-strategies of the University of Arkansas' Coach Eddie Sutton.

Twenty of the nation's finest collegiate seniors will demonstrate their skills in an afternoon of fast-paced NCAA-sanctioned play.

Game Director Robert A. Gardner expressed, "Great delight in having Meyer and Sutton as coaches for the inaugural game. Their presence will add an exciting dimension to the All-Star Classic."

An exciting dimension, indeed! DePaul University's Coach Ray Meyer, with over 720 wins to his credit will make what is expected to be his farewell coaching appearance. Meyer's intensity and dedication to the game and his players have become near-legendary.

Only four other coaches have chalked up more victories than Meyer—Adolph Rupp of Kentucky, Phog Allen of Kansas, Hank Iba of Oklahoma State and Ed Diddle of Western Kentucky.

Reared on Chicago's west side, Meyer attended Notre Dame and was a guard on the Fighting Irish national championship squad of 1936, and captained the team the following season.

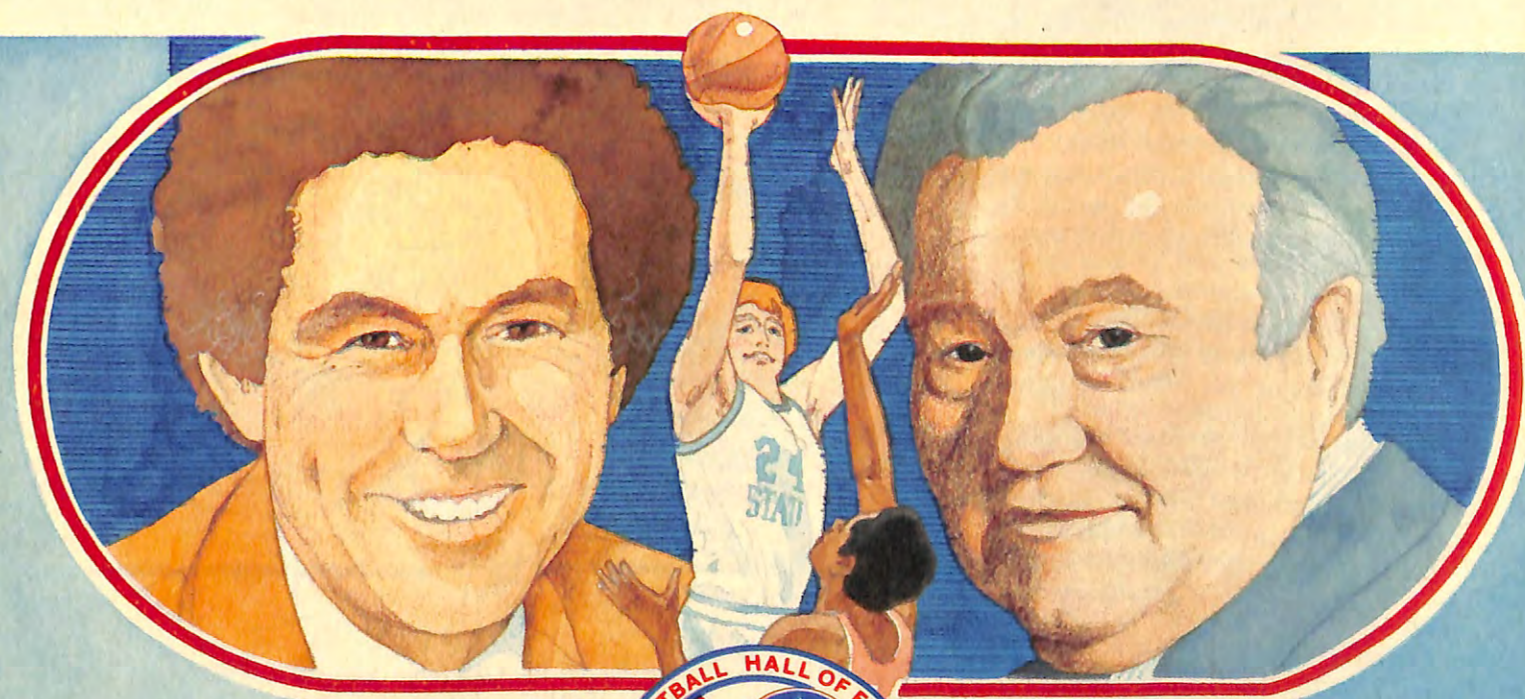
Ray Meyer brings a living tradition of basketball excellence and coaching expertise to this inaugural Elks/Basketball Hall of Fame Classic.

On the other bench, Coach Eddie Sutton of the University of Arkansas is no stranger to winning. In his first nine years at Arkansas he has compiled a record unequalled in the history of the Southwest Conference.

Sutton's 213-55 record and .794 winning percentage are all-time Southwest Conference highs. He has won or shared five league champion-

Elks/Basketball Hall of Fame Classic

Begins A Tradition of Cage Excellence



Coach Eddie Sutton,
University of Arkansas

Coach Ray Meyer,
DePaul University





With over 720 coaching victories, DePaul's Ray Meyer is no stranger to winning.



Coach Eddie Sutton of Arkansas has called the shots in five league championships.

Elks/Basketball Hall of Fame Classic

ships and his .807 percentage in Southwest Conference battles is another league high-water mark.

Also to Sutton's credit are four top-ten finishes in the AP and UPI polls, seven-straight NCAA tournament appearances and an average of 24-victories per season.

The Elks/Basketball Hall of Fame Classic combines dynamic coaching with the finest of collegiate court firepower and defensive finesse.

A special half-time show featuring the finalists of the Elks Hoop-Shoot Free Throw Contest is being planned. You'll see the national champions put on a display of their shooting expertise.

Here is truly a feast for connoisseurs of exceptional court prowess; a chance to see the stars of tomorrow, the Elks Hoop-Shoot Free Throw Champions and the stars of today in the inaugural Elks/Basketball Hall of Fame Classic all in one day!

Although regional television coverage has not yet been finalized, watch your local TV listings for further information. Or, why not come out and make a day of it for yourself and the whole family? All seats are reserved.



You can make your reservations by writing: Ticket Office, Market Square Arena, 300 East Market St., Indianapolis, IN 46204. Seats are \$8.00, \$7.00 and \$6.00; be sure to specify the quantity of seats desired and their price. Make all checks and money orders payable to Elks Basketball Classic.

If you can't make it to the game, here's your chance to share in the ex-

citement and have a souvenir of the inaugural Classic. You'll enjoy the colorful Official Inaugural Game Program as a keepsake of this landmark occasion; it's a genuine piece of Elks memorabilia that you'll be proud to own. Just send your check for \$5.00, payable to the Elks/Hall of Fame Classic, to Emile Brady, National Hoop-Shoot Director, P.O. Box 153, Danville, PA 17821. ■



Photo: Steve Feferman

WHEN YOUR DOCTOR TELLS YOU YOU MAY NEED AN OPERATION . . .

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NEWS OF THE LODGES

PALO ALTO, CA. The Annual Fashion Show and Boutique presented by the ladies of Palo Alto, CA, Lodge was held November 12, 1983. The event raised approximately \$10,000 for the state Major Project.

Kellie Greenwald, who was the theme child of the 1982 fashion show, returned as the theme child of the 1983 show. Kellie, who is a Down's syndrome child, in 1982 could only say a few words.

At the 1983 show, with guidance from Dyanne Krasow, a speech pathologist with the state Major Project, Kellie was able to speak sentences and sang a song for ER John Suda.

ROTTERDAM, NY. Members of a Rotterdam Boy Scout Troop attended a football game at West Point as guests of Rotterdam Lodge. Shown with six of the scouts are ER Len Pinkowski, Scoutmaster William Hart, and PER Ray Slingerland. Twenty-three tickets were presented on behalf of the lodge's Youth Activities Committee.

Rotterdam, NY.



OAKMONT, PA. The message that "Charity Is the Cornerstone of Elkdom" was televised into the homes of nearly 100,000 families in the western Pennsylvania area during the United Cerebral Palsy Telethon-Weekend with the Stars.

Est. Lect. Kt. Dennis Kanouff of Oakmont Lodge told WTAE-TV personalities Lynn Cullin and Joe DeNardo of the Pennsylvania Elks State Association's efforts to raise nearly \$400,000 to support its Cerebral Palsy Home Treatment Program.

GARDEN GROVE, CA. Thanks to donations from three community groups, the Garden Grove Police Department was able to initiate a canine program with the purchase of three trained German Shepherd police dogs.

Garden Grove Lodge contributed the money for one of the dogs, Benno. Pictured is Benno exhibiting some of his training with the help of Officer Joe Gallardo, with Trustee Dave Skelton looking on.

Garden Grove, CA.



Clifton Park, NY.

CLIFTON PARK, NY. Lodge made a net profit of over \$9,500 toward its building fund by raffling off a 1938 V-8 Ford sedan. The car was made available by Brother Terry Morris.

Pictured from left are ER Allan Atwell, Robert Brown, raffle winner Richard Brown, Est. Lect. Kt. and Chm. S. Louis Snyder, and PER and Treasurer Michael Bloss.

MEADVILLE, PA. Lodge held its 24th Annual Invitational Basketball Tournament at Meadville Senior High School. Over the years the lodge has sponsored the tournament to raise money for scholarship awards for area students. Thus far \$60,000 has been awarded in scholarships.

In photo PER and Tournament Chm. Eugene Kucharski (right) presents the John E. (Jack) Perrine Memorial Outstanding Player Trophy to Ken Estelle of Beaver Falls High School.

Brother Perrine, who died in November, was a longtime chm. of the lodge's "Hoop Shoot." This year's tournament was dedicated to his memory.

CAPE HENLOPEN, DE. Lodge donated \$500 to the local "Meals on Wheels" organization. The lodge's Lady Elks made a similar donation of \$250.

The lodge has also been entertaining patients at a local convalescent home with variety shows, Disney films, and weekly bingo.

SEYMOUR, IN. Lodge dedicated a Memorial Garden to its "Absent Brothers." The garden is highlighted by a memorial stone and a flagpole, and also includes stone benches, walkways, and shrubs. Flower beds will be planted as weather permits.

(Continued on page 20)



Newington, CT.

NEWINGTON, CT. The Connecticut Elks Association made its annual visitation to the Newington Children's Hospital, the state Major Project, to see how its donations are used.

Members of the Youth Activities Committee of Middletown, CT, Lodge donned costumes to entertain the children. From left are Wally Parmelee, Pete Negralle, Bill Lesse, Committee

Chm. Bob Kelsey, Carl Fitzgibbons, Louie Russo, and Milt Pease. Not shown is Co-chm. John Barone, who escorted the Brothers through the wards.

FLEMINGTON, NJ. In what is planned to be an annual affair, the PERs of Flemington Lodge initiated a class of 13 new Brothers who are sons of lodge members.

LETTERS



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• Although I really enjoyed Jean Laird's "How To Win in Small Claims Court," (October, 1983) I am concerned over any advice that will add to the already huge burden upon our judicial system.

Please understand that I am not in favor of wronged individuals meekly accepting their hard luck and chalking the whole affair up to experience. Instead, I would suggest that everyone give the article's final section ("Settling Out of Court") very serious consideration before entering into any sort of formal or informal litigation.

Mitchell Phalz
Allentown, PA

• "Secretarial Shortage Continues" in the November issue of *The Elks Magazine* ("It's Your Business," by John C. Behrens) truly shed light on what will become an important problem for virtually everyone with an office.

Secretaries are not just important to businessmen. Doctors, lawyers, school administrators, insurance agencies, radio stations, hospitals, government officials and agencies, plus many others, would have a great deal of difficulty functioning *without* a secretary. The image of a secretary *must* change and the benefits employers give to this position must change with it.

Besides being one of the most stressful positions in any office, secretaries are often the glue that holds many things together. After all, one of the first things potential job applicants are taught when looking for a job is, "make friends with the secretary." That should say something about the position.

Daniel R. Chmielewski
Syracuse, NY

• I read with great interest the recent (Dec./Jan., 1984) article on the Model-A and other Ford cars with snowmobile modifications, ("The First Snowmobile" by A. Stanley Kramer).

I enjoyed the article very much and I will share it with other chapters of The Model-A-Ford Club as it is a side-light to a subject of great interest to us.

Ronald A. Ridolph,
President,
Model-A-Ford Club of
Long Island

• As I write, January is almost half gone — I can still "reach out and touch someone," but John Behrens was definitely right in the October, 1983 "It's Your Business" column — AT&T's reorganization is having an effect on me and my phone company isn't even Bell!

My January bill just arrived; loaded with extra pieces of paper and each communicating a different bit of news. From the jist of the message it certainly seems that the breakup will affect us *all*, whether or not we own AT&T stock or even a Bell phone!

The envelope's first message was the good news portion (for some) of a "good news-bad news" situation. The company had proposed to the Public Service Commission and was granted the request to exempt residential occupants over 62 years of age from the cash deposit requirement, unless their service had been suspended or terminated within the past six months. Even then the deposit can be made in monthly payments.

That's nice, it shows the company has a heart, or does it? On to the next page...

The PSC had also seen fit to grant the company a rate increase, which increased my bill nearly \$3. But that's not all, the next page states another rate increase has been requested, this one with an average monthly increase of \$6.71 for residential users and \$14.73 for business customers. The commission has 11 months to investigate the company's need, so we don't have to worry about this for awhile.

Finally, the company offers me my present phone, "tried and true" for only \$14.95. It costs \$52.08 to rent it for two years, I'm told.

It sounds so familiar — just like Behrens reported!

The arguments for and against the breakup of AT&T will probably go on for years. Whether the company was a benevolent or a dangerous dragon will best be judged after we deal with the alternatives for a time. Eventually the experience should show the United States whether they are right in never tolerating a monopoly or perhaps the European theory of cultivating some monopolies is more sound.

Sue Ulrich
Boonville, NY

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

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Now available in this issue is a special half price rate program for those travelers to enjoy substantial savings of 50% off hotel expenses at participating leading hotels, motels and luxury resorts that include **Marriotts, Hiltons, Sheratons, Holiday Inns, Stouffers, Ramada Inns, Howard Johnsons**, plus many others.

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COMMENTS FROM ELKS READERS. Since there are many using this book, here is a sampling of what some had to say about the money they saved using this program:

"Using our Travel America coupon book we were able to save \$403.75. The rooms at all the hotels and motels were excellent and there was no difference even though we were staying at a discount. Without this program we would have only been able to take a one week vacation; instead, we were able to take a two week vacation. The program makes nice hotels available at reasonable prices. We would definitely recommend this program to other ELK Club members."

TERRY MARTINMAAS
Sioux Falls, South Dakota

"We had a wonderful Hawaiian vacation earlier this year. We were treated like royalty; we've never experienced anything like it! The Sheraton Waikiki put chilled champagne and fresh pineapple in our room for us; the service was great. With our savings of \$339 we decided to extend our vacation an extra six days. We found the accommodations everywhere to be excellent and it is a wonderful opportunity to go places at very little cost. We think the club is great and hope to use it further this year. Totally recommended!"

MRS. BEN L. MATZEK
Spring Hill, Florida

"On our trip to California we were able to save \$250.00 using our Travel America at Half Price membership. This program is fantastic; a great inspiration for traveling. We never would have found the great hotel we stayed at without our coupon book. We received good quality accommodations and were not treated any differently because we were on a discount. Using the coupon book, we will hopefully save at least another \$200.00 before the year is out. We have told a lot of people about the program and would most definitely recommend it to anybody."

MRS. PAT RUSSOMANNO
Deal, New Jersey

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the year. For example, from your book select a weekend getaway to a favorite city or resort for a three night stay that costs \$126.00... you pay only \$63.00. Travel on an auto or business trip and take a one-night stop over in a room that costs \$52.00 per night... you pay only \$26.00... vacation in Disneyworld for 7 days and 6 nights that costs \$228 for your hotel stay... you pay only \$114.

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IT'S YOUR BUSINESS

A 'TAXING' PROBLEM

It's tax time again and regardless of how many times the IRS and President Reagan remind us it's going to be easier on the pocketbook and less complicated this year as compared to 1983, difficulties persist.

We've been so conditioned to the pain of paying larger and larger tax bills that we're numb to anyone's efforts to help or explain how expenditures have been reduced. We read stories of waste and corruption funded by our tax dollars, listen to tax specialists disagree about the fine print in the voluminous code of regulations and we think continued unfairness that helps spawn a thriving underground economy will keep the monkey on our backs the rest of our lives.

True, the tax breaks of the past three years of the Reagan Administration have helped most of us who earn a living in this great country. No one I've talked to faults the President or his plan to reduce the wage earner's tax responsibilities.

But while the federal bite has been reduced, state governments have increased revenue collections, overtly and covertly. Last year, state tax agencies took in the largest amount in 20 years.

Thirty-seven of the 50 states raised \$7.7 billion in new taxes and extensions of temporary fees and taxpayers in different regions are feeling the brunt of the increases this year. States like Idaho, Washington, Arizona, Indiana, Iowa, Minnesota, Missouri, New Jersey and North Dakota, for example, raised sales taxes from 1 to 1.5 percent.

Yet, friend and colleague Dick Benedetto wrote a piece for *USA TODAY* based upon a report to the National Conference of State Legislatures which shows that we actually only paid \$73 in state taxes in 1983 for every \$1,000 of income. That's a drop of \$5 from 1978, he noted.

The study, prepared by economist Steven Gold, discovered that state taxes as a percentage of personal income fell in 45 states during the five-year period. It rose in only four states: Wyoming, Alaska, Ohio and New Jersey. Oklahoma remained the same. Nineteen states had tax drops of \$10 or more per \$1,000.

Actually, the figures don't take in consideration the politics of the revenue

decisions. Three of the past five years reflect the policies of the Carter Administration and a flow of government funds and programs from Washington. Reagan campaigned to change that; he has been successful. Consequently, the states have been hard-pressed to replenish lost income.

But is there a solution to these continually fluctuating tax structures for the hapless taxpayer?

Not as long as government income is based upon a quagmire of graduated income scales, political euphemisms that attempt to determine what's wealth and what's poverty without much understanding and uneven procedures that separate local governments from state agencies, states from other states and the federal bureaucracy from the rest. The bottom line is an unending tangle of tax codes that defy comprehension whether you're conscientious or callous.

Consider this: according to the Tax Foundation, ten percent of the country's 94 million plus taxpayers paid nearly half of the federal tax total in 1981. That very select group had average gross annual earnings of \$38,773.

President Reagan recognized the aggravation and inequity as well as the politics of the issue when he devoted time to it in a speech earlier this year. In his State of the Union message, you'll recall, he pointedly called for efforts to alter the tax program. He drew loud laughter from members of Congress, however, when he nonchalantly said that he expected the results of his research to be known by December, 1984...one month after the general election.

"Did I say something funny?" he rhetorically responded to the guffaws that interrupted his speech.

Actually, it's a humorless subject to many Americans. A sampling of public opinion in recent months indicates a growing support for some form of national sales tax to replace parts or all of the current system.

A Gallup Poll commissioned by the Advisory Commission on Intergovernmental Relations found respondents overwhelmingly supported a sales tax as

(Continued on page 31)

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YOU & RETIREMENT

by Grace W. Weinstein

LIFE CARE COMMUNITIES

If you are now in your early 60s, chances are three out of five that you have a parent aged 80 or over, a parent who may soon need help with the tasks of daily living. If you are now in your 40s, according to the National Conference on Social Welfare, chances are even greater—four out of five—that in twenty years time you will have a parent requiring long-term care. And, as the years march onward, the chances increase that you yourself will be in the position of needing help.

What kind of long-term care is available? We all know about nursing homes, and they serve an important function. We also know that most older people prefer independent living, for as long as that living is possible. Inbetween, in the period before nursing care is required but after totally independent living becomes difficult, there has been a gap. That gap is being filled, in many parts of the nation, by life care communities.

Life care, sometimes called continuing care, provides an all-in-one facility with individual living units, one or more meals served each day in a central dining room, maintenance, and medical care. Life care communities offer security, but it is security at a price. The National Consumers League, in its publication "A Consumer Guide to Life-Care Communities," points out that the combined costs of living accommodations, health care, and other services within a life care community usually exceed the costs of purchasing such services separately. But many people, residents of the 600 or so life care communities across the United States, are very happy with their way of life. It may be an alternative you would like to explore. If so, here are the questions to ask:

Costs

Most life care communities exchange a contractual obligation to provide life-long care for a sizeable up-front fee (an "endowment" or "founder's fee") along with monthly maintenance fees. Both the up-front fee and the monthly fees vary widely from community to community (with lower-cost older communities often having long waiting lists for admission). Within a particular community,

too, fees can vary in relation to the size of the living unit.

Here are some of the specific questions to ask:

1. What is the entrance fee and under what circumstances, if any, can it be refunded? (You might decide, after a time, that the community is not right for you. Will you be trapped by the non-refundability of a sizeable sum?) What happens to the entrance fee if the resident dies shortly after moving in? Are entrance fees held in reserve funds, as they should be, or used to meet ongoing operating costs?

2. What is the monthly fee, how is it determined, and under what circumstances may it be changed?

3. What percentage of your payments will be applied toward medical care? (This is the only portion of your total cost which can be itemized as a deduction on your federal income tax.)

4. What extra expenses will you face as a resident? You can expect to pay for personal laundry, clothing, and the meals you choose to cook, but what about physician fees? long-term nursing home care? parking? apartment furnishings? Get a clear picture of these costs before you make a commitment.

5. Is the community financially independent? Many life care communities are sponsored by, but not officially connected with, church groups. If there is an affiliation, try to determine the extent of legal and financial responsibility of the sponsoring organization.

Health and Medical Care

Since a large reason for moving to a life care community is the continuity of health care, you'll want to be assured about the nature of that health care.

Find out:

1. Does the contract guarantee life-long medical care, at no extra charge? You may have to pay extra for such things as eye glasses, hearing aids, and dentistry, but most health and medical costs should be included in your basic charges. Look for a community with no limit on nursing home care, and for a community that will pay for off-premises medical care and/or hospitalization if

(Continued on page 23)

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by Jerry Hulse

The jet from Los Angeles landed at dawn in Papeete. Even at this hour the airport was crowded with well-comers. Floral leis sweetened the moist air and clouds scudded toward Moorea, wrapping themselves around its awesome peaks.

Familiar faces smiled. One isn't easily forgotten in Tahiti, even though it's been a long time since the last visit. Papeete grows but the islanders refuse to be corrupted. Only a few miles outside town one encounters a Tahiti as peaceful as the day the volcanoes ended their fury.

Waterfalls continue to spill from verdant peaks, plunging into valleys choked with frangipani, breadfruit trees, coconut palms and fat clumps of papaya. Country lanes are carpeted with the blossoms of exotic trees and fishermen tend their nets by the sea. This is the old Tahiti, and so after checking into my hotel I rented one of those cracker boxes the Tahitians call cars and drove around the island. Twenty miles west of Papeete, in the village of Papara, I stopped at a restaurant run by a Frenchman and his wife.

The Frenchman stood at my table. "Quiet day," he said, "very quiet."

"Where is everyone?" I asked. He shrugged. "Off fishing and napping."

"Sleeping at noon?"

He smiled. "Nothing changes in Tahiti. The more the tourists come, the more the Tahitians remain the same, relaxed."

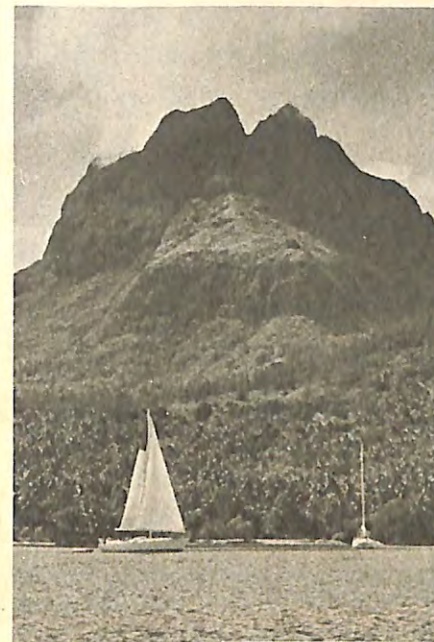
He handed me his card: "Nuutere Restaurant/Bar." Except for the Frenchman's place, one suspects that little has changed in the village of Papara since the first jet invaded Tahitian skies more than 20 years ago. There is just the Frenchman's restaurant and an 18-hole golf course, the Atimaono.



Kia Ora Village on Moorea is full of Tahitian ambiance and entices the traveller with its charm.

Still, this is the island of the swells and the cognoscenti. Only they remain back in Papeete where the action is. They fly in from the United States, Europe, Australia and New Zealand, checking into hotels like the Maeva, the Tahara's and the Beachcomber.

At seven stories, the Maeva remains the tallest hotel in Tahiti. It is nearly as tall as a coconut tree. I mention this because they broke the old rule when they opened it back in the



Sail away to the majestic greenery of Bora Bora. Glide across the blue Pacific to romantic islands in the sun.

late '60s. Until then nothing was supposed to be taller than two-thirds of a coconut tree.

Nevertheless, it's been a success. It is filled with reproductions of Gauguin's masterpieces, and the plumbing works and showers are hot and the drinks are cold. As a result, the management gets few complaints. Guests take their meals in Restaurant Gauguin and Le Bougainville and they sunbathe beside a lagoon that's a picture-poster dream.

At the opposite end of Papeete other vacationers seek shelter at Hotel Tahara's that overlooks a splendid bay and a lovely black-sand beach. As Tahiti's famous upside-down hotel, the Tahara's features a lobby overhead with 10 levels of rooms terraced down the hillside beneath it. The view from the Tahara's dazzles the mind and the eye. At sunset the sky is set aflame over Moorea while the sea invades a peaceful cove, creating a musical sound that is hypnotizing. Beyond here the coastline is a series of coves that reaches for miles around the island while behind the hotel, mountains rise, wet and green.

In between the Maeva and the Tahara's, the Tahiti Beachcomber is the sybarite's special sand bar. With 200 rooms and 17 over-water bungalows, it is the first choice of the cognoscenti. Guests installed in the over-

water bungalows have breakfast delivered by outrigger canoes, and there is a deck where they dive directly into the lagoon.

For romantics the Beachcomber provides a special seven-night package that features everything from flowers to French champagne. Couples are met at the airport with leis. Afterward they are driven in a sleek limousine to the Beachcomber where they are met by a trio that serenades them on their stroll to the over-water bungalow. Hollywood would be hard put to match the act. Flower petals carpet the room. The entire floor is covered. A floral comforter of exotic blooms blankets the bed. And besides the French champagne, rooms are filled with French soaps and perfumes along with a giant basket spilling over with fruit. During this weeklong romantic episode, the lovers are ensconced once again in the chauffeured limousine for a tour of the island. Finally, before Cinderella's coach turns into a pumpkin again (or in this case perhaps a papaya), she and Prince Charming are whisked back to the airport for a flowery (and often teary) farewell.

Much the same romantic nonsense is discovered at Club Bali Hai on Moorea. Only Club Bali Hai is not to be confused with Hotel Bali Hai on the same island. Club Bali Hai is the former Ameo Hotel on Cook's Bay, which is being renovated as part of a multimillion-dollar program and is being promoted as a time-share retreat. Meanwhile, it still operates as a hotel including over-water bungalows in one of Earth's loveliest settings.

Just next door a dozen thatched bungalows have been unveiled at the new Te Anuanua Resort. And then there is Albert Hering's enclave of 15 hillside units. Hering, who sailed from Switzerland to Tahiti 57 years ago, provides one- and two-bedroom cottages with kitchens and baths for as little as \$20 a day, this for up to three guests. I found Monsieur Hering sipping coffee from a cereal bowl on the terrace of his home that faces the sacred peaks of Mou Roa, Tamaru Tofa and Maua Puta.

"You wonder why I never returned home?" he asked, gesturing toward the scene before him.

Monsieur Hering wore a pareu and a T-shirt, and although 70 years old his enthusiasm for life belies his age. He calls his retreat Chez Albert and it

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NEWS OF THE LODGES

(Continued from page 11)



MANISTEE, MI. ER Vern Bowling (right) of Manistee, MI, Lodge presents a check for scholarships to Eagle Village to Manistee Junior High School teachers Terry Walker (left) and Randy Homan. Eagle Village is a three-day residential camp for eighth-graders, who live at the camp with teachers and counselors. The program includes physical activities and counseling that help students to develop self-confidence, self and team effort, and team cooperation. The Elks provide scholarships for needy students who otherwise would not be able to attend the camp.



DOVER, OH. Est. Lead. Kt. Wesley Albaugh (left) of Dover Lodge presented the lodge's adopted veteran, Gerald Stull, with a birthday cake, a birthday card, a membership card (paid in full) and a remote-control color TV set. Brother Stull has been an Elk for more than 20 years. He is a World War II veteran and has been confined to a care center because of a stroke and recent surgery.



DANVILLE, IL. Ground-breaking ceremonies were held for a new facility for the Danville Elks Blood Bank. From left are architect Robert Hible; L. James Benford, lodge and board secy.; Ron Colbert, administrative and technical director; Dr. Edward Farkas; Dr. E. M. Dewhirst, medical director; ER Vernie Thomas, board president; Est. Lead. Kt. Kenneth Blan, Jr.; and Robert LeMaire, chm. of trustees.

BROKEN BOW, NE. At an Eagle Scout Court of Honor held in Arnold, NE, PER Henry Stych (right) of Broken Bow, NE, Lodge presented American flags to Eagle Scouts Kip Wehrman and Marshall Johnson.



ABILENE, KS. Brother Charles Eis (second from left), an officer of Abilene, KS, Lodge, displays to PGERs Edward McCabe (left) and George Klein one of the 212 wheelchair lap robes he has presented to the Calmery-O'Neil VA Medical Center in Topeka, KS, during the past two years. The lap robes were made by 27 women in the area, with Brother Eis furnishing most of the material.



INFLATION TURNS SEAMLESS SPRAY INTO AMAZING PART-TIME MONEYSMAKER

Good for \$25,000 a year and more...much more!

When George Singleton made \$4,154.65 on one order for Seamless Spray, he said it seemed like a miracle...making such Big Money with so little effort. But that's the remarkable track record of our SEAMLESS SPRAY...the process that makes old roofs like new again.

One new man after another has enjoyed the same BIG SELL thrill when they introduced Seamless Spray and closed sizable orders on the first call.

Like Joe Kimpel, a former welder, who was making \$1,000 a month. His first 5 weeks with Pace paid him \$2,799.69.

Bob Kronner, 55-year old former steel salesman, made one call, got his first Seamless Spray order, and made \$1,429.43.

How can this happen so easily for men with no experience in our business? It's all very logical.

If you've talked to a roofer lately, you know the incredible charges for putting on new roofs. For industrial buildings, shopping centers, motels, hospitals, schools, etc., prices have gone sky-high. With our process, we bypass the roof contractor. The commercial building owner uses our Seamless Spray to apply Pace Roof Renewal Sealant right over the old roof. The cost is so low, the proven results so satisfactory for such well-known firms like General Motors, American Airlines, Holiday Inns and hundreds more, there is virtually no sales resistance.

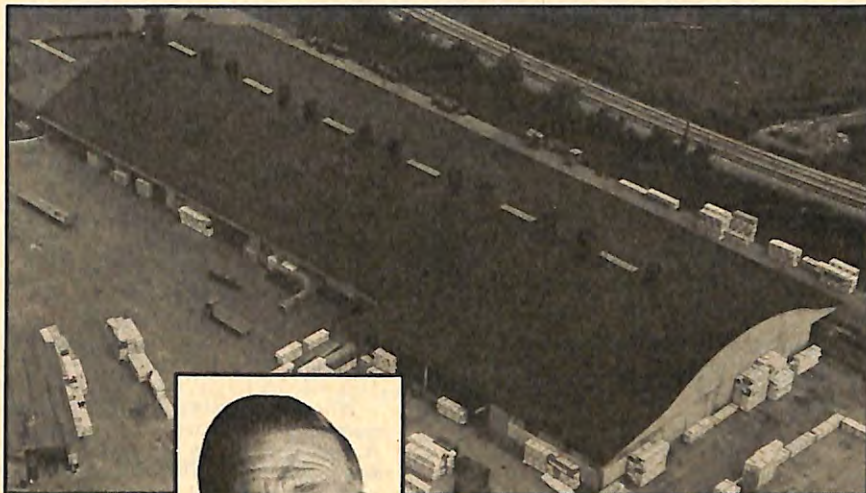
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Candidates For Grand Lodge Office

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



Whereas: Stanley F. Kocur has served the Elks of East Chicago, Indiana, Lodge No. 981 unstintingly in many capacities and in every office of the lodge, especially as their Exalted Ruler in 1949-50 and as their Secretary for 13 years; and

Whereas: Brother Kocur has served the

Elks of Indiana's Northwest District as their District Deputy Grand Exalted Ruler in 1958-59 and as their District Secretary-Treasurer for 25 years; and

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

Whereas: Brother Kocur, since July of 1977, has served all Elks of the Order with diligence, prudence and distinction as their Grand Secretary; and

Whereas: He has taken leadership roles in community charity drives, and in business affairs served as President of the Central

Wooden Box Association, Chairman of the Zoning Board of Appeals, and now serves as a Commissioner of the Zoning Board; and

Whereas: He has always demonstrated in his decades of distinguished service on behalf of our Order's principles and its members both his true dedication and his outstanding administrative ability;

Now therefore be it resolved that the officers and members of East Chicago, Indiana, Lodge No. 981, with fraternal pride and heartfelt appreciation, are honored to present to the 1984 Grand Lodge Convention in Houston, Texas, the name of our Brother Stanley F. Kocur as a candidate for reelection to the office of Grand Secretary.

Lewis J. Seberger, Exalted Ruler
Leo J. Pusch, Secretary

**Rifle, CO,
Lodge Presents
Leonard E. Bennett
for Grand Treasurer**



Whereas: The officers and members of Rifle, Colorado, Lodge No. 2195 do recognize as one of their outstanding members Leonard E. Bennett, a Charter Member and an Honor-

ary Life Member and do appreciate the 22 years of outstanding service he has given to his own Lodge, the Colorado Elks Association, and the Grand Lodge of the Benevolent and Protective Order of Elks; and

Whereas: He has served his own lodge on most committees and as an elected officer for 21 years being Exalted Ruler in 1968-69 and 1979-80; and

Whereas: Brother Bennett has served on numerous committees of the Colorado Elks Association and as President in 1972-73, and has been a Certified Ritualistic Judge and judged many ritual contests in Colorado and the New Mexico Elks Association state contest; and

Whereas: He has served the Grand Lodge

as District Deputy Grand Exalted Ruler in 1973-74 and as a member of the Grand Lodge Youth Activities Committee and the Grand Lodge Lodge Development Committee; and

Whereas: Brother Bennett has actively assisted the fellow members of his profession by serving as the Treasurer/Manager of its credit union for 25 years;

Now therefore be it resolved that Rifle, Colorado, Lodge No. 2195 is honored and proud to present to the Grand Lodge Convention in Houston, Texas, in July, 1984, Brother Leonard E. Bennett as a candidate for the office of Grand Treasurer.

Russell L. Guerette, Exalted Ruler
Brian Harvey, Secretary

**Wheeling, WV,
Lodge Presents
Lester C. Hess, Jr.
for Grand Trustee**



Whereas: Lester C. Hess, Jr. has served our Order with dedication and distinction at the subordinate lodge, state association and Grand Lodge levels; and

Whereas: He served as Exalted Ruler of Wheeling, West Virginia Lodge No. 28, celebrating its 100th anniversary this year, in 1974-75, as President of the West Virginia Elks Association in 1982-83 and is currently a trustee of the State Association; and

Whereas: Brother Hess served the Grand Lodge as District Deputy Grand Exalted Ruler in 1976-77, as a member of the Grand Lodge Committee on Judiciary from 1978 until 1983 and as a member of the Board of Grand Trustees for a one year term in 1983-84; and

Whereas: He is the Municipal Judge of the City of Wheeling, a practicing attorney in the City of Wheeling, a graduate of Vanderbilt

University and the College of Law of West Virginia University, past President of the Ohio County Bar Association, past President of the Board of Governors of his law school's Alumni Association, a founder and past President of Big Brothers - Big Sisters of Wheeling and a member of the Board of Trustees of the Ohio County Public Library;

Now therefore be it resolved that Wheeling, West Virginia Lodge No. 28 is privileged and honored to present to the 1984 Grand Lodge Convention in Houston Brother Lester C. Hess, Jr. as a candidate for Grand Trustee.

James C. Gardner, Exalted Ruler
Daniel C. Manners, Secretary

**John Day, OR,
Lodge Presents
James W. Damon
for Grand Trustee**



Whereas: Brother James W. Damon is a Charter Member of John Day, Oregon, Lodge No. 1824, and has faithfully and honorably served our order for 33 years; and

Whereas: He was elected to the first Board of Trustees of his lodge in 1950 and Chairman in 1954-55. He then progressed through the various positions of his lodge serving as Exalted Ruler in 1961-62. He is the only member of his lodge to be voted an Honorary Life Membership, a distinction given him in 1975; and

Whereas: Brother Damon served the Oregon State Elks Association with distinction as its President in 1974-75; served on the Visually Handicapped Children's Committee, the major project of the O.S.E.A. for seven years, the last two as Chairman; was instrumental in the formation of the Oregon Federated Organization of O.S.E.A. in 1977 and has served continuously as Chairman of its Government Relations Committee since 1978; and was honored by election to the O.S.E.A. Hall of Fame in 1983; and

Whereas: He has served our Order on the Grand Lodge level as District Deputy during 1965-66 under then GER R. Leonard Bush; Americanism Committee for three years, 1975-78, the last two years as Chairman; and has served continuously on the Government Relations Committee since its formation in 1979 and is currently its Chairman; and

Whereas: Brother Damon has proven his business ability as President and CEO of

Oregon Telephone Corporation for 33 years as well as North-State Telephone Co. He is a past president of the Oregon Independent Telephone Association, Western Rural Telephone Association, and serves on the board and committees of national independent telephone associations. He was honored in his business field by being presented with the Outstanding Service Recognition Award for Oregon in 1978. He has been active in civic affairs having served on the city council, Chairman of the District 6 School Board and Chairman of the Blue Mountain Hospital District, among others;

Now therefore be it resolved that the officers and members of John Day Lodge No. 1824, are privileged and honored to present to the 1984 Grand Lodge Convention their Brother, James W. Damon, as a candidate for Grand Trustee.

Donald D. Thomason, Exalted Ruler
William G. Gibbs, Secretary

Aaaah, the beauty of Spanish Cove

"The advertisement is the truest description of a development I have ever read. We had thought . . . no place could be that nice . . . but it is. It surely is!"

Spanish Cove, a 600-acre development hugging the beautiful waters of Perdido Bay . . . gateway to the Gulf of Mexico and at Florida's front door. A quiet country atmosphere where the beauty of nature has been fiercely protected . . . yet a place with all the amenities and facilities you would want . . . paved streets, sewer, electrical, water and telephone hookups, and security patrol. A community of three distinct and private neighborhoods, one just right for your lifestyle whether it be a permanent home, a weekend retreat, or a seasonal get-away.

SPANISH OAKS . . . beautiful homesites filled with moss-draped oaks overlooking the Bay . . . or large shady lots tucked among the rolling hills.

PERDIDO PINES . . . not like all those other mobile home parks, it really resembles a quiet residential neighborhood.

LAND HARBOR . . . all the name implies in RV campsites. A safe and secure harbor with large tree-covered lots.

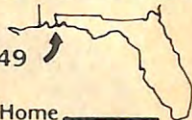
Spanish Cove is not a developer's dream nor a tour through a blueprint binder . . . all the facilities are real . . . from the Clubhouse, to the pool, to the tennis courts, to the private pier extending out into Perdido Bay.

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City State Zip

Offer void where prohibited by law. ELK-4/84

Retirement

(Continued from page 16)

such is required.

2. Is the community's health care facility approved by Medicare or Medicaid? Is the nursing unit licensed as a skilled or intermediate care facility?

3. Does the community provide tray service, special diets, and at-home care when necessary? Is there an extra charge?

4. Is there nursing and medical staff on call at the community 24 hours a day?

5. Is there an ambulatory care center, a health care facility for residents who can still live independently but who need to see a doctor fairly often?

Living Units

Your own apartment, the place that can be your home for a good many years, is clearly an important element of the life care community. Be sure to ask all the right questions:

1. What is the size of the unit, and will it meet your housing needs for years to come? Are the units furnished, or do you bring your own furnishings?

2. Are maintenance and repairs included in the basic charge? They should be. What about heavy housekeeping? Here, too, although light housekeeping may be your responsibility, heavy chores

are usually included in the monthly fee. But be sure to ask how often housekeeping is provided.

3. Are the living units equipped with fire/smoke detectors and medical alert systems? And are such systems connected to a central monitoring office?

4. Can you be removed from your residence against your will? Under what circumstances? How long is your home maintained in your absence (if, for instance, you require temporary nursing home care)? Is there an extra charge?

5. What is done with your personal property if and when you move into the long-term nursing facility?

6. How does the monthly fee compare to apartment rentals in the vicinity?

Social Activities

Most life care community residents are able and active. Good communities provide a wide range of activities, and listen to the wishes of residents. Look at:

1. Whether social areas are attractive and well-utilized, and whether members are involved in activities.

2. Are there arrangements for social activities outside the community? And is transportation provided so that residents can get around?

3. Are there extra charges for recreational and social activities?

4. Are the amenities—a barber shop, a beauty parlor, a convenience store—readily accessible?

Contracts

Last, but far from least, the contract you sign at a life care center will dictate the way you live. Ask to see a contract before you put down any money at all and, if you are seriously interested in signing up, have a lawyer review the contract. Find out (bearing in mind that contract law differs from state to state):

1. How long a grace period is allowed for your decision whether or not to move in.

2. If any balance of your investment is reimbursed to you or your family in the event of withdrawal or death.

3. What is the community policy regarding residents having financial difficulty and unable to pay the monthly fees?

4. Whether you are allowed to have guests at your own discretion.

There are a lot more questions to ask, and a lot more things to investigate, before you make the major commitment of selecting a life care community for yourself or for relatives. This is an unregulated industry, and there have been instances of fraud. Be sure you understand your rights under state law, before you move in. And, for more information, a copy of "A Consumer Guide to Life-Care Communities" is available for \$3 from the National Consumers League, Dept. E, 1522 K Street, NW, Suite 406, Washington, DC 20005. ■



Kay and Jim Reed of Omaha with tiny Amanda, their first child. Amanda's breathing irregularities during sleep make the apnea-cardiac monitor (in the background) a must for her safety and for her parents' peace of mind.

by Debbie Reeves

SIDS:

SUDDEN INFANT DEATH SYNDROME

THE SILENT KILLER

Unexplainable infant deaths have occurred since Biblical times. I Kings 3:19-20 make reference to the 'over-laying' or suffocating of a child by a sleeping parent. Through the ages, many deaths of infants have been wrongly blamed on pets, blankets covering the child's face, and even placing the blame on a parent who 'rolled over on the baby and smothered it.'

In the 18th and 19th Centuries, the unexplained deaths became widely known as 'crib' deaths.

The term Sudden Infant Death Syndrome (SIDS) came into general use after 1969, when SIDS was recognized as a specific entity, which caused the death of infants. It is now cited as the number one cause of death in infants between one month and one year of age.

Countless theories have been offered as to the cause of SIDS. Many have been discounted, but none have



Dr. Patricia Stivrins (right) monitors Amanda's pneumocardiogram, as Certified Respiratory Technician Becky Burbach looks on.

been proven to be the cause. Most research being done today is looking at multiple causes. Studies are centered around the developing fetus, nervous system development, heart and respiratory patterns, sleep physiology, body chemical balances, foods, allergies, heredity, environmental factors, and pathological findings.

Most states have adopted strict laws, requiring an autopsy for all sudden unexplained deaths of children between the age of one week and three years. Although there is often initial reluctance by the parents to have an autopsy performed, it can be of great help in accepting the fact that no one was at fault and that the death was unpreventable.

The most insidious aspect of Sudden Infant Death Syndrome is the manner in which it strikes. Most infants who become SIDS victims are well cared-for, healthy babies. They

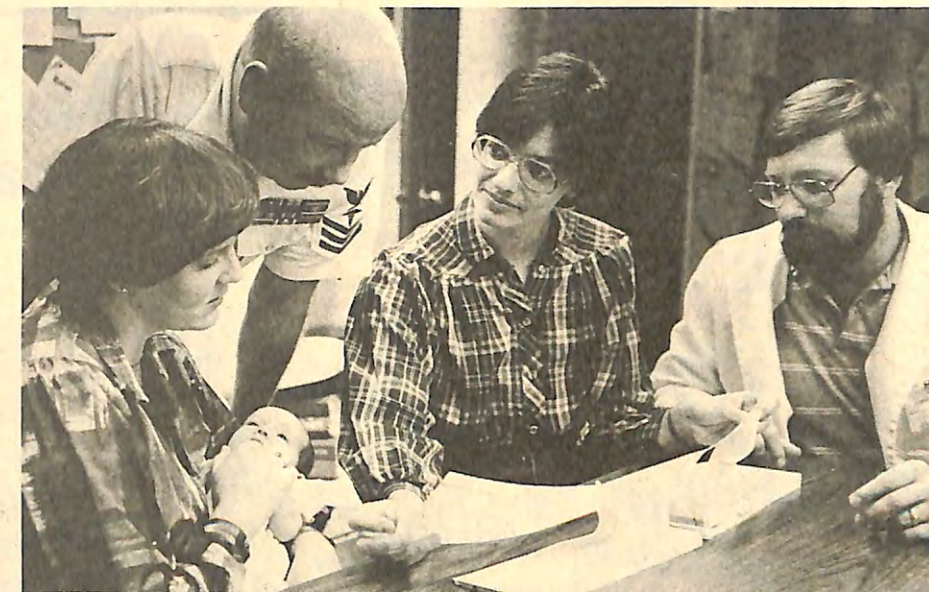
are put to bed for the night or down for a nap and die quietly in their sleep. Until SIDS was recognized as a cause of death, rulings such as suffocation, aspiration, choking and congestion were listed on the death certificate, often leaving the blame with the caregiver. Far too often, the initial symptom of SIDS is the death of the child.

The National SIDS Foundation, headquartered in Landover, Maryland, is working fervently to find a cause as well as a way to prevent Sudden Infant Death.

Infant Apnea Monitoring is one area being carefully studied as a method of preventing death from SIDS. Regional apnea monitoring referral centers are being set up across the nation to study apnea and its connection, if any, with SIDS.

Apnea comes from the Latin words 'a' and 'pneuma' meaning "without breath." Medical terminology defines Apnea as "the periodic cessation of breathing." A parent who has lost a child to SIDS or had a child with a near miss episode defines apnea as fear.

The Bryan Memorial Hospital in



Kay and Jim Reed discuss Amanda's progress with pediatrician Dr. Stacie Bleicher and pulmonary therapist Dave Bals. The pneumocardiogram strip tells doctors the frequency and severity of little Amanda's breathing irregularities during sleep.

Lincoln, Nebraska, is one of many recognized referral centers. The Infant Apnea Monitoring program at Bryan is headed by Dr. Patricia Cole Stivrins. She works closely with three Pulmonary Specialists, Dave Bals, Becky Burbach, and Lynn Erickson

and also a Medical Technologist, Dale Peterson.

"There is no single cause being promoted as the key to Sudden Infant Death," said Bals. "I believe we will find it to be a variety of factors, (Continued on page 35)

Nebraska Elks Help Make The Difference

For Mike and Pam Cline of Hastings, Nebraska, almost losing their baby, Nathan, to Sudden Infant Death seemed like enough of a burden to carry. Their second blow came when the Doctors recommended testing for infant apnea, a costly undertaking. When the test results were completed, the decision was made to place Nathan on home monitoring, and the expenses were only beginning for the Clines.

The cost is one of the main reasons for the strict criteria associated with the decision to home monitor a baby, said Dr. Stivrins, head of the Infant Apnea Monitoring Program at Bryan Memorial Hospital in Lincoln, Nebraska. We are very careful to monitor only those babies who indicate through the tests, that they are at risk for SIDS, she emphasized.

"Right now, we're at an awkward place in funding," she said. "Because we're more oriented to treatment than to research, we have to attempt to be self-supporting. Insurance companies will, in some instances, pay for

the medical tests required, and a few have paid the cost of the monitor rental. None have paid for the patient education, which is such a vital part of the treatment program."

The stress of having a baby on a monitor is enough worry for the parents without the added burden of

unpayable medical bills, she added. Slowly but surely, community spirited organizations are helping to ease those financial problems for some parents.

The Clines received their help from the Benevolence Commission of the (Continued on page 37)



Above, home apnea monitoring equipment such as this is provided to deserving families by the Nebraska Elks Benevolence Commission. The device monitors breathing activity and heartbeat.

Get involved with drugs before your children do.



Sooner or later, someone's going to offer to turn your children on. It could be their best friends. And chances are, you won't be anywhere in sight.

So what can you do?

Obviously, the time to talk to your children about drugs is before they have to make a decision on their own.

Which means you have to learn something about drugs.

Learn the dangers. And learn to recognize the signs of drug use. Listlessness in your child. Sudden drop in school grades. Temper flare-ups and staying out late a lot.

Learn about peer pressure on a twelve-year-old. Then show them you understand how important their friends are to them. But also tell them that real friends won't insist they do drugs.

Check your own personal habits. You can't tell a child about the dangers of drugs with booze on your breath.

But it's through love and understanding that you can be the most effective. Threatening to tear their arms off just won't work.

You can get a lot more ideas from the booklet, "Parents: What You Can Do About Drug Abuse." Write: Get Involved, P.O. Box 1706, Rockville, Maryland 20850.

Remember, it doesn't always happen to someone else's kids.

After all, there are over 35 million drug users in America.

And they're all someone's children.



A public service of this publication and the National Institute on Drug Abuse.



Drug Awareness Education Program



CLOVIS-PORTALES, NM, Lodge contributed \$1,000 (half the cost) toward the purchase, for the Clovis Police Department, of Yogo, a police dog trained in drug detection. The lodge raised the money for this contribution through a drug abuse exhibit, which was viewed by school children throughout the city.

Pictured with Yogo are (from left) Johannes Grewe, Yogo's trainer; Est. Lead.Kt. Kenneth Cogburn; ER Mike Burnett; Dick Burke, chm. of the Drug Awareness Education Committee; and Clovis Chief of Police Caleb Chandler.

SPECIAL GER MESSAGE

My Brothers and Ladies,

In Honolulu, at our National Convention, the Order of Elks undertook a Drug Awareness Education Program. Since that time, each state has appointed a Drug Awareness Education Chairman. Each state chairman attended a seminar in his area of the country (San Francisco, Denver, Chicago, or Washington) in November.

Now, the Grand Lodge has prepared and distributed a Drug Awareness Education *Manual*. Each and every lodge secretary was mailed a copy in December. Every Elk in our Order should become familiar with this program. Ask the officers in your lodge to develop teaching sessions based upon the contents of this manual. For several months we have had requests to give you the "tools" to promote and expand this awareness program. The Grand Lodge has responded, after much careful effort, and every lodge should support this program. This educational effort will have to be very widespread to be effective. It starts with you!

Sincerely & fraternally,

Kenneth V. Cantoli
Grand Exalted Ruler

State Association Conventions

State	Date	Place
AL	5/31 to 6/2	Mobile
AK	5/16 to 5/19	Fairbanks
AZ	5/9 to 5/12	Phoenix
AR	5/18 to 5/20	Hot Springs
CA & HI	5/16 to 5/19	Monterey, CA
CO	9/6 to 9/8	Colorado Springs
CT	6/1 to 6/3	Grossinger, NY
FL	5/24 to 5/27	Daytona Beach
GA	6/7 to 6/9	Jekyll Island
ID	6/7 to 6/9	Blackfoot
IL	5/18 to 5/20	Decatur
IN	5/31 to 6/3	French Lick
IA	5/4 to 5/6	Muscatine
KS	5/4 to 5/6	Topeka
KY	5/24 to 5/26	Lexington
ME	4/28 to 4/30	Rockport
MD, DE & DC	6/22 to 6/24	Frederick, MD
MA	6/15 to 6/17	North Conway, NH
MI	5/18 to 5/20	Lansing
MN	6/14 to 6/17	Hibbing
MO	4/13 to 4/15	Springfield
MT	7/25 to 7/28	Kalispell
NE	6/1 to 6/3	Ogallala
NH	5/18 to 5/20	North Conway
NJ	6/7 to 6/10	Wildwood
NY	5/17 to 5/20	Kiamesha Lake
NC	5/18 to 5/19	Winston-Salem
OH	4/26 to 4/29	Columbus
OK	4/27 to 4/29	Oklahoma City
OR	5/17 to 5/19	Medford
PA	5/17 to 5/20	Monroeville
RI	5/18 to 5/19	Hyannis, MA
SC	6/22 to 6/24	Anderson
SD	5/31 to 6/2	Brookings
TN	4/5 to 4/7	Knoxville
TX	6/20 to 6/23	Lubbock
UT	5/17 to 5/19	Bountiful
VT	6/8 to 6/10	West Dover
VA	6/29 to 7/1	Hampton
WA	6/14 to 6/17	Spokane
WV	8/9 to 8/11	Clarksburg
WI	5/4 to 5/6	Kenosha
WY	5/18 to 5/19	Greybull

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ELKS NATIONAL SERVICE COMMISSION

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



Wheeling, WV, Lodge presented a \$100 check and \$500 in reading material to the Clarksburg, WV, VA Hospital. From left are Brother William Schweitzer, Wheeling; ER William Skinner, Clarksburg; Medical Center Director D.J. Kilcoyne, Wheeling National Service Chm. Joe Campeti; Brother Todd Koegler, Wheeling; and Esq. Steve Gillespie, Clarksburg.

Fred Leasor (right), Elks Representative at the Battle Creek, MI, VA Medical Center, presents a stereo/radio cassette recorder and tape player to James Donachie, medical center director. The presentation was made on behalf of the Elks National Service Commission.



Flint, MI, Lodge presented a refrigerator to the Nursing Home Care Unit at the Saginaw, MI, VA Medical Center. Pictured from left are Mary Krajnik, chief of nursing service; John Mikulick, lodge trustee; ER Mike Gifford; Gary Wilkinson, medical center director; and Marsha Fuhrhop, nursing home care unit supervisor.



At the Fall Meeting of the New York State Elks Association in Albany, Brother Rod O'Connor (second from right), chief of voluntary service at the Albany VA Medical Center and a member of Albany Lodge, was given a plaque in recognition of his 40 years of service to veterans and the community. Others in photo are (from left) Gerald Shook, Elks VAVS representative from Hudson, NY, Lodge; Albany Elks VAVS Representative Omer St. Jacques, past state National Service Committee Chm.; and Robert Newsholme, current state chm.



NORTHPORT, NY. The New York East District National Service Committee held a picnic at Northport for the patients of the Northport and Kings Park VA Medical Centers. The 12 lodges in the district underwrote the cost of feeding more than 600 veterans and hospital staff members.

One hundred-and-fifty Elks and Elks' ladies from all the lodges did the cooking and serving. Softball, bingo, horseshoes, dancing, and singing were the order of the day. Canteen books were distributed by the clowns.

BORDENTOWN, NJ. Thirty elk and deer hides were presented to the New Jersey Memorial Home for Disabled Soldiers, Sailors, and Marines by the National Service Committee of Bordentown, NJ, Lodge.

MIDDLETOWN, NJ. The National Service Committee of Middletown, NJ, Lodge annually presents a "Veteran of the Year" award to the person who aids his fellow veterans beyond the normal call of duty.

Recently, Est. Loyal Kt. W. Randolph Smith

presented the award to Middletown Police Officer William Fowlie.

ROCHESTER, PA. Members of Rochester, PA, Lodge entertained 86 veterans at Deshon Hospital in Butler, PA.

ER Lawrence Polce and 16 other Elks, accompanied by five members of the clown troop and the New Brighton YMCA Senior Citizen Choral Group, provided entertainment and canteen booklets for the veterans.

Departed Brothers

PAST DISTRICT DEPUTY George W. Metz, Jr. of Manahawkin, NJ, Lodge died December 6, 1983. Brother Metz served as District Deputy Grand Exalted Ruler for the South District of New Jersey in 1971-72.

PAST DISTRICT DEPUTY Albert L. Harrison of Trenton, NJ, Lodge died recently. Brother Harrison served as District Deputy Grand Exalted Ruler for the South District of New Jersey in 1943-44. He was also chairman of the New Jersey Crippled Children's Committee for more than 50 years.

PAST DISTRICT DEPUTY Nelson C. Back of Centralia-Chehalis, WA, Lodge died December 25, 1983. Brother Back served as District Deputy Grand Exalted Ruler for the Southwest District of Washington in 1960-61.

PAST DISTRICT DEPUTY William J. B. Frazier of El Paso, TX, Lodge died recently. Brother Frazier served as District Deputy Grand Exalted Ruler for the West District of Texas in 1961-62. He was also a past president of the Texas Elks State Association.

PAST DISTRICT DEPUTY Joseph A. McKinney of Staten Island, NY, Lodge died December 27, 1983. Brother McKinney served as District Deputy Grand Exalted Ruler for the Southeast District of New York in 1943-44.

PAST DISTRICT DEPUTY Robert G. Gillan of Linton, IN, Lodge died January 5, 1984. Brother Gillan served as District Deputy Grand Exalted Ruler for the Southwest District of Indiana in 1967-68. He was also a past president of the Indiana Elks Association.

PAST DISTRICT DEPUTY Robert J. Ellingen of Mendota, IL, Lodge died January 17, 1984. Brother Ellingen served as District Deputy Grand Exalted Ruler for the Northwest District of Illinois in 1961-62.

PAST DISTRICT DEPUTY David C. Foulkes of Big Bear Lake, CA, Lodge died January 30, 1984. Brother Foulkes served as District Deputy Grand Exalted Ruler for the Inland District of California in 1972-73.

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- Cross-bladed switches with gold plating for longer life and smoother, positive operation.
- Main microprocessor chip is the culmination of 25 years of development.
- Fast forward and fast rewind. Quickly scan and locate any particular message desired.
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- Safety locking lever prevents the accidental erasure of your messages.
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- Record your "hello" message then flip lever to check instant replay of it.
- Safety locking lever prevents the accidental erasure of your messages.

U.S. District Court

Jan. 1982 (Wash. DC) — As result of AT&T settlement with Justice Dept., Bell System companies will no longer be allowed to buy phone equipment for leasing to businesses. This prevents the Bell System from continuing their large scale purchase of Code-A-Phones.

Public Notice

Aug. 1983 (Minneapolis, MN) — C.O.M.B. Co., Inc., the nation's largest liquidator is now authorized to liquidate Code-A-Phone commercial model phone answering systems to the public at far below AT&T's cost.

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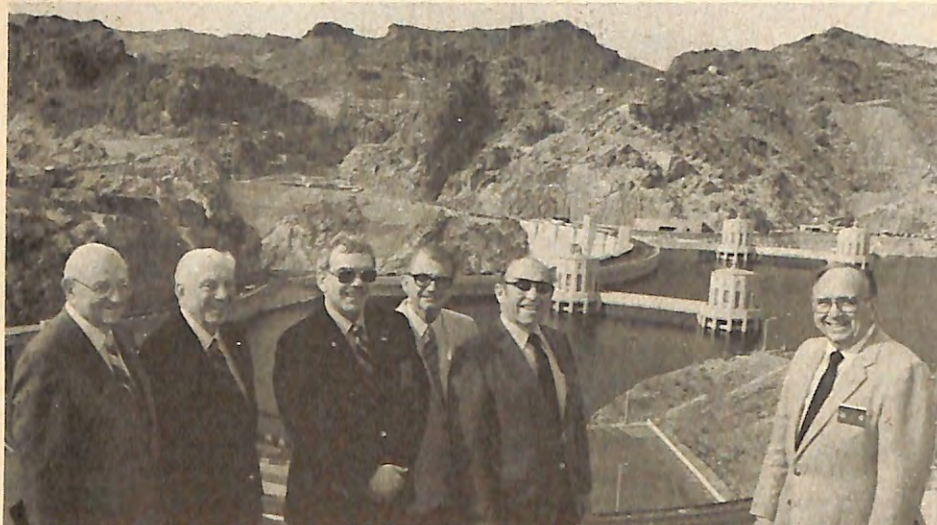
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ON TOUR WITH

Kenneth V. Cantoli



When GER Kenneth V. Cantoli (right) visited the Mid-Term Meeting of the Nevada State Elks Association in Henderson, a private tour of Hoover Dam was arranged for him. Also pictured are (from left) PGERs R. Leonard Bush and Horace Wisely, Nevada SP Danny Coyle, and PGERs Marvin Lewis and Gerald Strohm.



Also at the Nevada meeting, Don Dapelo (left), Elks Float Coordinator, presented GER Kenneth V. Cantoli with a check for \$25,000. Since contributions to the Float Fund once again completely covered expenses, Brother Dapelo was able to repay to the GER the money advanced by the Grand Lodge for the float's construction.



At the Midwinter Meeting of the Montana State Elks Association in Livingston, GER Kenneth V. Cantoli (center) was photographed with PGER Raymond Dobson (right) and Livingston ER Brad Hicks.



While attending the 92nd Anniversary Celebration of Portland, ME, Lodge, GER Kenneth V. Cantoli was presented with a picture of the famed Portland Headlight. Joining in the applause was GER Cantoli's wife Ruth (left).



GER Kenneth V. Cantoli (center) visited Long Branch, NJ, Lodge to see the Monday Night Dances for the Handicapped. He is shown here with two of the 200 young people that attend weekly. From left are Est. Lect. Kt. Holger Apfelbaum, chm. of the Crippled Children's Committee; Diane Donato; GER Cantoli; Peter Adams; and Committee Co-chm. James Barberio.

Business

(Continued from page 14)

compared with a federal income tax. The same sampling group favored a state sales tax to a state income tax.

The public, said a representative of the advisory commission, believes personal income tax the least fair of its taxes although economists maintain the income tax is the most progressive.

Said an Associated Press story of the subject: "The revolt against the income tax follows pocketbook interests, with higher income groups giving much more support for the sales tax than lower income respondents. The heavy preference for a national sales tax appears more significant, however, as the Reagan Administration and Congress struggle with federal budget deficits..."

Taxes have always, in my opinion, followed pocketbook interests. And Congress and the President have rarely been disinterested observers by any means.

What's ahead? A new mood, perhaps, stimulated by an aroused citizenry that wants the burden of larger federal and state bills shared equally.

"Simple fairness," said a young man to a reporter. "When my parents paid their taxes, they thought it was a privilege and things were quite different. Today with the graft and waste, I don't feel the federal and state governments are entitled to more of what I make when they are so careless. We waste millions... maybe billions...and they want more of my income of under \$20,000? No way!"

Some draw the predictable comparison that makes income tax so controversial. Why, they demand, should any working citizen continue to shoulder the heavier tax burdens when multi-million, multi-national corporations and entrepreneurs use loopholes and tax specialists to cut their fees?

Still others, of course, protest paying taxes because of the way the monies are allocated. You can always find those who believe we spend too much for defense, or, too much for welfare and so on.

At the state level, the problems take on a different dimension; but remedies are just as controversial. Indiana, a state that raised its sales tax last year, is a good illustration.

According to an Associated Press story I read, a poll of 13,800 small business owners in Indiana by the National Federation of Independent Business not long ago revealed that they felt that the state's inventory tax prevents economic growth. Forty-eight percent of those surveyed said they intentionally limit the number of products they order

(Continued on next page)

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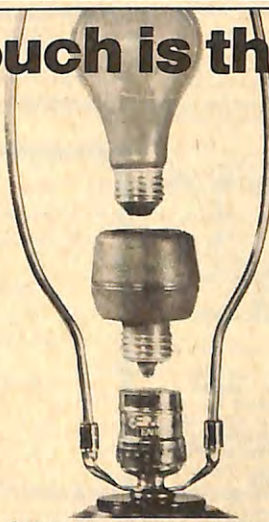
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Business

(Continued from previous page)

because of the tax. Fifty-eight percent said they felt their sales volume would increase anywhere from 5 to 10 percent if more inventory were on hand.

Government, said the majority of Indiana proprietors, still costs them time and energy. Said one in ten in the survey, one day of each week is spent working for government.

One quick way for government to solve financial problems, most of the business people I talked to said, is the Massachusetts' amnesty plan. The program created \$54 million for the state in

what was billed a "once-in-a-lifetime" step before legislation made tax evasion in the state a felony. The Massachusetts' experiment was proclaimed a success but similar attempts in Missouri, Arizona, Idaho and Arkansas weren't.

However, Massachusetts officials say that 25 other states have made inquiries about the amnesty plan. New York, for example, was most interested. The New York Tax Department doesn't know how much back taxes are owed the state but some sources place the figure near \$25 billion. ■

Paradise . . .

(Continued from page 19)

is the best buy in French Polynesia, if one is satisfied with such humble shelter. The units at Chez Albert are functional, not elegant. Ordinarily the water is hot and fresh towels are delivered every two or three days—whenever Monsieur Hering is moved to leave his own home and make the deliveries. He is an eccentric who discourages guests from remaining longer than one month. And should one write for a reservation, chances are splendid that he will not reply. If a deposit is enclosed and a unit is

available, Monsieur Hering will make the necessary notation in his ledger. Otherwise, the guest will hear nothing by way of confirmation, absolutely nothing. So writing to Chez Albert is an exercise in futility; best one should call ahead.

While Monsieur Hering won't reply to letters, he will answer the telephone. Dial the international operator and ask for 61276 on the Island of Moorea. When he answers the ring, you'll know Monsieur Hering by the contentment in his voice. A renegade, he ran off to Tahiti those long years ago, was hypnotized by its beauty and elected to remain a lifetime. And why

**MALEKIAN NAMED ELKS
CONVENTION DIRECTOR**



The Elks National Convention Commission recently named George G. Malekian to the post of Director. Malekian, a member of Valley Stream, NY, Lodge No. 2164, succeeds Bryan J. McKeogh, a member of Queens Borough, NY, Lodge No. 878, who retired after 32 years of service to the Grand Lodge. Malekian had held the post of assistant director.



The National Convention Commission maintains an office at 118-21 Queens Blvd., Forest Hills, NY 11375. (212) 268-8660

not? The only disturbance in his life is the crowing of a rooster in the garden where he picks bananas and breadfruit and envies not a single soul on the face of this earth.

Likewise content is Paulette Vienot, the best-known Tahitian in all of French Polynesia. She's a blonde with blue eyes (French father, German-Tahitian mother) whose grandfather arrived in 1898 on a sailing ship from Europe and refused to go home. Besides her Tahiti Nui travel agency, Paulette Vienot rents cars, owns a fleet of buses and leads a dance troupe on tours abroad. It all began with one old automotive clunker and a single employee, herself.

The Tahiti Paulette recalls as a girl featured kerosene lamps, a few bicycles and even fewer cars. She lived in the country, on the far side of the island, and so it took two days by horse and carriage to reach Papeete. Now she marvels how she can fly all the way to Los Angeles to visit her U.S. office in barely eight hours.

Is she unhappy with the changes in Tahiti? No, not really. To begin with, what's happened to Tahiti has been gradual. Hardly noticeable. Even today Tahiti gets barely 100,000 visitors a year compared to the four million travelers to Hawaii. And consider too that a single hotel in Hawaii, the Sheraton Waikiki, contains more rooms than all of the hotels on all of the islands of French Polynesia.

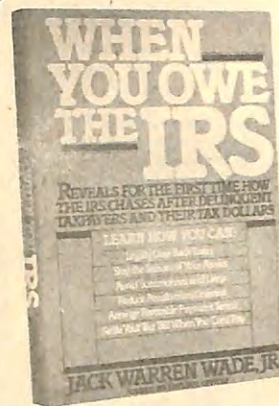
No, Tahiti has been spared, Paulette Vienot believes. High-rises aren't permitted and the Tahitians refuse to be intimidated by tourism's success. Why hurry, they ask? It takes only a couple of hours or so to drive around the entire island and few are interested in money. It is important to the French, perhaps, but not the Tahitians. They have fish from the sea and plenty of papaya and breadfruit and taro and sweet potatoes. And there's no need for heat because it never gets cold.

Paulette Vienot has bought a beach on the island of Huahine where she intends to return one day. She will tend a garden and grow old contentedly, she figures.

It's not always the same with outsiders. Some come to Tahiti and remain and others leave because they are unable to adjust to the Tahitian life style. One who did was Al Prince who publishes the local English-language newspaper, the Sun Press. Prince was working for the Houston
(Continued on next page)

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- **Make the IRS release a seizure** for less than full payment, p. 157 (Info the IRS will never tell you)
- **Get the IRS to suspend** all collection action, p. 78
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Paradise...
 (Continued from previous page)

Post when someone told him about an ad for a reporter in the Tahiti Bulletin. He recalls telling himself, "Tahiti sounds more interesting than Texas," and so he made the move. That was 13 years ago and he's never looked back.

Has Tahiti changed him as an individual? Prince smiles. "I've had a good time, a helluva good time." He warns, though, that Tahiti is not for everyone. He speaks of a rise in living costs and a lack of activity. The same apartment he paid \$150 a month for a dozen years ago costs three or four times as much today. For outsiders who dream of sinking roots in Tahiti permanently, Al Prince gives this warning: "A lot of people would go absolutely bananas." Still, it's a nice dream.

Earlier I took a cruise to Tahiti's outer islands. We sailed from Papeete on a cloudy Tuesday afternoon, crossing the Sea of the Moon to Moorea's lovely Opunohu Bay. After dinner, the sky blazing with stars, we sailed again—this time for the island of Huahine and a going-home adventure for one passenger, Yolande Inglebrecht, a 28-year-old Tahitian of Chinese extraction who left Tahiti to seek her fortune in California. Now she was returning to learn the answer to a gnawing question: Had she left her real contentment on Huahine?

Huahine, 100 miles south of Tahiti, is one of those color poster dreams that's a lifetime from the pace of Tahiti's port city of Papeete. Until six or seven years ago Huahine was left to slumber. Trading schooners called infrequently and the airplane still hadn't become a factor. Yolande Inglebrecht recalls washing her clothes in the river that pours from the mountains near her parents' home. She fished with a net and helped tend the chickens and pigs, and later she attended high school in Papeete, sailing over on a copra boat between her island and Tahiti. To her knowledge there never has been a crime on Huahine. Never a murder. Never a robbery. And only in recent years has a gendarme been stationed on the island to help quell an occasional family disturbance.

Even with air service, Huahine still remains remote. One can travel miles without seeing another soul. In such a setting the *Majestic Explorer*, our ship, made an unscheduled stop at a

small village near Yolande Inglebrecht's home. With her husband, Bruce, she flagged down a dilapidated old bus. Other ship passengers joined her, and 30 minutes later she was home, in the arms of her Chinese-speaking parents who welcomed Yolande and her fellow passengers to a fish fry in the family garage. Just like that—no notice, no invitation, plain old Tahitian hospitality.

Huahine provides all the elements of the dream. We strolled into the village of Fare. As towns go, Fare is small, only a couple of blocks long with a population of 450. But on Huahine it's Manhattan and Los Angeles combined, the biggest town on the entire island. We stopped by Kiau Lai Wong's grocery where specials were posted on onion soup, mushrooms and canned chestnuts imported from Paris. But wily old Wong doesn't stop just with groceries. He also sells bicycles, electric fans, garden hoses and windsurfing outfits. A few doors away Wing Kong still turns out bread, just as he did when Yolande was a small girl.

It is a five-minute stroll to the finest resort on Huahine, the Bali Hai with its thatched bungalows and man-made lagoons. But if it's an old island atmosphere one seeks, then there are two choices: the ramshackle Hotel Hawaii (five rooms) and the Hotel Huahine whose 12 rooms feature a bed, tapa cloth curtains and little else but whose dining room is judged the best on the island.

From the terrace of the Hotel Huahine one can catch the action—the dock with its mountain of watermelon, the mynah birds kicking up a fuss in the garden, the street people passing the entrance.

We took a table at Te Marara, an open-air snack bar on the waterfront where we sipped beer and watched the windsurfers. A Tahitian singing group was practicing for a show that night, so the entertainment was free. The group was still singing as the *Majestic Explorer* sailed for Bora Bora, the island that Michener claims is the most beautiful on earth.

Lining the dock at Bora Bora was a troupe of Tahitian dancers. It was a welcome that recalled another century altogether. While passengers boarded buses for a 17-mile circle island trip, I stayed behind to stroll through the village of Vaitape and to learn if success had spoiled Bora Bora.

I looked in on Chin Lee's grocery and it was still the same controlled confusion, so happily nothing had changed there. On the street outside, chickens crossed the road, wings beating furiously before oncoming motorbikes, a scene much the same as I had remembered it.

One would have to surmise that Bora Bora is a survivor. Neither films nor war have reduced its charm. The islanders are happy. They pay no income tax, no property tax and although few fish and farm these days, there appears to be no unemployment problem, what with so many jobs provided by tourism. But mainly there are the incredible scenes that set the spell on Bora Bora, as passengers on the *Majestic Explorer* learned when the ship sailed one sunset: Waves pounded the reef and the distant island of Maupiti was aflame with clouds while a Tahitian glided by in an outrigger, a silhouette against the peaceful waters. ■

Silent Killer...

(Continued from page 25)

which, when added together cause a baby to stop breathing."

Dr. Stivins added, "It is important that we take what we know to be true of SIDS and, as health care providers, improve the education and understanding of this phenomemon. Although there is a great deal we don't know about SIDS, there are some things known to be facts. We do know that death is rapid and silent. The babies do not cry out. We are now developing criteria and testing to identify the baby who is at high risk for SIDS."

The Ad Hoc Advisory Committee of the National SIDS Foundation has established guidelines of which infants should be evaluated for possible home monitoring of apnea. Home monitors alert the parents that the baby is not breathing properly, allowing them to revive the baby if needed.

The three categories identified are, near miss episode infants (babies who were discovered to not be breathing by a caregiver, but were revived), infants with a family history of SIDS or apnea, and premature infants, whose common breathing irregularities and immature lungs make them a high risk for SIDS.

The program at Bryan follows those guidelines and all of the babies in the program have been referred by
(Continued on next page)

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did you know.



It may come as a surprise to many of you that in the early days the Elks' ritual consisted of two degrees.

One of these degrees contained "horseplay" or "hazing" features.

There were numerous attempts to eliminate these features but it took a number of years to do it. At one point, as late as the turn of the century, the ritual consisted of two books—Part I, known as the Blue Book, contained the beautiful, serious work of the Order. Part II, or the Red Book, contained the comic work.

There were many "stunts" that could be used. One for instance, was the electric chair. The candidate was seated in the chair in the center of the room. The Exalted Ruler made a tearful plea for a donation of \$100 asking that any Brother who would contribute to stand up.

It was at that moment, the candidate received a jolt of electricity and as a result leaped to his feet. The Exalted Ruler promptly thanked him for his generosity as a new member and then announced that there would be a fine free party at the next meeting.

Horseplay has long since been outlawed. Today's Elk ritual presents the beautiful lessons of the Order in an impressive manner, one to make the candi-

date proud to be an Elk and certain that Charity is the Cornerstone of Each Elk Structure.

...

A Past Exalted Rulers Association is not unusual but the Gulf Coast District of the Texas Elks State Association has a new type of association.

The wives of the PERs have formed their own group. It's called the PER Chicks.

One of the first things they did was to have a Cake Walk to help raise money for the Elks National Foundation.

Were they successful? Their first effort brought in \$221.25 to the Fund.

How do you like them cookies—or should we say cakes.

...

PGER Frank Hise, chairman of the Elks National Service Commission, urges that each lodge or Elk enter into the "Adopt a Veteran" program.

The idea is for Elks to adopt a veteran and make him feel that someone cares. The vet doesn't necessarily have to be a member of the lodge or an Elk for that matter.

The idea is for a lodge or a member to send a hospitalized veteran a birthday card, a Christmas card or a small gift, or items of a personal nature that they need.

For those lodges and Elks that have entered into this program they have indeed learned that "Charity is the Cornerstone of Elksdom."

Take for instance, Maumee, Ohio, Lodge No. 1850, brought their "adopted" veteran into the club, feted him with a fine dinner, presented him with gifts and made him know that Elks indeed believe in their motto, "as long as there are veterans in our hospitals, the Elks will never forget them."

Silent Killer...

(Continued from previous page)

physicians, said Bals.

Before being placed on a home monitor, babies are thoroughly tested, ruling out other possible correctable causes for infant breathing irregularities.

Bals explained, "We don't consider SIDS as a cause of apnea until we've exhausted all other possibilities. First we look for medical problems, neurological problems, digestive or allergy problems, even anemia."

Once the decision has been made to monitor the child, the caregivers: his parents, extended family members, and babysitters are trained in the use of the monitor and resuscitation techniques. In most families, at least one

set of grandparents and one additional babysitter participate in the training.

"We provide a complete program, testing, extensive education, and follow-up," explained Bals. "We believe our education to be one of the strongest points of our monitoring program."

Dee and Joel Ferris of Central City, Nebraska, whose son, Andrew, was monitored through the Lincoln program, agree.

Their first son, Luke, died of SIDS while the family was visiting relatives in Denver. After Andrew was born he was tested for infant apnea as soon as possible.

"I had lost a baby with a miscarriage after losing Luke," said Dee. "It seemed like the final blow. I had some information we had received from the National SIDS Foundation that really helped, though. It said you have the choice of making your life bitter or better."

She continued, "When I became pregnant for the third time, we were excited, but cautious." It was like we were afraid to fall in love with this baby because we might get hurt again, Joel added.

Between the death of Luke and the birth of Andrew, the apnea monitoring program was established. When Andrew had his second test at two months, it showed very shallow breathing. As a result, he was placed on a home apnea monitor.

During the training for home monitoring, the parents and others taking the course are trained to go to the infant at once when the alarm sounds. If the baby's appearance is blue, they immediately begin Cardio-Pulmonary Resuscitation and summon emergency assistance. If his color is normal, the caregiver is to wait ten seconds, touch the child lightly and talk to the baby for the next five seconds. If there is still no response,

they can then pick up and shake the baby. The final step if the baby still does not react is to proceed with CPR and call for emergency help.

"It is essential for the caregiver to respond correctly to an alarm," said Dr. Stivins. "If they pick up, or touch the baby without first ruling out a false alarm, they automatically commit themselves to three more months on the monitor."

Living with a baby on a monitor requires a tremendous adjustment, the Ferris family agreed. Normal activities that most new mothers take care of while the baby is sleeping have to be done while the baby is awake if he's being monitored. It is vital that the parents be able to hear the alarm go off if the baby's breathing pattern changes and that they will be within ten seconds of the child at all times.

Dee said, "I'd say it took about two weeks to get comfortable with the routine of the monitor and to be able to relax while it was on. Simple things like taking a shower, running bathwater or going to the mailbox had to wait until Andrew was awake or someone else was here."

She added, "You couldn't even go in the car by yourself for any distance or vacuum."

The Clines didn't have any insurance, so the next step was to find a way to meet the mounting financial obligations.

"I called the welfare office first, just to find out if anyone could help," said Pam. "They referred us to either the Elks or the Shriners. The Shriners turned us down, they help children with other kinds of problems, but the Elks promised to help."

Lloyd Levander, Chairman of the Benevolence Commission of the Nebraska Elks Association took the Clines' request to the Commission, which approved it. The Nebraska Elks paid the entire cost of the monitor rental, the tests done at home to allow the baby to come off the monitor, and also for the supplies needed for the monitor.

Their generosity made all the difference in the world for the Clines. Nathan was able to come off of the monitor after five months. He had several alarms while being monitored, indicating that he was breathing improperly and that his heart rate had slowed. For Nathan, however, the sound of the alarm would stimulate him enough to correct his breathing.

Pam still felt much safer, knowing the monitor was there. "I tell you

"It takes a lot of teamwork," Joel added. "If you go to a community function, you have to take the monitor. You can't just let the baby fall asleep on the floor when he's playing, either. You have to hook up the monitor even for just a short nap."

The average length of time that a baby is monitored is five and a half months. The majority have graduated from their mechanical friend by one year of age. Andrew followed suit, and met the strict testing criteria coming off of the monitor before his first birthday.

The Lincoln program has tested thousands of infants and placed hundreds on the monitor. "To date, we have not lost an infant enrolled in the program. There have been no deaths while on the monitor, after going off the monitor, or in babies who were tested and found to not need monitoring," said Dr. Stivins.

There is some controversy surrounding the use of home apnea monitoring. Its opponents believe that it does not always monitor the child who would be a SIDS victim, that it is costly and places undue stress on the parents.

(Continued on page 47)

Nebraska Elks...

(Continued from page 25)

Nebraska Elks Association. It was only through a little luck, the availability of home apnea monitors and the generosity of the Elks that Nathan Eugene Cline didn't become a SIDS statistic at three months of age.

His mother, Pam, had put him to bed and happened to walk through his room a short time later. "I'll never know what made me turn and look at him," Pam said, "but when I did, I could see he wasn't moving. When I got to him and picked him up, he was already blue."

Nathan revived by himself when Pam picked him up, but she took him to a local hospital where he spent four days before making the trip to Lincoln for additional testing. As a result of those tests, Nathan was placed on a home monitor. Pam and her mother-in-law, Dorothy Cline, both participated in the required training for caregivers of monitored babies.

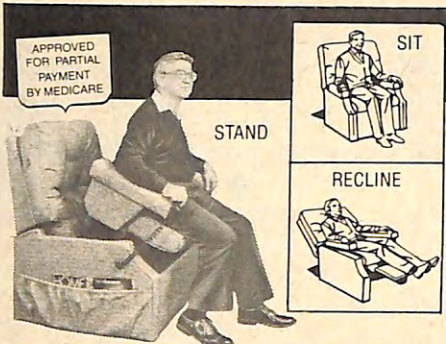
what," she said. "I sure slept a lot better knowing that the monitor would wake me up when he stopped breathing. I'm so grateful to the Elks, we never could have paid for the cost of monitoring by ourselves."

The Nebraska Elks Benevolence Commission has paid the cost of three home infant apnea monitors in the last two years, said Mr. Levander. "The hospital contacts us when the need arises; a baby needs to be monitored and the parents don't have the resources to pay for it. If they fit into the guidelines we've set up they will receive all the help we can give."

More groups like the Elks are getting involved in home apnea monitoring, but more are needed said Dr. Stivins. "The greatest single problem with Infant Apnea Monitoring is the cost, and insurance companies don't seem willing to help."

Several service organizations in Nebraska have purchased home monitors and make them available to community or county residents as needed.

"It would seem that no matter where you live, sooner or later in your community, some child will have need of an apnea monitor," concluded Dr. Stivins. ■



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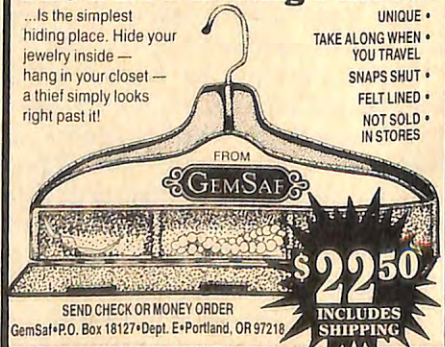
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Custom form fitting pad design prevents slipping and affords maximum mobility and comfort.

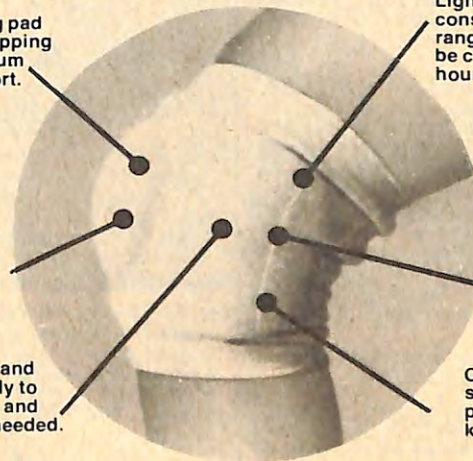
Absorbs shock that is continually applied to the front, sides and back of the joint.

Adds strength and stability directly to where support and protection is needed.

Lightweight non-metal construction allows full range of motion and can be comfortably worn for hours.

Significantly reduces impact from a blow to the side of the knee.

Comes in 5 different sizes to ensure proper fit for either knee.



Nobody knows more about crippling knee pain, stiffness and strain than "Cotton" Barlow.

The veteran football coach has seen plenty of it in his years on and off the field.

He's also discovered that ordinary knee supports and elastic bandages just can't do the job. So he finally set to work to find a way to add strength and stability directly to the joint where support and protection are needed most.

FOR PEOPLE OF ALL AGES

Today, thanks to his unique invention, thousands of men, women and children of all ages lead active, pain-free lives despite serious knee problems.

Coach Barlow's fantastic invention uses no metal yet it provides maximum lateral and cap support. This incredibly lightweight support absorbs shocks and prevents twisting. And the BARLOW™ knee support provides soothing warmth to injured or arthritic joints.

So comfortable you can wear it for hours and non-allergenic too. Choose from five sizes for your perfect fit.

NO RISK OFFER

We urge you to try Coach Barlow's remarkable knee supports for 30 days. If it doesn't bring you pain-free relief, we'll refund your money without questions.

Don't let the pain and anxiety of "bad" knees get you down. Order today. Specify size in coupon below.

WHAT FOLKS TELL US ABOUT OUR KNEE SUPPORT:

"I'm 80 years old and certainly not an athlete... but now I can garden again and be active 'cause I wear your brace." L.W. Oconto Falls, WI

"At first I wasn't sure... now I want a brace for the other knee. I've had knee problems for the last 5 years. I only wish I had known of this brace 5 years ago. I'm so grateful. Thank you." J.N. Hartwell, GA

"This support is a great help to me. I could hardly get around before I got it. Thank you." A.J. Springfield, OR

© 1984 BARLOW KNEE SUPPORT INC.

BARLOW™ KNEE SUPPORT, INC., Dept. E044
406 So. Ella, Sandpoint, Idaho 83864

Enclosed please find \$_____ for _____ BARLOW knee supports.

One BARLOW knee support \$19.95 plus \$1.00 Shpg & Hdg.

Two BARLOW knee supports \$39.90 plus \$2.00 Shpg & Hdg.

Enclosed is my Check Money Order or Charge my Visa Mastercard.

Credit Card Customers call NOW! Toll Free 1-800-824-7888 Operator #115

Card No. _____

Exp. Date _____

FOR CORRECT SIZE

Measure around the knee, one inch above the knee cap.

CIRCLE ONE

(SM under 15") (MED 15" to under 17") (LG 17" to under 19") (XL 19" to under 21") (XXL 21" and over).

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Play with it for 2 weeks and improve your putting considerably. If not satisfied, return it for a full refund of purchase price (less shipping) \$29.95 ea. (plus \$3.95 shipping). Specify Men's (#700) or Ladies (#702) putter. Left handed model available — Men's (#701) or Ladies (#703). 145-81

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Elks Family Shopper consumer/news

This is the time of year when many Americans consider getting help from an **income tax preparation service**. These services, however, may vary greatly in accuracy and cost. The following information will help you decide whether you need a tax preparer and, if so, to select the one that best suits your needs.

Do You Need A Tax Preparer?

Before you decide to hire a tax preparer, make sure you really need to pay for assistance. With a little help from the IRS, you may be able to do as good a job as a commercial tax preparer. Of course, this depends on the complexity of your tax situation. If you use the short (1040) form, IRS will complete most of it for you and compute your taxes for free. If you have questions about how to complete your return, you may be able to get answers by using the IRS free informational resources. (See Free Resources, pg. 4) If you remain unsure about how to do your taxes, the following information may help you comparison shop for a suitable tax preparer.

Types of Preparers

Preparers differ greatly in education and training.

- An **enrolled agent** is certified by the IRS after having worked five years as an IRS auditor or after passing a government exam. Enrolled agents are authorized to represent you before the IRS.
- A **certified public accountant CPA** has passed a professional qualifying exam. CPA's are also authorized to represent you before the IRS. A **public accountant** may have special accounting training, but lacks certification and cannot represent you before the IRS.
- An **attorney** has passed a bar exam but may or may not have special tax training. Attorneys are authorized to represent you before the IRS.
- **Any other individual described as a "tax preparer" may or may not have special training or experience.** Some preparation firms require that their staffs have extensive training and experience, while others have less rigorous requirements.

(Continued on page 42)

SALE!

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\$7.98 plus \$2 shipping

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Limited Edition American Eagle Belt Buckle



Actual Size: 3 3/4" x 2 5/8"

HALF PRICE SALE!

Now Only \$4.88

A Striking Way To Honor Your Country

Now, for a limited time, you can acquire this extraordinary 1983 American Eagle Collector's Buckle at less than half the original issue price of \$9.95! This is the very same buckle you've probably seen advertised—cast in gleaming Brass Plate on jeweler's metal, meticulously sculpted and cast in high relief by skilled engravers and minters.

You'll be proud to wear or display this buckle as a constant symbol of your love of country. And, at this special low price, you'll want to order several to pass on to your children and friends as heirloom-quality gifts.

Each buckle you order will be individually numbered sequentially and accompanied by a Certificate of Authenticity.

Note: Also available are a spectacularly beautiful Deluxe Edition Belt Buckle in satin Silver Plate and dazzling 24-Karat Gold Electroplate, and a Super-Deluxe Edition in Solid Sterling Silver with 24-Karat Gold Plated Highlights.

Unconditional Money-Back Guarantee on your full purchase price, less postage and handling.

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Please send me **Solid Brass Plate Belt Buckle(s)** as indicated below:

- One for only \$4.88 plus \$1.40 postage and handling.
- SAVE!** Two for only \$9.38 plus \$1.60 postage and handling.
- BEST VALUE!** Five for only \$23.00 postpaid.

Please send me **Silver Plate and 24-Karat Gold Electroplated Belt Buckle(s)** as indicated below:

- One for only \$18.95 plus \$2.00 postage and handling.
- SAVE!** Two for only \$35.00 postpaid.
- BEST VALUE!** Five for only \$77.00 postpaid.
- Please send me one **Solid Sterling Silver Buckle with 24-Karat Gold Plated Highlights** for only \$175 plus \$5 postage and handling.

NY State residents add sales tax. All orders processed promptly, credit card orders—immediately upon credit approval. Delays will be notified promptly. Shipment guaranteed within 60 days.

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Choosing A Preparer

The more complex your tax situation, the more you may want the advice of someone with specialized experience. However, you may be charged more for the advice of these professionals. Many taxpayers, such as retired people, owners of small businesses, professionals, and people with large amounts of income from sources other than salaries, wages, and tips, may especially benefit from using a preparer with specific experience in their area. To find the preparer that best suits your needs, call several and ask:

- "What is your training or experience in preparing tax returns?"
- "How do you check for accuracy? Will someone else double-check my return? If so, will it be reviewed for arithmetic errors only or also for errors in tax-law interpretation?"
- "Approximately how much will preparing my taxes cost? How is that fee determined?"
- "Where can you be reached later in the year, if I need help with an audit?"
- "Can you represent me if IRS audits my return? What will you charge?"

What To Expect

When you visit the preparer, expect certain practices. A preparer should go through a checklist of deductions to see if any apply to you. A preparer should also sign your return and enter his or her name and social security number (or federal identification number).

A preparer should not guarantee you a refund before completing your return or suggest that you take nonexistent deductions or commit other improprieties. A preparer should not ask you to sign a blank return or one completed in pencil.

It's Up To You

Even though you have hired someone to prepare your returns, you are personally liable for any additional tax.
(Continued on page 44)

See Advertisement Inside Front Cover

LAKELAND NURSERY SALES, Dept. NL-2193
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Please send me the certified and guaranteed Famous® Zoysia plugs checked

NAME _____ (please print)
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CHARGE TO MY: MasterCard Diner's Club
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<input type="checkbox"/> 100 PLUGS (L000927Y) + 30 FREE PLUGS	Value \$7.65 Only \$5.88 You Save \$1.76
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Just press on the pillow, or lean back on it, and it turns itself on — to deliver a gentle, soothing, pulsating massage that relaxes tight shoulder and neck muscles, aching calves and tired feet. Operates on two "D" cell batteries (not included), so you can use it anywhere — at home, in the office, outdoors, even while riding in a car, truck, bus, train or plane! Measuring 12" X 12" X 4" thick, the Automatic Massage Pillow is covered in a plush cloth material in a earthtone color. Try it... you'll love it! (Makes a great gift too.)

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I made this remarkable discovery when my son went on his first fishing trip with me. We hired this old Indian guide in a small town in Wisconsin.

When our guide showed Mark how to bait his hook, I noticed that he rubbed something on the bait just before Mark put the line in the lake. Within minutes Mark had himself a beautiful bass. You can imagine how pleased I was and Mark, of course, wanted more.

So the whole thing was repeated—the guide put on the bait, rubbed it again, and up popped another beauty. Meanwhile, I sat there patiently waiting for my first fish.

This went on all morning. Mark caught 30 bass and I got eight.

When I pulled the boat in at noon and paid off our Indian guide, I noticed that a small, unusual seed had apparently fallen from the guide's pocket into the bottom of our boat. The odor from the seed was quite strong and certainly different from anything I had ever smelled before. This was what he had rubbed on Mark's bait!



It works for me—wouldn't be without it.
D. Hulbutt, Duluth

When we returned home the next day, I gave the seed to a chemist friend of mine. He analyzed it and duplicated it into a spray for me.

I could hardly wait for my next fishing trip. What I discovered on that trip was absolutely unbelievable. I have never before caught fish like that. Every time I baited my hook. I sprayed it and up popped another fish.

I tested some more. I put spray on one bait and nothing on another. The sprayed bait got the fish almost immediately. The unsprayed bait got some nibbles, but nothing more.

I gave some of my friends samples of the spray to try and the results were the same—they caught fish like never before. I named my spray "CATCH FISH LIKE CRAZY" cause that's just what it does and it works with all kinds of fresh or salt water fish. It works equally well on artificial or live bait.

Here's what fishermen say about my spray:
"What you say is true. I caught fish like crazy—it really works!" K.S. Evansville, Ind.

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I used your spray and caught all these fish.
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2 cans \$10 (SAVE \$2) plus \$1.50 post. & hdlg. —BONUS GIFT!

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Catch Fish



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interest, or penalty, even if you have a written guarantee that the preparer will pay any interest or penalty assessed as a result of his or her work. Here are some ways to help you get the best possible work done on your returns:

- Read your tax booklet or the more comprehensive IRS publication "Your Federal Income Tax" (publication #17). It is available free from the IRS Forms Distribution Center in your area.
- Gather and bring to the preparer any information or documents that might apply to your taxes, including your last year's return. Remember, too much information is better than too little.
- Make a list of any tax-related questions that occur to you and ask the preparer about them.
- After your return is prepared, check it to make sure all the information is correct.

(Continued on page 46)

See Advertisement Outside Back Cover

MAIL YOUR ORDER TO:
Lee Nutrition
290 MAIN ST.
CAMBRIDGE, MASS. 02142

MASTER CARD and VISA accepted on orders over \$10.00. Give card number and expiration date. We reserve the right to limit quantities.

QUANTITY	SIZE	NAME OF PRODUCT	TOTAL PRICE

Handling charge (Disregard if order exceeds \$10.00) \$1.00
SATISFACTION GUARANTEED TOTAL AMOUNT

If you check this box and mail your order before April 30, 1984 we will include in your order a **PH BALANCED BEAUTY BAR**

PRINT NAME _____ B959
ADDRESS _____ APT _____
CITY _____ STATE _____ ZIP _____

See Advertisement Inside Back Cover

HABAND COMPANY 2 PAIRS "Pinfeather" SUMMER SLACKS 27⁹⁵ Or Take All 3 Only \$41.75
265 N. 9th St., Paterson, NJ 07530
Hurry Duke! Please send me _____

FIND YOUR SIZE HERE

Waist Sizes: 30-32-34-35-36-37-38-39-40-41-42-43-44-46"-48"-50"-52"-54"
Inseams: Short (27-28), Med. (29-30), Long (31-32), X-Long (33-34)

*Please add \$1.75 per pair for 46-54.

Color	04N	Qty.	Waist	Inseam
Blue	A			
Grey	D			
Tan	C			

TO CHARGE:
 VISA MASTERCARD
Acct. # _____
exp. date _____
GUARANTEE: I understand that if upon receipt I do not choose to wear the slacks, I may return them within 30 days for a full refund 72A-00J

Name _____
Street _____ Apt # _____
City _____
State _____ Zip _____

Check here for the **WHITE Bonded Leather Belt** Only \$5.95 (Sizes 30 to 54)

766	Qty	Size
A		

Relax your way to better health...

WITH THE ORIGINAL **ActionBATH** SINCE 1968



- RELIEVE THE PAIN OF
- Arthritis Ache
 - Bursitis
 - Muscle Strain
 - Minor Back Ache
 - Stress and More*

*STIMULATES CIRCULATION AND IS FUN FOR THE ENTIRE FAMILY

SAFE, DEPENDABLE ONLY \$289

- A safe, quality "Hydro-massage"
- Installs in minutes or is portable
- 3-year Warranty and is UL Listed
- Approved U.S. Medical Device #2183129

5-DAY MONEY BACK GUARANTEE

Master Charge/Visa acceptable

SANTRY SPAS & POOLS
1780 Middlesex St.
Lowell, Mass. 01851
617-454-1230

Cheney. Because Laura loves this house.



Laura and her husband worked hard restoring this old house. But then an illness made it impossible for Laura to climb stairs. They could have moved to a one-story house, but Laura loves this house. A Cheney Weclator™ was Laura's solution. It lets her ride from floor to floor quickly and comfortably. It's UL approved, virtually maintenance-free, and can be installed on almost any stairway; straight, curved or even spirals.

For a colorful brochure on Cheney Weclators or Wheelchair Lifts™, the indoor/outdoor Handi Lift™, and other quality Cheney products, contact your local Cheney Representative or write: The Cheney Company, Dept. EM, 3015 S. 163rd Street, New Berlin, WI 53151. (414) 782-1100.

Call Toll Free 1-800-782-1222
Helping people help themselves
The CHENEY Company

SALE! Stylish, Super Comfortable Sandals (Reg. \$24.00) \$19.90



So good looking and so comfortable you'll want a pair to match every outfit. Marshmallow soft uppers, heavenly cushioned insoles, elasticized backstrap. 1 1/2" heels. Order style "MARGIE" in sizes: N 6 1/2-12, M 4-12, W 6-12. (no 1/2 sizes over 10.) Now only \$19.90 per pr. **Save even more — 2 pr. \$37.00.** Add \$1.60 per pr. post. VISA, MC, AX send acct # and exp. date or call 713/650-0916. Refund if not delighted.

Solid Colors
Black Brown
Camel Navy
Bone White
Burgundy Red
Taupe

Combo Colors
Wine Multi
Tan Multi

Name _____
Street _____ Apt # _____
City _____
State _____ Zip _____

Check here for the **WHITE Bonded Leather Belt** Only \$5.95 (Sizes 30 to 54)

766	Qty	Size
A		

Sofwear Shoes, Dept. 653B, 1811 San Jacinto, Houston, TX 77002

MEDICARE APPROVED

SAVE HUNDREDS OF DOLLARS



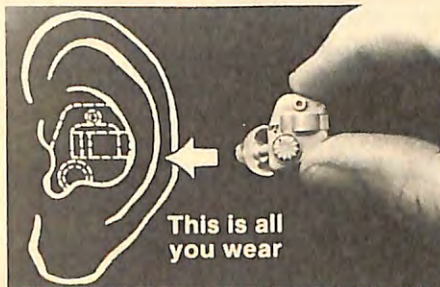
WITH BURKE SEAT-LIFT CHAIRS

FREE HOME TRIAL

LONGEST SEAT-LIFT WARRANTY

Save now on a comfortable power Recliner or Swivel Rocker. Burke seat-lift chairs let you stand and sit when you want, with no strain. Reclines to any position, automatically elevating your feet and legs. Write or call TOLL-FREE for information and compare.

BURKE P.O. 1064 Dept. E-484
C.Mission, Kansas 66202
or call TOLL FREE 1-800-255-4147

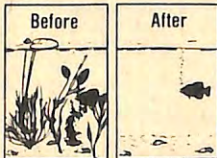


This is all you wear

All-in-Ear Aid - Save \$200+
Improve your hearing! Name brand aid helps you understand words you miss. If you hear but don't understand, this aid amplifies the sounds you need. Enjoy comfortable, attractive aid in your own home. FREE 30-day home trial. We promise no salesmen! Write today for free catalog! **J & M, Dept. 41-E** 329 N. Third Street, DeKalb, IL 60115

KILL LAKE WEEDS

Proven Aquacide pellets destroy unwanted underwater weeds.



Spread marble sized pellets like grass seed. Effectively kills weeds at any depth.

Registered with Federal Environmental Protection Agency.

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Our 29th year.

10 lb. can. Treats 4,000 sq. ft. of lake bottom, \$34.95 includes delivery. 48 lb. carton. Treats 20,000 sq. ft. of lake bottom, \$129.95 includes delivery. State permit may be required.

CALL TOLL FREE 1-800-328-9350 (Except Minnesota Call 612-222-1922)

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AQUACIDE CO.



308 Prince Street, Dept. 453, P.O. Box 3367, St. Paul, MN 55165

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Affordable Mobility...

mini-beep
ELECTRIC SCOOTER

\$798⁹⁵



...the new, fun way to get around! Use it in your home..run errands..visit your neighbors ... shop independently again.

Do everything in Safety & Comfort on your own Mini-Beep electric scooter... ride in confidence indoors and out!

Travel ... pack-up your portable Mini-Beep and take that "dream" vacation.

Enjoy life...go sight-seeing...visit family and friends you haven't seen in years.

FEATURES

- Portable....disassembles quickly; fits all cars.
- Drives with one hand... turns on a dime.
- Battery operated...runs for pennies a day.
- No-Risk 30 day money back guarantee... we know you'll love your Mini-Beep!
- Possible Medicare reimbursement...with an acceptable physician's prescription.



Send now for FREE details

Mail To: **STRUCK CORP. Dept: EL44S**
Cedarburg, Wisconsin 53012

Send me complete Mini-Beep details!

Name _____
Address _____
City _____
State _____ Zip _____

10 SCARCE LIBERTY "V" NICKELS \$10.00



Start your coin collection with 10 different dates of Liberty Nickels and a **FREE** holder to put them in. Mastercard and Visa accepted.

Add \$1.50 postage. Brochures included. **IMMEDIATE SHIPMENT.** Money-back guarantee.

VILLAGE COIN SHOP, INC. DEPT. E
PLAISTOW, NH 03865

**HOT TUBS 4' WIDE
SPAS 3' DEEP
SAUNAS COMPLETE
HOT TUB KIT**



1795⁰⁰ COMPARE AT **2995⁰⁰**

2 BENCH SEATS • JACUZZI BRAND POWER PACK • 4 JACUZZI ADJUSTABLE HYDROTHERAPY JETS
OTHER SIZES AVAILABLE AT SAME GREAT SAVINGS • CALL OR WRITE FOR CATALOG

Master Charge/Visa acceptable
SANTRY SPAS & POOLS
1780 Middlesex St., Lowell, MA 01851
1-617-454-1230

HOMEOWNERS

YOU CAN SAVE thousands of dollars on your mortgage interest payments. It's easy. Guaranteed legal. Countless others have saved money too. Send \$5.00 for details. Bonus — get free consumer interest table. Act now!

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Name _____
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BLow-GUN
ORIGINAL Jumbo Blowgun! Treats of copiers! Worlds finest. ISTEEL most popular since 1982... millions sold! Don't be lousy by higher priced! Why only 79¢ more?

TAKE-DOWN BLow-GUN!!!
NEW GET 3" OR 4" BLOWGUNS IN 1" NOW \$9.97
Power-Mag CONE DARTS!!!
NEW! \$1.95 1000 518 50!

USE 30 DAYS AT OUR RISK!
SILENT, POWERFUL, ACCURATE, hits like bullet! Kills varmints, pests, target, plinking, thrilling sport! Astound friends! Compressed breath gives amazing power! Pierces 1/2" plywood! Rugged .38 cal. aluminum, 135 steel darts, carry case, instructions. 1-piece models: 4 1/2" Compact, 220' range \$9.97; 5 1/2" Popular, 300' \$10.97; 6" Magnum 350' \$11.97; 8" Super-Mag (2-pc.) 450' \$19.97! Add \$2.00 for above. Take-Down Bonus Buy 2 guns get 600 darts \$3.50/100! \$5.95/200! \$14.50/500! \$26/M! Down Camo models! Extra darts \$3.50/100! \$5.95/200! \$14.50/500! \$26/M! Bonus Buy 2 guns get 600 darts! Buy 3 SAME + cleaning rod + 900! \$32 freebies! Buy 4 SAME + 1100 + Mini-gun! \$51 free! Buy 5 SAME + 1300 + free 7th gun! \$65 free! Buy 6 SAME + 1600 free 8th gun! Add \$1.25 postage EACH rd. gun! 30-day moneyback if not delighted! If broken in 25 yrs. we'll replace! HOUSE OF WEAPONS, INC. Box 794-E Provo, Utah 84603. Send cash, check, Visa, M.C. Buy 17 1/2" only \$145 PPD!

THE ORIGINAL POLYMER SEALANT!

Still Available ONLY Through Car Dealers @ \$250...

OR DIRECT BY MAIL @ \$11.95!

The First and Finest Polymer Car Care Product Offered to The Public, 5 years ago.

Then and now it has been used by new car dealers for their professional \$250 polymer applications **THE EXACT SAME PRODUCT** they use in their showrooms and service shops today is **STILL AVAILABLE** to you directly for \$11.95 (16 oz. bottle; enough for 2-3 cars)...by calling the number below or writing. Your order will be rushed out by UPS in a few days.

Not Carried In Stores. Thousands of customers have asked us **WHY** this outstanding, professional-strength product is not available in stores? **The Surprising Answer is This:** Despite the fact hundreds of thousands of bottles have been sold through ads and mailings by oil companies to their credit card holders, and customers keep coming back for more (many buy cases of 12 for neighbors and friends, etc), the retail stores refuse to be impressed. They've seriously told us our product quality is too good...that we should put our money into slick, expensive display boxes and T.V. advertising, rather than worry about what goes inside our bottle so much. It seems they are primarily interested in advertising campaigns that create consumer awareness (some call it hype). Therefore they prefer to carry "big-name" products in fancy boxes, made by well known car-wax companies who have the same marketing priorities.

Frankly, we don't know how to deal with retail stores very well. But we **DO** know how to make the **best** car-care product you or your car dealer can buy...and we guarantee



you'll agree, or we'll refund your money upon receipt of your returned bottle (at least half full). We do this because we intend to continue putting our money **INSIDE THE BOTTLE**, not into packaging on the outside.

Starshine's Original Polymer Sealant Is Not A Wax, Nor Is It A Weak Polymer Imitation. It is a genuine PROFESSIONAL Auto Finish Sealant. It actually bonds to your car's finish for months, protecting it from fading, chalking, dulling. On a car where some oxidation already exists, this product will bring it up and out, for easy removal.

Absolutely No Rubbing or Buffing Needed. No hard "work" is required to apply Starshine's Polymer Sealant. Simply wipe it on, wait 25 minutes, and wipe it off. You can apply it under most any condition, even full sunlight. After you experience how easy and completely effective this product is to use, **YOU'LL NEVER USE WAX AGAIN!**

Over 1,000,000 Bottles Sold Worldwide. In Japan car owners actually pay \$55 a bottle! In Europe and here at home tens of thousands have been sold for \$30 each. Now, on a direct basis, you can purchase a 16 oz. bottle for only \$11.95...a small investment to keep your car showroom bright for years. If you aren't one of our customers yet, and you care about how your car looks and ages, then call or write. It beats spending your money on pretty boxes...and preserve your

Polymer finish with **Starshine PolyWash.** It applies extra Polymers as you wash your car in the usual manner. (See the order coupon below for more information).

OVER 1,000,000 BOTTLES SOLD WORLDWIDE

MAIL COUPON WITH ORDER

If you care how your car looks and ages, then call or write. It's better then spending your money on pretty boxes.

SHOP FASTER BY PHONE 1-805-966-7187

Or send a check or credit card # (Diner's Club, VISA, MasterCard, American Express) for one Polymer Sealant (#100) @ \$11.95 (plus \$2.00 shipping) ea. **SAVE \$4.00**—Order 2 or more bottles @ \$9.95 (plus \$1.00 shipping) ea. **SAVE EVEN MORE: BUY BY THE CASE**—12 bottle case #134 @ \$99.95 (plus

\$12.00 shipping per case). **ALSO AVAILABLE: STARSHINE POLYWASH#133**—Cleaner/Detergent that rejuvenates your Polymer Sealant finish, \$6.95 for a 16 oz. bottle, plus (\$2.00 shipping) ea. **145-81**

STARSHINE GROUP

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America's Premium Direct Mail House Now In Our 7th Year

Elks Family Shopper consumer/news

• You will have an advantage if you complete your tax return early. The earlier you get your taxes prepared, the more time busy tax preparers will have to do a thorough job for you.

Free Resources

You may be able to take advantage of free tax preparation services in your area. The IRS will help elderly, handicapped, non-English speaking, or other citizens who need assistance with their tax return. The IRS also provides tax assistance by phone, at your library, and through many free publications. For more details, contact the IRS office in your area. If you are 55 or older, you can get free tax help from the American Association of Retired Persons; for more information, write: AARP, "Tax-Aide," 1909 K Street, N.W., Washington, D.C. 20049.

Floating Fisherman's Knife



The finest fish knife yet! Perfect for filleting. Cuts closely along the backbone — reducing waste for clean, meaty fillets. Features a 6 1/2" stainless steel Kershaw blade, contoured grip, floating handle (with yellow buttcap), and waterproof sheath. 100% Money Back Guarantee! Only \$18.95 plus \$2.00 postage & handling. (Mich. res. add 4% sales tax.) Send check or money order to: Spinnaker Gifts, 33218 Winchester, Westland, MI 48185.

HELP!

The Elks Magazine postage fees have skyrocketed! Help us cut costs by reporting any address change to your lodge secretary and The Elks Magazine Circulation Department.

Be sure to include lodge and membership number or an address label from the magazine. **Notice should be sent 6 to 8 weeks before your move.**

ATTACH ADDRESS LABEL HERE

New Address:

Name _____

Address _____

City _____

State _____ Zip _____

Lodge No. _____

Member No. _____

Mail to: Circulation Manager
The Elks Magazine
425 W. Diversey Pwy.
Chicago, IL 60614

Silent Killer

(Continued from page 37)

The Ferris family believes that the sacrifices made during monitoring are far outweighed by the benefits.

"With the monitor, if something had happened to Andrew, we'd have known we did all we could to prevent it," Joel said. "Losing Luke made us even more aware of how precious a baby is and everything we can do to learn more about SIDS is worth the effort it takes."

Dr. Stivrins stated, "It's important to remember that the monitor doesn't treat anything. It is a very helpful, mechanical device which permits parents or other caregivers to be alerted to the fact that the baby has stopped breathing or developed a slow heart rate. When they've had the proper training to respond to the machine, the caregiver can take action to help the baby recover." She added that only babies found to be at risk through various tests are placed on home monitors. It is only rarely that parental concern is sufficient cause for monitoring.

"We can't identify all the babies at risk for SIDS at this time," she added. "There is no single test to determine who is at risk and who is not. There are simply too many possibilities. Non-breathing and heart slowing are symptoms, much like a fever is a symptom."

She concluded that home monitoring does have its place in the research and treatment of SIDS. "We know that at some period during the cataclysmic event which threatens the infant's life, respiration must cease. Therefore, although we may not effectively prevent the event from beginning, we may prevent it from progressing to its normal devastating conclusion through an early warning monitoring system."

"By no means do we advocate the monitoring of infants indiscriminately. We must surreptitiously use the criteria and testing available to us to identify those who are at high risk and reduce the risk of a tragic event in that precious first year of life," she said.

For those like the Ferris family, the comfort of the silent blinking light on the monitor for each beat of their baby's heart and each breath the infant takes is proof enough that apnea monitoring works. ■

Support Mounts For Statue of Liberty Restoration Drive



PGER George B. Klein (left) looks on as Lincoln, NE Mayor Roland Luedtke and Lt. Governor Don McGinley purchase Statue of Liberty Commemorative pens from Grand Lodge Americanism Committee Chairman Vincent R. Collura (right).

The Grand Lodge Statue of Liberty Restoration Fund announced in our December/January issue continues to gain momentum.

Heartening support from lodges across the nation has begun to make the ultimate goal of \$1-million more of a reality. Official encouragement in the form of numerous letters from figures of state and national political eminence reflect the enthusiasm that this worthy project has generated.

From United States Senator, J. James Exon we quote in part: "I am happy to learn that the Order of Elks is joining in the Liberty Centennial Campaign."

"We must ensure that the Statue of Liberty is preserved for future generations; that they may visit her and realize for themselves the ideals she symbolizes."

Governor Robert Kerrey of Nebraska, in a letter to Grand Lodge Americanism Committee Chairman Vince Collura, states in part: "Our nation is fortunate indeed to have committed, caring and dedicated groups like the Elks who will invest their time and energies in fund raising events such

as the project now announced for the renovation of this great lady."

"I wish you success in your drive. Let me echo your call to potential contributors, that this is an investment in our nation's history that merits support."

United States Senator Edward Zorinsky writes: "The campaign to raise funds to restore the Statue of Liberty and Ellis Island is a worthwhile project of great national value. The Statue of Liberty and Ellis Island symbolize the freedom we enjoy in our country and should be maintained and preserved for all to visit and enjoy."

"I wholeheartedly endorse this project and I am sure that my Brother Elks will attain the proposed goal for their contribution to this campaign. Your efforts are to be commended."

GER Kenneth V. Cantoli declares: "As Grand Exalted Ruler, it is my sincere hope that the funds contributed by the Elks will be a major assist in the overall effort to restore the statue, so that she may last many hundreds of years to come as a symbol of freedom."

ATTENTION: Exalted Rulers, Lodge Secretaries, Lodge Americanism Committee Chairmen...

Here is your Lodge's opportunity to help raise the funds needed to fulfill our \$1-million commitment to restore the Statue of Liberty and Ellis Island.

This handsome commemorative pen tells the world, "Elks Care" on its cap and reminds the proud owner that "I Gave to Help Restore the Statue of Liberty—Charity, The Cornerstone of Elkdom."

Pens are available in minimum lots of 100 at \$1.00 for each pen ordered. These pens make handsome "thank you" gifts to donors or, may be sold at a profit, all of which must be ear-marked for the Grand Lodge Statue of Liberty Restoration Fund.



Yes, Our lodge wants to help in this worthy project!

Please send us _____ commemorative pens @ \$1.00 each plus \$2.50 per 100 pens shipping and handling. (Minimum order, 100 pens or, multiples of 100.)

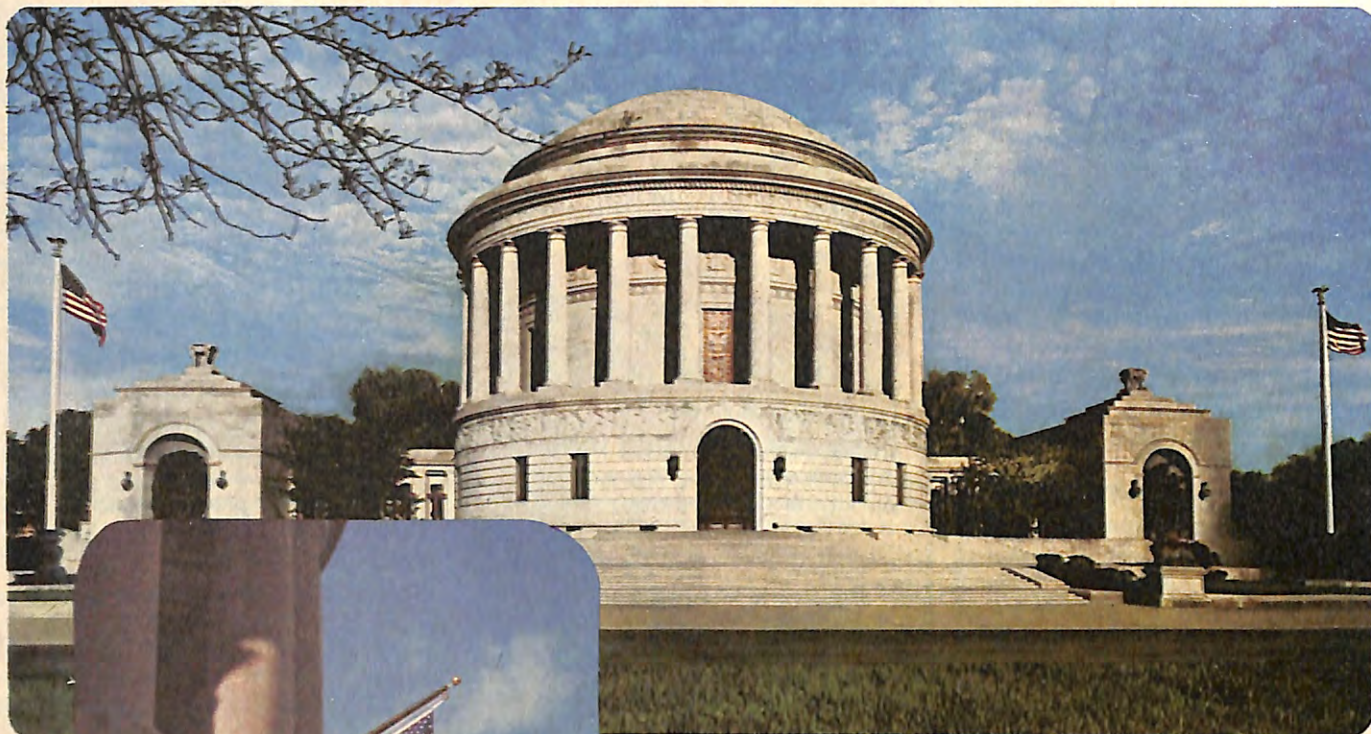
Name and title _____

Lodge # and Name _____

Address _____
(#, Street, R.R. #) (City) (State) (Zip)

Make check payable to:

Grand Lodge Statue of Liberty Restoration Fund
c/o Hon. Stanley F. Kocur, Grand Lodge Secretary
B.P.O. Elks Dept. EM
2750 Lake View Ave.
Chicago, IL 60614



Illuminated Flag Display for The Elks National Memorial Building

After "...Twilight's Last Gleaming"

Francis Scott Key needed "...the rockets' red glare" to see our Flag defiantly streaming over Fort McHenry during the now-famous British naval bombardment in 1814. Key's vivid imagery depicted more than just a gallant banner flying amidst the fury of battle; it described the pride of free men taking up arms in defense of liberty. It spoke of blood shed for noble ideals and the courage to oppose tyranny to the last fiber of will and substance.

It is exceedingly fitting that, during the Grand Lodge sessions held in Hawaii during July of 1983, the very first resolution introduced was devoted to the proper display and reverence for our flag.

Proposed by our Brothers from Oklahoma and read into the proceedings by Alex Harman, Jr., past Chairman of the Board of Grand Trustees and Chairman of the Resolutions Committee, the resolution is reproduced here in its entirety.

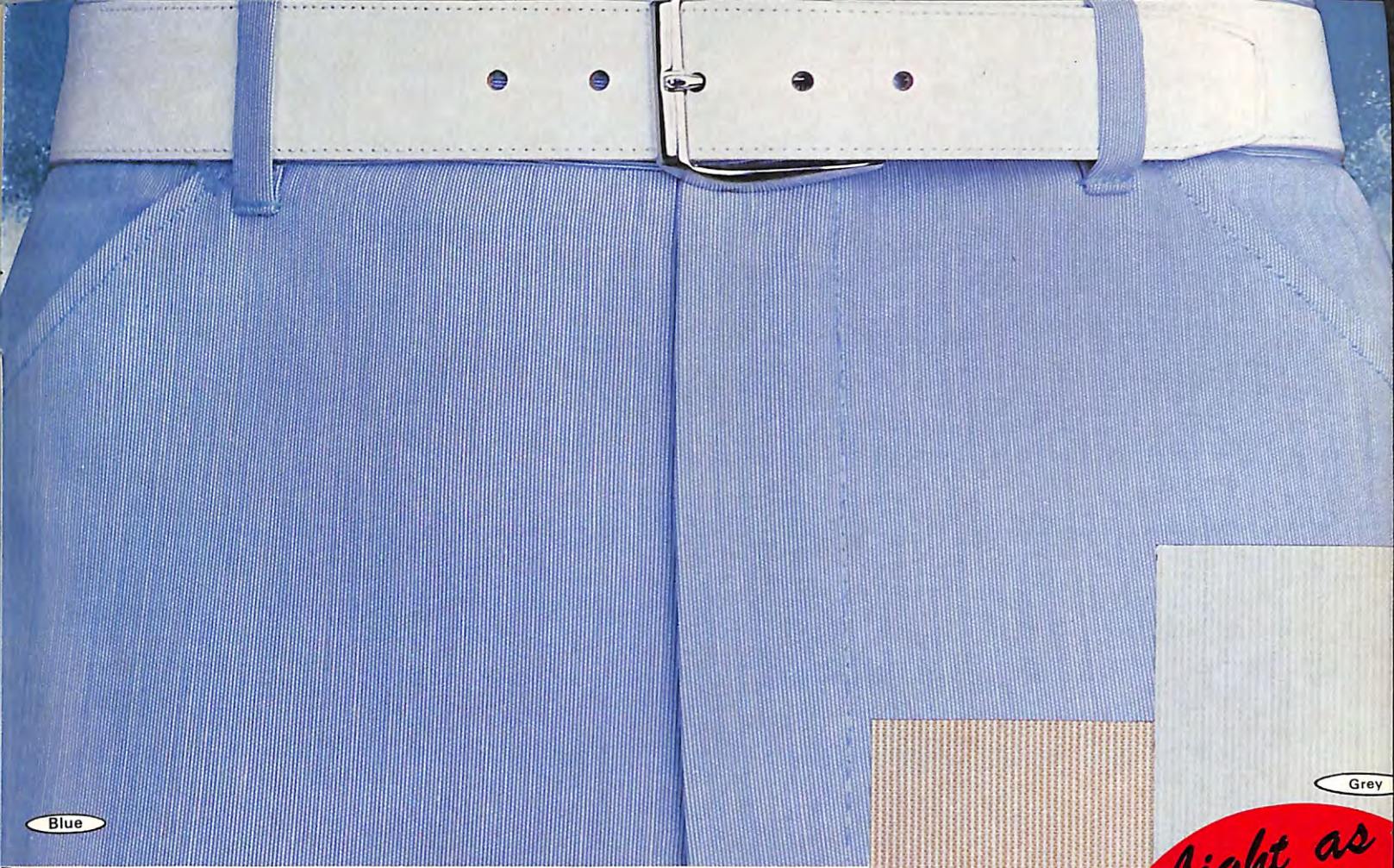
"WHEREAS, The Benevolent and Protective Order of Elks of the United States of America has long been noted and recognized for its Americanism program to foster the love and

respect of our great nation and its Flag by our members and fellow citizens; and

"WHEREAS, it is appropriate that our nation's Flag should fly continuously over the Elks National Memorial Building in Chicago.

"NOW, THEREFORE, BE IT RESOLVED, that the Elks National Memorial & Publication Commission is respectfully requested to arrange for continuous display of our nation's Flag at the Elks National Memorial Building."

In accordance with the fine sentiments expressed in the resolution, Old Glory now waves immediately above the main entrance of the Elks National Memorial Building 24 hours a day. As darkness falls, two powerful floodlights cast their brilliance upon the flag, drawing its proud colors from the shadows; a shining reminder of those brave Americans to whom the Memorial Building is dedicated, the gallant men who gave their all to preserve our flag and its ideal of liberty. —HHG.



Haband's "Pinfeather" SUMMER SLACKS

MEN! Your favorite best looking Executive Summer Slacks are now COOLER, CRISPER, and even BETTER LOOKING THAN EVER! Because Haband, the mail order people from Paterson, N.J., have the new Burlington Mills "Pinfeather" Tropicals, the Successor to Seersucker! And we've got them for you now, not at \$35 or \$50 per pair but instead at a Direct Mail Order PRICE of **TWO PAIRS** for \$27.95!

COOLER GOOD LOOKS!

Every hot day of Summer, men all over America learn the same costly lesson over and over again: It takes a lot more than light colors to make a genuinely cool pair of Summer Slacks. You need lighter fabrics. You need correct fit. **Relax, men! All you really need is Haband "Pinfeather" Summer Slacks!**

LOOK AT THIS QUALITY! You get deluxe Burlington Industries Galey & Lord lightweight Pinfeather weave in 75% deluxe "Dacron" crease-holding polyester and 25% soft, cool long-staple Cotton. It's c-o-o-o-o-l. It *b-r-e-a-t-h-e-s*. And it stays **SHARP ALL SUMMER EVEN IN THE RAIN!**

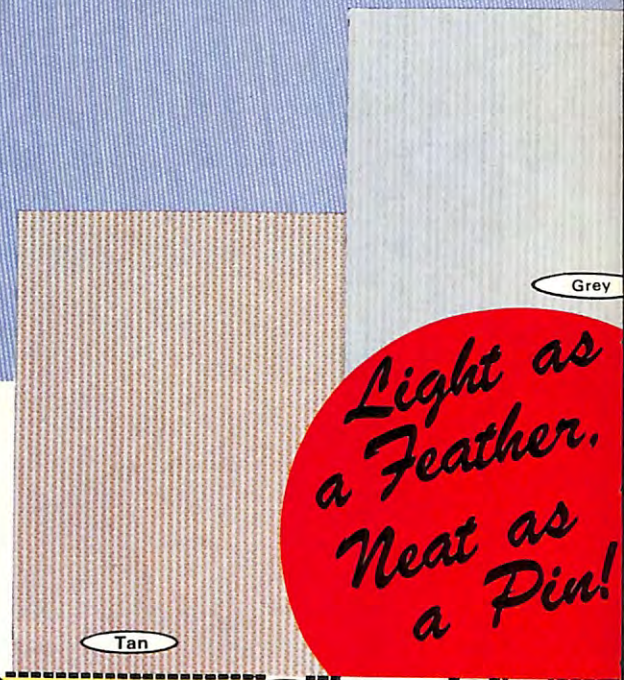
Plus you get top-of-the-line detailing like **"Talon" color-matched unbreakable zipper** • *Hookflex* Top Closure • Easy entry front slash pockets • Tough, woven no-hole pocketing throughout • Set-in back pockets • *Ban-Rol* no-roll waistband • Your exact size, 30 to 54. **Best of all, they are True Tropical Weight Machine Wash and Dry easy care, with little or no ironing.**

We urge you to step up now, order direct, and see for yourself what we can do while this remarkable low price lasts. Just fill out this easy coupon for fast, direct-to-your-door service!




HABAND

265 N. 9th Street, Paterson, NJ 07530
Charge your order by phone (800) 526-1046



*Light as a Feather.
Neat as a Pin!*

2 PAIRS "Pinfeather" SUMMER SLACKS **27⁹⁵** Or Take All 3 Only \$41.75

 **HABAND COMPANY**
265 N. 9th St., Paterson, NJ 07530
Hurry Duke! Please send me _____ pairs of Pinfeather Summer Slacks for which I enclose my full remittance of \$ _____ plus \$1.95 towards postage and handling.

FIND YOUR SIZE HERE
Waist Sizes: 30-32-34-35-36-37-38-39-40-41-42-43-44-46*-48*-50*-52*-54*
Inseams: Short (27-28), Med. (29-30), Long (31-32), X-Long (33-34)

**Please add \$1.75 per pair for 46-54.*

TO CHARGE: VISA
 MASTERCARD
Acct. # _____
exp. date ____/____/____

GUARANTEE: If upon receipt I do not choose to wear the slacks, I may return them within 30 days for a full refund of every penny I paid you.

COLOR	00J	Qty.	Waist	Inseam
BLUE	A			
GREY	D			
TAN	C			

72A-00J

Name _____
Street _____ Apt. # _____
City _____
State _____ Zip _____

Check here for the **WHITE Bonded Leather Belt**
Only \$5.95
(Sizes 30 to 54)

766	QTY	SIZE
A		

DOES YOUR SKIN FEEL AND LOOK OLDER THAN IT SHOULD?

A new Soap-Free Cleansing Bar has recently been developed that cleans like soap, lathers like soap but is *not* soap! For unlike soap... which is made with harsh lye and tallow... this remarkable Cleansing Bar contains no harsh alkaline ingredients that can cause drying and premature aging of the skin. Instead, it is perfectly balanced to the PH (5.2) of healthy skin itself.

PH Balanced Beauty Bar is entirely different. Your skin may feel refreshed as never before!

We are so sure that you'll welcome this wonderful aid to complexion beauty that we will include our natural PH Balanced Beauty Bar free with your order.

FREE WITH EVERY ORDER

Check the box in the order blank and return it with an order for any of the items in this ad and I'll include without charge a PH Balanced Beauty Bar.

This offer expires April 30, 1984



Bob Lee

LOW VITAMIN PRICES NOW POSSIBLE!

Yes, low vitamin prices are now possible. We found our modern equipment wasn't enough, so we cut-out the "frills" and went back to some of our old ways when prices were lower. It worked, so now you can buy more for less at Lee Nutrition.

VITAMINS BY MAIL FROM LEE NUTRITION

Enjoy 3 Nutritious Meals on The GRAPEFRUIT DIET PILL PLAN AND LOSE WEIGHT FAST

Contains one of the strongest diet aids available without prescription. Includes modern, effective diet plan that lets you enjoy 3 delicious meals and snacks everyday as you lose weight. SAME FORMULA OTHERS CHARGED \$5.98 AND UP FOR

90 for 2.98
250 for 6.00
500 for 9.85

Herbal Diuretic
100 Tablets **1.49**
500 for 5.99

Neutrants (ANTI-ACID) TABLETS
100 TABLETS **1.25**
500 for 5.49

19 GR. 1200 MG. HI-POTENCY LECITHIN
100 CAPSULES **1.09**
500 for 4.95

BREWERS YEAST TABLETS
7 1/2 GR. 250 TABLETS **79¢**
1000 for 1.99

VITAMIN A
25,000 UNITS 100 FOR **1.19**
500 for 4.75

HIGH FIBER BRAN TABLETS
500 MG. 100 TABLETS **69¢**
500 for 2.99

VITAMIN A & D (5000A, 400D)
100 TABLETS **49¢**
500 for 1.95

9 Vital Minerals Multi-Minerals
100 TABLETS **98¢**
50 tablets \$4.50

DOLOMITE TABLETS
Laboratory tested 100 TABLETS **43¢**
1000 for 1.79

KELP TABLETS
100 TABLETS **35¢**
1000 for 1.50

SUPER ORGANIC IRON TABS
100 TABLETS **1.49**
500 for 5.49

CHILDREN'S NATURAL CHEWABLE VITAMINS
100 TABLETS **1.25**
500 for 5.49

500 MG. TABS BEE POLLEN
Amazing content of natural life—vital nutrients wonder food of The Bee Colony.
100 for 2.19
500 for 7.50

Chelated ZINC 10 MG. TABLETS
100 TABLETS **37¢**
1000 for 3.49

GARLIC OIL CAPSULES
100 CAPSULES **79¢**
500 for 3.19

THE MOST WANTED POTENCY 100 for **\$2.89**
250 mg Capsules **GINSENG** 500 for **\$12.95**

"KEY 4" TABS
KELP, VITAMIN B6, LECITHIN & CIDER VINEGAR
Highest Quality—
Only the low price is different
100 for **79¢** 500 for **2.99**

L-Tryptophan
100 MG. TABLETS 100- **3.49**
500- **16.50**
500 MG. TABLETS 30- **4.75** 60- **8.00**

100-B COMPLEX
50 Tabs **\$3.35**
100 Tabs **\$5.49**

100 MG. EACH OF B-1, B-2, B-6, NIACINAMIDE, CHOLINE, INOSITOL, PANTOTHENIC ACID & PABA. 100 MCG. EACH OF B-12, BIOTIN & FOLIC ACID.

HOSPITAL BRAND LIP BALM with L-LYSINE
1/2 oz. **\$3.00** 2 for **\$5.00**

Acidophilus CAPSULES
100 CAPSULES **1.79**
500 for 8.75

DOLOMITE & BONE MEAL
The ideal combination 100 TABLETS **59¢**
500 for 2.49

Therapeutic with Minerals
—same potency and formula as Squibb's Theragran M®
100 TABLETS **1.98**
500 for 9.49

BONE MEAL TABLETS
100 TABLETS **49¢**
1000 for 3.69

POTASSIUM GLUCONATE 595 MG.
100 TABLETS **95¢**
500 for \$4.29
1,000 for \$7.99

L-LYSINE 500 mg
100 TABLETS **2.98**
300 for 8.48

HERBAL LAXATIVE
100 TABLETS **85¢**
500 for 3.49

B-12 500 MCG.
100 tabs **1.95**
500 for 7.50

ALFALFA TABLETS
100 TABLETS **38¢**
500 for 1.55

DESICCATED LIVER TABLETS
7 1/2 Grain 100 TABLETS **69¢**
1000 for 3.50

COD LIVER OIL CAPS
100 CAPSULES **88¢**
500 for 3.99

"S.O.D." Super Oxide Dismutase 2000 Unit Tablets
50 TABLETS **4.00**
100 TABLETS **6.50**
200 TABLETS **12.50**

HIGH POTENCY VITAMIN B6
50 MG. TABLETS 100 MG. TABLETS
100 for 89¢ 100 for 1.49
500 for 3.98 250 for 3.65

"Natural 12" A dozen Supplements in ONE tablet
Brewer's Yeast, Lecithin, Alfalfa, Kelp, Rose Hips, Whey, Papaya, Apple Pectin, Wheat Germ, Dolomite, Desiccated Liver, Bone Meal.
250 for 1.85
500 for 2.98
1,000 for 5.49

HI-POTENCY STRESS FORMULA
High Potency B Complex & Vit. C
100 TABS **1.95** 250 TABS **3.89**

Papaya Papain Digestant
100 TABLETS **65¢**
500 for \$2.75

VITAMIN E Beauty Oil
14,000 I.U. 1/2 fl. oz. **1.49**

100 MCG SELENIUM TABLETS
100 for **2.25**
500 for \$9.95

INDIVIDUAL B-VITAMIN Tablets

100 mg. VITAMIN B1	100 for \$1.25	500 for \$5.50	1,000 for \$9.85
50 mg. VITAMIN B2	\$1.25	\$5.50	\$9.85
50 mg. NIACIN	85¢	\$3.49	\$5.50
100 mg. NIACINAMIDE	\$1.00	\$3.85	\$6.50
400 mcg. FOLIC ACID	65¢	\$2.85	\$4.95
100 mcg. B12	65¢	\$2.50	\$4.35
300 mcg. BIOTIN	\$1.45	\$6.50	\$10.95
250 mg. CHOLINE	\$1.95	\$6.95	\$12.00
250 mg. INOSITOL	\$3.75	\$16.89	\$29.75
100 mg. PANTO. ACID	\$1.99	\$5.75	\$9.75
100 mg. PABA	\$1.30	\$4.50	\$7.85

BALANCED 50 MG B-COMPLEX HI-POTENCY "LEE-PLEX 50 MG."
In 1 cap daily 50 mg. each of Vit B1, B2, B6, Niacinamide; Pantothenic Acid, Choline, Inositol, 30 mg. Para-Aminobenzoic Acid. 50 mcg. each of B12, d-Biotin, 100 mcg. Folic Acid.
50 Caps **1.79** 100 Caps **2.69** 500 Caps **10.59**

SPECIAL OFFER from Bob Lee B959
400 UNIT VITAMIN E CAPSULES
LIMIT ONE OF ANY SIZE TO A FAMILY
OFFER EXPIRES 4/30/84
MAIL COUPON WITH ORDER

COMPARE ANYWHERE
 100 for 1.59
 500 for 7.89
 1000 for 15.75

SPECIAL OFFER from Bob Lee B959
500 MG. VITAMIN C
with Rose Hips
LIMIT ONE OF ANY SIZE TO A FAMILY
OFFER EXPIRES 4/30/84
MAIL COUPON WITH ORDER

COMPARE ANYWHERE
 100 for 87¢
 500 for 3.99
 1000 for 7.59

NATURAL VITAMIN C Tablets
AT FANTASTICALLY LOW PRICES With Rose Hips

QUANTITY	100 MG	250 MG	500 MG	1,000 MG
100	69¢	95¢	1.39	1.95
500	2.98	4.49	6.59	9.39
1000	5.49	7.99	12.49	17.95

VITAMIN E
MONEY BACK GUARANTEE—HIGHEST QUALITY

SIZE	100 I.U.	200 I.U.	400 I.U.	1,000 I.U.
100	98¢	1.89	2.99	7.89
500	4.85	8.99	14.69	37.98
1000	9.49	17.59	28.49	69.85

ALFALFA TABLETS
100 TABLETS **38¢**
500 for 1.55

DESICCATED LIVER TABLETS
7 1/2 Grain 100 TABLETS **69¢**
1000 for 3.50

COD LIVER OIL CAPS
100 CAPSULES **88¢**
500 for 3.99

PRICES IN THIS AD GOOD TO APRIL 30, 1984

MAIL YOUR ORDER TO:
Lee Nutrition
290 MAIN ST.
CAMBRIDGE, MASS. 02142

MASTER CARD and VISA accepted on orders over \$10.00. Give card number and expiration date. We reserve the right to limit quantities.

QUANTITY	SIZE	NAME OF PRODUCT	TOTAL PRICE

Handling charge (Disregard if order exceeds \$10.00) \$1.00

SATISFACTION GUARANTEED TOTAL AMOUNT

If you check this box and mail your order before April 30, 1984 we will include in your order a **PH BALANCED BEAUTY BAR**

PRINT NAME _____ B959
ADDRESS _____ APT. _____
CITY _____ STATE _____ ZIP _____