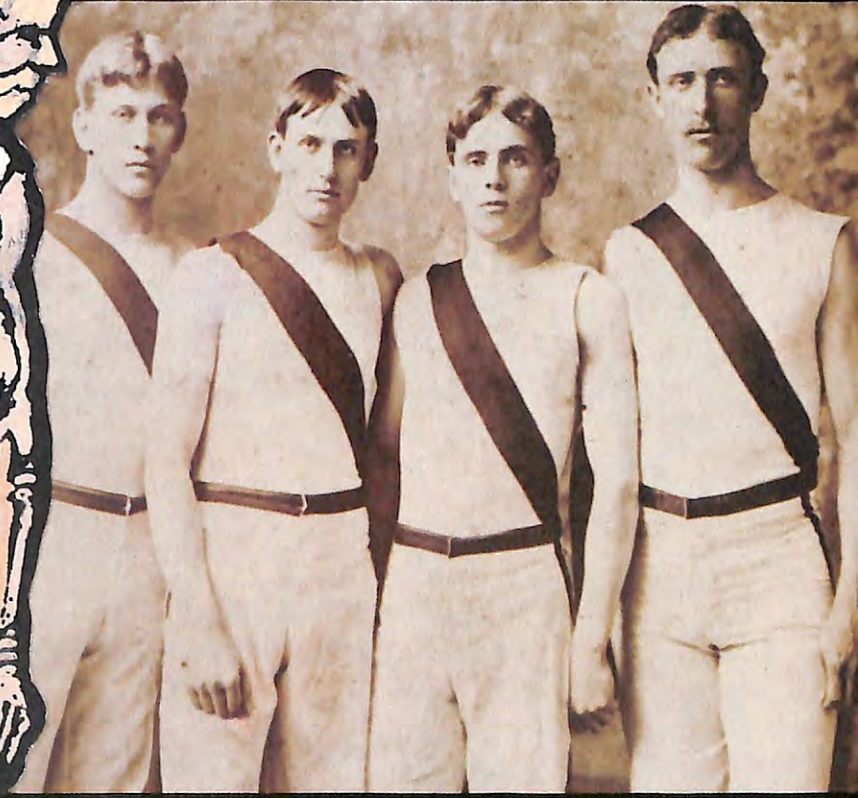
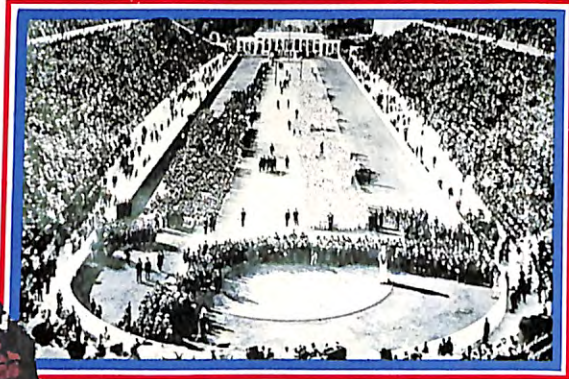


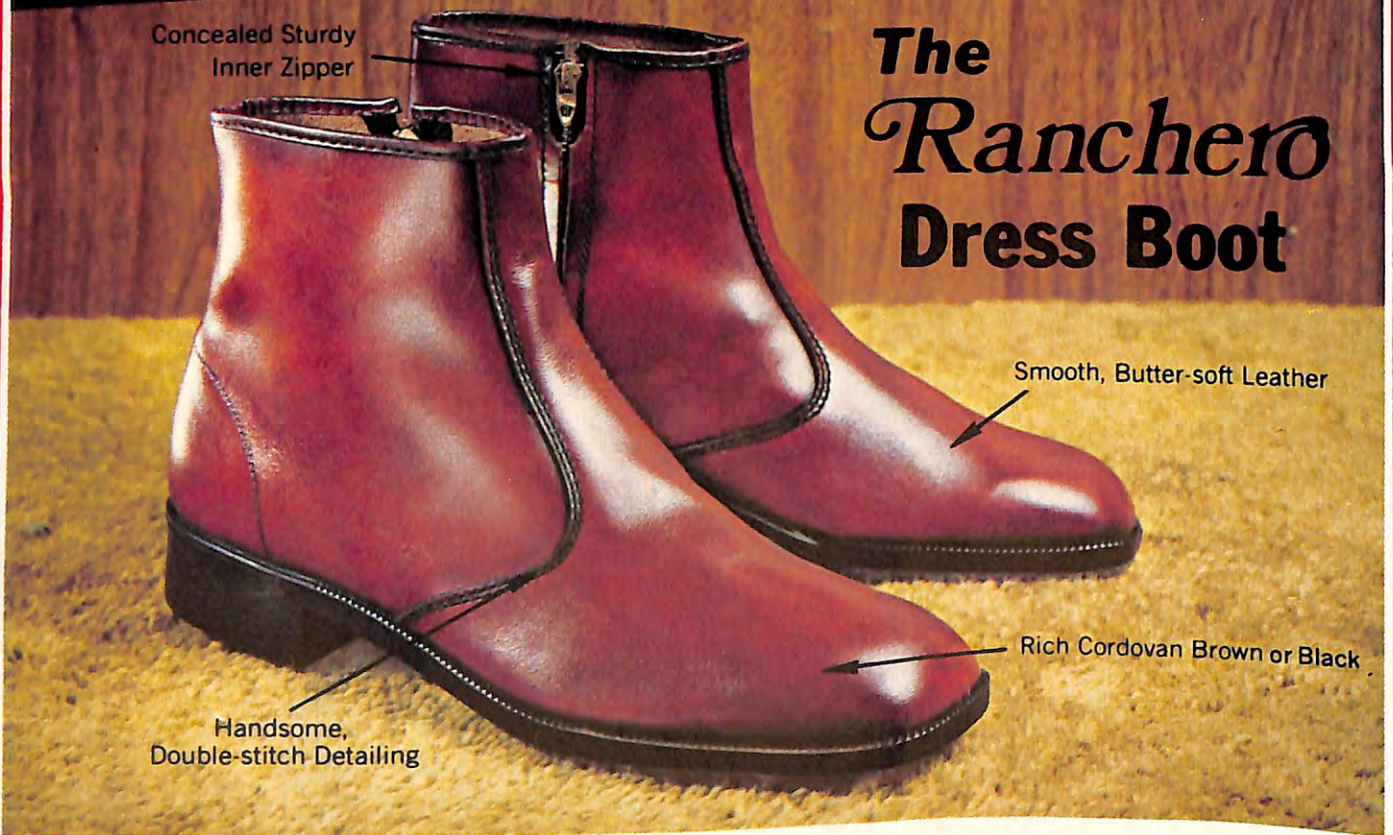
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6 America's Pioneer Olympians

Thirteen Americans, without official backing or recognition, carried the day during the Olympic revival of 1896.

Bob Fulton

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The latest in our "Cornerstone of Elkdom" series.

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A guide of do's and don'ts that could help in court!

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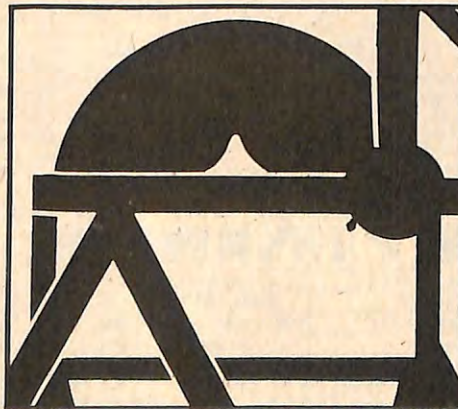
There's help if you are one of the many thousands who are afraid to fly.

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A MESSAGE FROM
THE GRAND EXALTED RULER



Becoming Aware . . .

During the past nine months I have travelled across this great country with a very important message. I have related the story to each and every one who would listen to me. That story has to do with the fact that we, as Americans, must be aware of the menace of the improper and excessive use of legitimate medications and the terribly adverse effects of the use of illicit drugs and narcotics.

Our Order has prepared a forceful program to educate our members and families about the dangers we face. These dangers are real. I have an ever-abiding faith that, when Americans are knowledgeable, they can face and solve any problem before them.

Each and every Lodge has a copy of the new pamphlet entitled "Elks Drug Awareness Education Program Handbook." Please spread the word which is detailed in this book. This is not a witch-hunt; it is a sincere and professional approach to alerting our people.

As readers of this magazine, you should ask your Lodge officers to effectively develop meetings, preferably involving family members, to educate yourselves and those around you. Grand Lodge has led the way, each of you must be interested enough to do your part.

Sincerely and fraternally,

A handwritten signature in cursive script that reads "Kenneth V. Cantoli".

Kenneth V. Cantoli
Grand Exalted Ruler

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LETTERS

• Regarding Mrs. E.M. Fuller's question (March issue) on how the "Big Apple" got its name, my family have been orchardists in upstate New York for generations. Although I don't have a shred of proof to back it up, parents and grandparents in our family have always told the youngsters that each town and city in the state was like an apple on one of our trees and, since New York City is the biggest of them all, it was the "Big Apple."

Mrs. Jean Veerpoudre-Graham
Syracuse, NY

• My version of the "Big Apple" story comes from the early days of show business.

When performers travelled across the nation, each state's major city was referred to as "The Apple" among the troupe. Therefore, "The Apple" of Illinois was Chicago, "The Apple" of Michigan was Detroit and the biggest town of all (in those days) was New York City: "The Big Apple."

A.J. Morucci
Fort Pierce, FL

• In answer to Mrs. Fuller's question, in the 1940's a dance called "The Big Apple" originated in New York City; hence the name.

Leo Kreigh
Denton, MD

(Yes, but was the city named for the dance or vice-versa? See the following letter—Ed.)

• Mrs. E.M. Fuller's question in your March "Letters" column piqued my own curiosity enough for me to contact the Chamber of Commerce; they gave me several other numbers to try and soon I got the following story:

During the days of Prohibition (1920's and early 1930's) musicians would gather together to discuss their "gigs": their future engagements around the country. Most of these were one-night-stands in rural locales, with little chance for publicity and even less potential for earnings. So, when a group or individual was fortunate enough to land a "gig" in a major city, it was referred to as an "apple" because it offered more exposure and generally better pay. A booking in New York City was considered to be the "Big Time" because of its reputation as the hub of the entertainment business. Acts that got these jobs slowly became thought of as having played the "Big Apple." This slang usage eventually

made its way into everyday conversation and New York City became the "Big Apple" to one and all.

Frank N. Baggetta
Herkimer, NY

• This is a follow up to James E. Galen's (Ephrata Lodge 1933) letter published in the February, '84 issue, complimenting *The Elks Magazine* for the fine story, "Inside The Elks National Foundation (Nov., 1983).

I would like to call my story "I found a dollar when I desperately needed a dollar." To explain—I was invited to serve on the E.N.F. committee, sure why not! Before I could get my act together and learn what was required of me, our Lodge Chairman was advanced to the District E.N.F. Committee, promoting me to Lodge Chairman. Now what will I do!?

Coincidentally that's when I found the "Dollar" in the Nov. '83 issue "Inside The Elks National Foundation" story. The wealth of facts and information in that one story helped me generate at least twenty new E.N.F. members in the last two months because I use the story as a text for my presentations with Xerox copies to hand out to the audience along with applications. I can't say enough about the help and confidence that one story gave me to more effectively do my job.

Thanks again for the "Dollar."

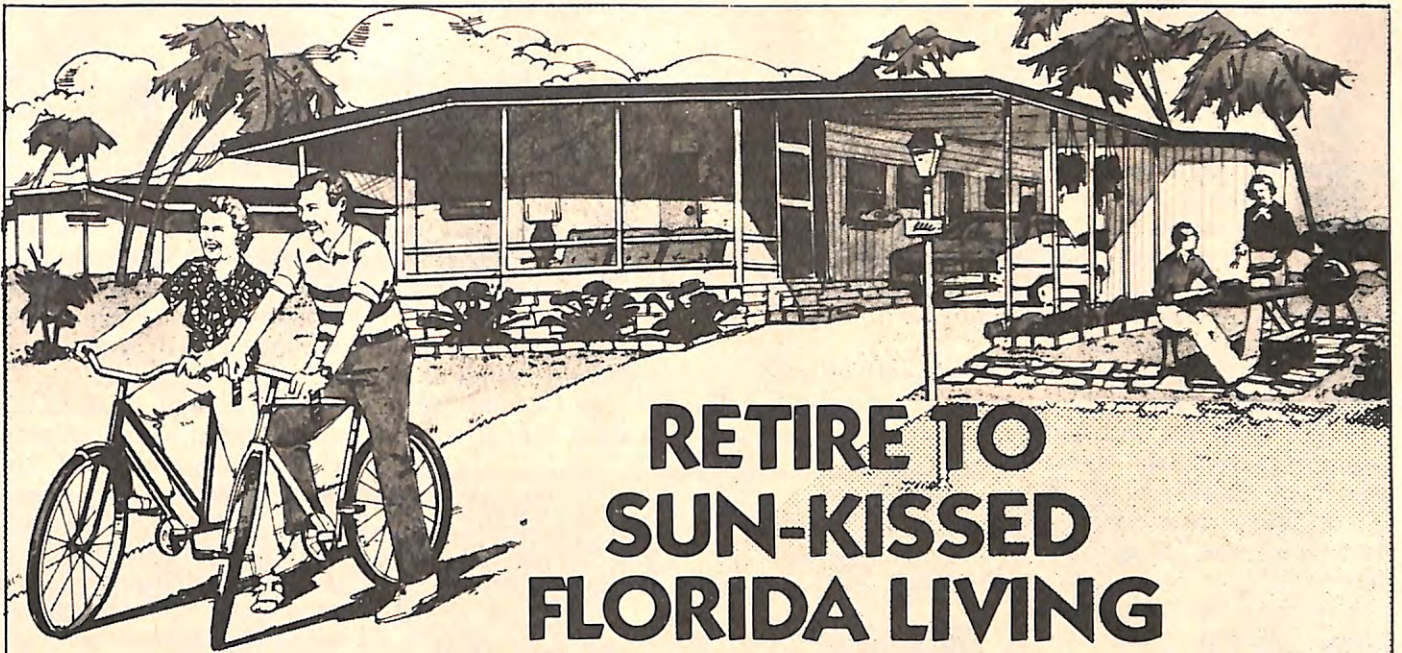
Robert L. Mutzel
E.N.F. Chairman
Ephrata, PA Lodge 1933

• I don't know how much "fan mail" you receive, but my students insist that I let you know how much they have enjoyed the feature articles in *The Elks Magazine*.

The students have used these articles to prepare speeches and other assignments, we teachers use them for our own reading pleasure as well as to prompt current events discussions in class.

The magazine is so popular, in fact, that back-issues have a peculiar habit of "disappearing" from time-to-time. Thanks for providing us with great enrichment material!

Norma Pearce, Chairperson
Department of Special Education
Alamogordo Senior High School
Alamogordo, NM



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James Connolly gazed pensively at the Adriatic Sea as his ship crossed to Greece. He wondered if this madcap Olympic venture he and 12 compatriots had gambled on was doomed from the start.

They certainly appeared an ill-fated lot, this first American Olympic team. A band of 13 pioneers—an unlucky 13, it seemed—they were to compete in Athens at the modern revival of the Olympic Games.

It didn't require clairvoyant abilities to sense they seemed destined for failure.

The Americans had received no support whatsoever from the nation they were to represent, and their venture had been met with indifference from the general public. Even their fellow athletes had evinced disinterest—only one of the Americans was a national champion.

Now they were steaming to Greece under the realization that, due to a misunderstanding, the Games would begin nearly two weeks earlier than anticipated. Following a wearying 16-day journey, they were to arrive in Athens on the eve of opening day.

Connolly was particularly disturbed by the prospect of failure. He had, after all, withdrawn from Harvard just to participate in the Olympics; had, in essence, staked his future on this trip. He could only hope that the disappearance of his wallet during the Atlantic crossing was not an omen of misfortune to come.

During those bleakest hours on the Adriatic, 27-year-old James B. Connolly likely regretted ever hearing the name Pierre de Coubertin. Little did Connolly know that before his stay in Athens was even 24 hours old, he would be acclaimed as the first modern Olympic champion.

Connolly and his teammates marched resolutely forward and dominated the Games, capturing more gold medals than any other nation, a remarkable feat considering the size of their squad.

More than 4,000 Americans will participate in the 1984 Los Angeles Games, a figure that dwarfs the U.S. contingent of 1896. But the differences between the first modern Games and the ones upcoming transcend numbers. For it's doubtful any U.S. Olympic squad confronted the obstacles that first team did.

Their presence in Europe could be traced to de Coubertin, a French baron whose dream was an Olympic renaissance. The Games had flourished for 12 centuries in ancient Greece, but none were held after 394 A.D.,

when the Roman emperor Theodosius suspended them due to the bribery and corruption of the contestants and officials.

De Coubertin's dream of restoring the Olympics to their former grandeur was fueled by the belief that bringing the nations of the world together in friendly athletic competition would promote international understanding. But his vision of a multi-national gathering was rejected so often by influential sports bodies that a man of less perseverance would have resigned himself to failure.

The Olympic idea did not stir interest at all in the United States, where it was regarded as a European creation designed for European athletes. The prestigious New York Athletic Club, which boasted of numerous national track champions, completely ignored the Olympic revival.

Had it not been for some enterprising individuals, the U.S. would not have been represented in Athens at all. Four were Princeton students. They learned of the Olympic plans through a history professor at the school, William Milligan Sloane, who had once met de Coubertin and ardently supported his efforts to stage the Games.

Shot-putter Robert Garrett, the 20-year-old captain of the Princeton team, decided to compete in the Olympics and convinced three schoolmates—sprinter Francis Lane, middle-distance runner Herbert Jamison and pole vaulter Albert Tyler—to accompany him, after agreeing to pay their way.

The Boston Athletic Association, not to be outdone, elected to send five representatives to Greece and pledged financial support. Included in the Boston party

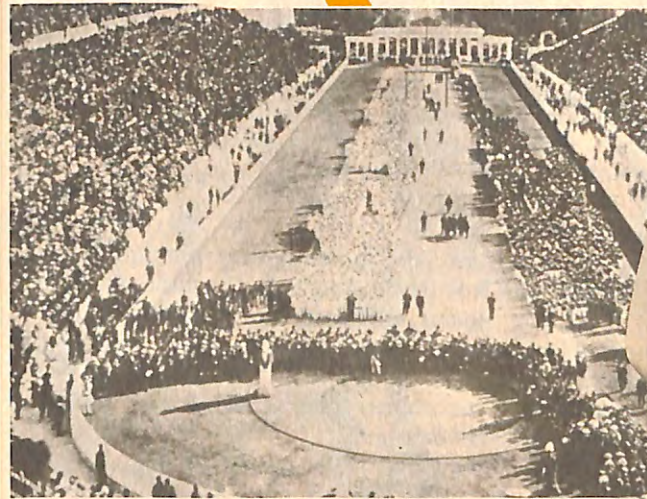
were hurdler Thomas Curtis, 24-year old San Franciscan who had gained renown on the football field, quarter-miler Thomas Burke, jumper Ellery Clark, pole vaulter William Welles Hoyt and distance runner Arthur Blake. John B. Graham, a coach at the BAA club, accompanied the Olympic squad as its coach and manager.

Connolly heard of the plans and was immediately intrigued by the notion of competing abroad. The South Boston native had already established himself as the national hop, step and jump (now triple jump) champion. He requested a leave of absence from Harvard, but was denied. Undeterred, Connolly quit school and paid his way to Athens. He never returned to Harvard and,



America's Pioneer Olympians

by Bob Fulton



Above, left, an actual photo of the opening ceremonies of the 1896 Olympic revival game.

Photo courtesy of the U.S. Olympic Committee.

Right, left to right, four Princeton men helped form the nucleus of our first Olympic team: Albert C. Tyler (silver medal, pole vault), Francis A. Lane, Herbert B. Jamison (silver medal, 400 meter track), and Robert Garrett (gold medal, discus and shot put, silver medal, long jump and high jump). Opposite page: Robert Garrett prepares to throw the discus.

Photos courtesy of Princeton University.



years later, when offered an honorary degree from the school, refused it. The lack of a degree didn't prevent him from becoming a successful journalist, war correspondent and author of 25 novels.

The remainder of the U.S. team consisted of swimmer Gardner Williams and two revolver experts, brothers John and Sumner Paine, both Army captains.

It was a mere pickup squad, to be sure. No trials had been held to determine the most worthy representatives since no United States Olympic organization existed. The general lack of interest in the Games meant that most of America's best athletes opted to stay home. Of the 13 U.S. representatives, only Connolly was a national champion in his event.

This unheralded group of athletes sailed from New York March 20 aboard the tramp steamer "Fulda," a move necessitated by the lack of financial backing. The athletes grimly endured 12 days on a ship not equipped to carry passengers.

Since the Americans had no room to exercise in the cramped quarters of

the "Fulda," they were counting heavily on working out in Athens prior to the opening of the Games. But when the ship docked in Naples, Italy on April 1, they discovered to their horror that the Games were scheduled to begin April 6, not the 18th as they had supposed.

(Continued on next page)

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
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
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
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
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

1st Olympians

(Continued from previous page)

They were unaware that the Greek calendar differed from their own version. Time was running out.

After crossing Italy by train, the Americans sailed across the Adriatic to the Greek port of Patras. Following a 10-hour train trip the squad arrived in Athens with one day to spare, weak and out of shape from their globe-trotting ordeal.

Their problems were far from over. The team's reception in Athens, though hospitable, was hardly ideal preparation for the next day's athletic events. Curtis recalled vividly that:

"We were met with a procession, with bands blaring before and behind, and were marched on foot for what seemed miles to the Hotel de Ville. Here speech after speech was made in Greek, presumably very flattering to us, but of course entirely unintelligible. We were given large bumpers of the white-resin wine of Greece and told by our advisors that it would be a gross breach of etiquette if we did not drain these off in response to the various toasts. As soon as this ceremony was over, we were again placed at the head of the procession and marched to our hotel. I could not help feeling that so much marching, combined with several noggins of resinous wine, would tell on us in the contests the following day."

Connolly was apparently oblivious to the aftereffects of the ceremonial welcome. He won the opening event of the Games, the triple jump, with a 44-foot, 11-and-three-quarters-inch effort to become the first Olympic champion in more than 1,500 years.

Connolly had come to Athens a virtual unknown. When the triple jump was announced, the entrants stepped to the starting line; Connolly more or less tagged along. When asked who he was, he pushed out his chest and proclaimed, "Connolly of the United States."

Entering an Olympic event in 1896 was that easy. An Oxford student named John P. Boland, for instance, had traveled from England to Athens as a spectator. He entered the tennis competition as a lark and wound up with two gold medals.

Connolly received more than a gold medal for his victory in the triple

jump. The New York Herald correspondent covering the Games observed that a principal link between the new champion and those of antiquity was a simple garland of olive leaves.

"The olive crown that was awarded the victor," he noted, "was made from a material furnished from the same grove from which were taken the leaves and sprigs that formed the crowns of victory more than 15 centuries ago."

Somehow, a mere olive branch, with the help of Connolly and de Coubertin, had bridged a 1,500-year gap.

Despite Connolly's historic triumph, the opening-day highlight was Robert Garrett's performance in the discus. He defeated the Greek champion, Panagiottis Paraskevopoulos, who had seemed so invincible that his countrymen dubbed him a "discus demigod."

Garrett had never even seen a genuine discus before his arrival in Athens. At Princeton he had practiced with a crude imitation discus provided by a friend, but was discouraged by his inability to master the event. He was relieved to discover that a real discus was lighter and much easier to handle.

Garrett and Paraskevopolous battled down to the final toss. The Greek champion sailed the discus 95 feet on his last attempt, bettering Garrett's top throw. The onus was now on the Princeton student.

Before a crowd of 80,000—"a gathering of truly Homeric proportions," trumpeted the Chicago Tribune—Garrett spun the discus seven and one-half inches beyond Paraskevopolous' best toss to snatch the gold medal from his adversary with "a cast considered something phenomenal."

The Greeks were forced to swallow more of their pride on the second day when another of their champions was dethroned. Again, Garrett was the culprit. His heave of 36 feet, nine and three-quarters inches in the shot put surpassed Miltiades Gouskos' longest effort by three inches.

Despite conquering the local favorites, Garrett was applauded warmly

(Continued on page 35)



"Damn it, Mildred, I changed my mind!"

PRIDE



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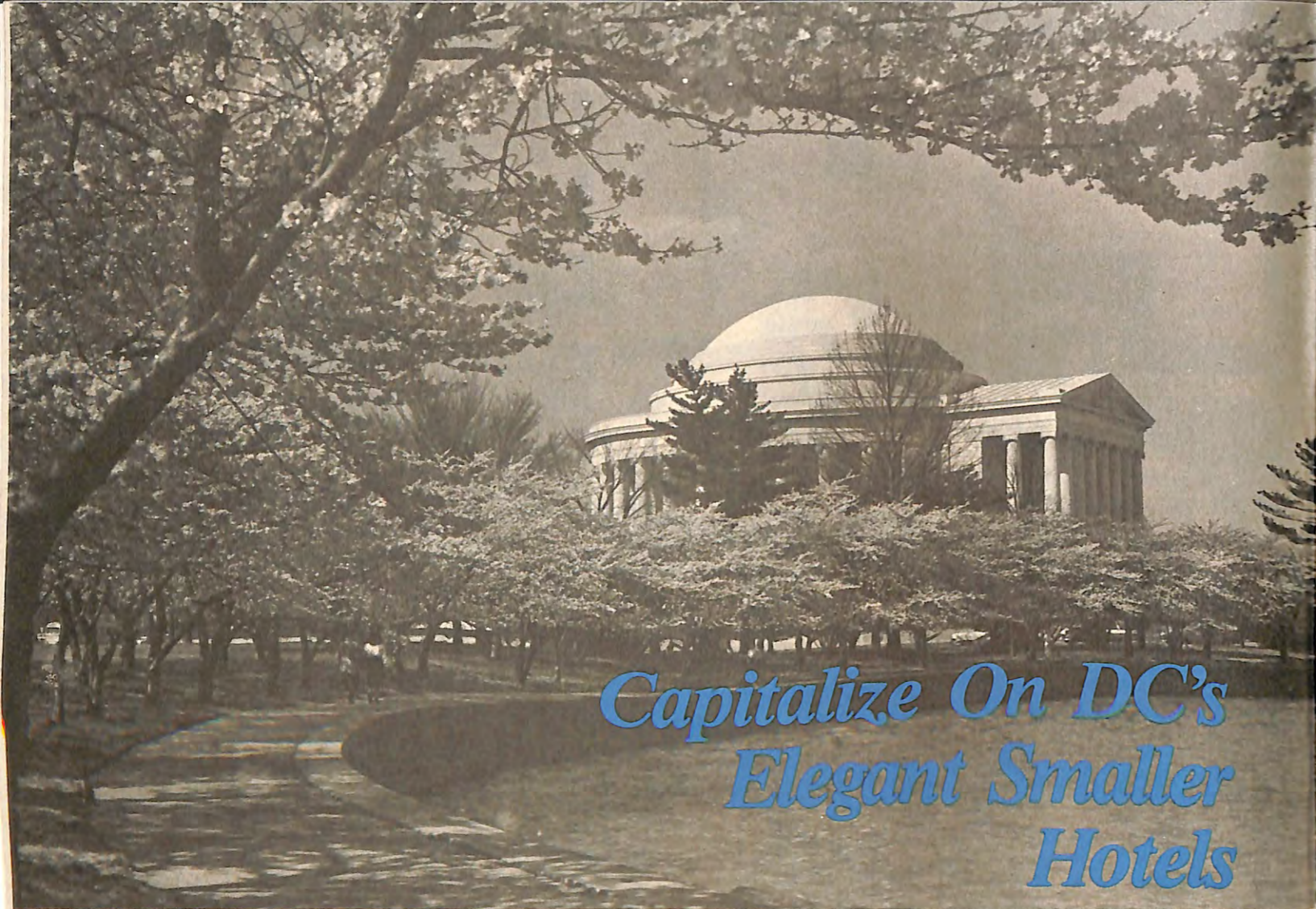
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Capitalize On DC's Elegant Smaller Hotels

Cherry blossoms frame the Jefferson Memorial and Tidal Basin. Elegant hostelrys match the majestic beauty of nature and the monumental architecture of our nation's capital.

by Jerry Hulse

With the exception of London perhaps, I know of no other city in the world blessed with more elegant small hotels than our nation's capital. Not San Francisco, not New York. No, not even Paris.

I have a particular fondness for Washington's charming Jefferson, this due to a subdued refinement that permeates every corner of this little gem that rises only a short stroll from the White House. Name another hotel where the butler polishes your shoes and your laundry is hand-ironed and returned to your room in a wicker basket, this along with fresh flowers and newspapers. And where, when the maid turns down the bed at night, she leaves behind a mint, a miniature of Cognac, a tin of cookies or even a white-chocolate mousse.

Without question, the Jefferson is rated one of the most civilized hotels

on earth, an anachronism caught up in a world of banal computerization that leaves the guest wondering whether he or she is a name or merely a number.

It is not by accident that the Jefferson is compared with London's luxurious Connaught, for that's exactly the idea Edward Bennett Williams, the Washington attorney, had in mind when he bought the Jefferson six years ago. After acquiring the hotel he gave free rein to Rose Narva, who set about discarding furniture, gathering antiques (four-poster beds, grandfather clocks) and setting a style that's a flashback to a period when the idea of personalized service was still considered an honorable endeavor by the staffs of the world's great hotels. If the little 100-room Jefferson has acquired the dignity of London's Connaught, it is thanks to

the determination of Narva, a manager who walks and dresses with the grace of a model and who has left now to join the Hay-Adams Hotel a few blocks away.

Narva also worked her magic on Washington's marvelous little Sheraton-Carlton, transforming that hotel into a local attraction. After that she was spirited away to the Jefferson. Her success there, as at the Carlton, was based on impeccable taste and personalized service. It's as simple as that, a formula that's attracted familiar figures throughout the world. Narva courted presidents and cabinet officers, crowned heads and corporate captains. Caspar Weinberger set up housekeeping briefly at the Jefferson after President Reagan took office. Other Cabinet members spent several days or weeks before moving on to permanent quarters.

The Jefferson is coveted by authors, publishers and film stars. This was H. L. Mencken's favorite Washington hotel; one wall of the suite he occupied is lined with the books he cherished. There are those who insist that the Jefferson is Washington's friendliest small hotel. Upon arrival, guests are greeted by name; the concierge calls out, "Welcome home," and it doesn't matter a whit that this is a guest's first visit. The concierge isn't swayed by argument. "From now on," he announces, "this is your home." No two rooms at the Jefferson are alike, no



The efficiency and service at the Madison are legendary among frequent Washington visitors.

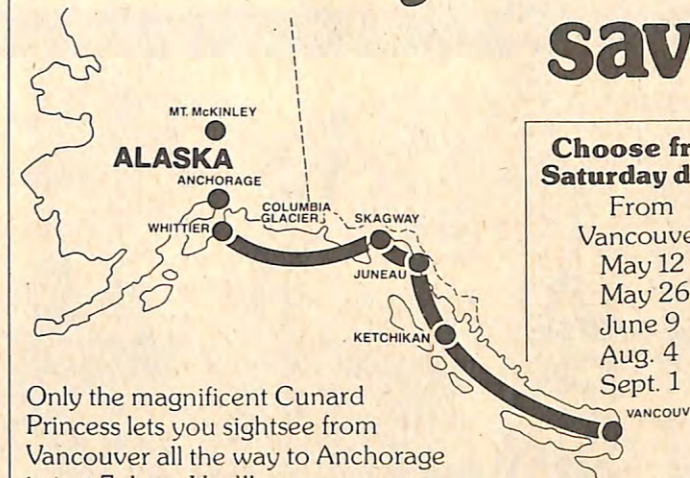
demand is too great. The houseman routinely is sent scurrying across town at midnight for snacks and even bouquets of flowers.

Barely a block away, high marks also go to the Madison (two hotels, actually: the little 43-room Dolley Madison and the 384-room Madison). The efficiency and service at the Madison are legendary among Washington visitors. Indeed, one scribe went so far as to describe it as *the* most efficient hotel of the group she surveyed. With its total room count numbering 427, though, it turns out a trifle too big for our *little hotels* category, even though it rates high on service, with welcome gifts, sewing kits and shoe polishers, heated towel racks, bathroom scales and refrigerators and bars stocked with drinks, both soft and otherwise.

Similar service is a blessing at the little 200-room Fairfax Hotel on Massachusetts Avenue that business-

(Continued on page 23)

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NEWS OF THE LODGES



San Juan, PR.

SAN JUAN, PR, Elks and Boy Scout officials, in honor of Boy Scouts who have died, placed a wreath at the base of the Statue of Liberty replica in the city. This replica was constructed by San Juan Lodge and donated to the Boy Scouts in 1953. It is believed to be the only replica of the Statue of Liberty in existence in the nation.

Pictured from left are PER Luis Rodriguez; Brother Salvador Caro, past president, BSA; then-ER Octavio Wys; Brother Charles Carr, Boy Scout Council executive; Francisco Bueso, past president, BSA; lodge Youth Activities Committee Chm. Cesar Quinones; and a flag bearer.

UNION, NJ. Then-ER James Marangi, Sr. (right) of Union Lodge welcomes new member Tom Blume following his initia-



Union, NJ.

tion into the lodge. Brother Blume, the first blind person to join the lodge, took part in the ceremonies along with his seeing-eye dog Bel. At left is Brother Herb Ohrban, who sponsored Tom for membership.

VINELAND, NJ, Lodge held a farewell party for Brother Don Money, a former All-Star third baseman with the Milwaukee Brewers. Brother Money signed a two-year contract to play baseball in Japan beginning in March, 1984.

The lodge provided Don with some going-away presents, including a new jacket and cap. Pictured from left are Shannon Money, Don Money, Don Money, Jr., lodge Secy. Jim Marcacci, ER Howard Milanese, and Don's wife Sharon.



Vineland, NJ.

CHANUTE, KS, Lodge joined with local churches, businesses, and other community organizations to sponsor a "soup line" that raised approximately \$14,000 to help poor persons in the community pay their utility bills.

Some 4,000 persons paid \$2.50 each for a meal consisting of vegetable soup (prepared by the Elks, VFW, and American Legion), chili (prepared by the churches) and pie (donated by lady church members and the general public).

BELFLOWER, CA, Lodge won the Sweepstakes Prize for the float which it entered in the Annual Bellflower Liberty Day Parade. The 1984 Olympics was the theme for the float, which was constructed and decorated by several lodge members and their ladies.

Riding the float were Chinh Nghiem of Bellflower, a 1983 National "Hoop Shoot" Champion, and PER Miguel Colorado.

Bellflower, CA.



NORTHGLENN, CO. One of the rarest awards given by the Boy Scouts of America was presented to Wayne Read, 15, in a ceremony at Northglenn, CO, Lodge. The lodge sponsors Scout Troop 524, of which Wayne is a member.

Wayne received the Honor Medal for Lifesaving. Only 29 such awards were approved in the United States in 1983.

The youth was honored for his role in rescuing Albert Ward, who was trapped in his pickup truck after it skidded off a road and was upside down in a creek near Golden, CO, last August 22.

Wayne and his uncle, William Read, supported themselves against the current with a fishing pole case and freed the truck's unconscious driver.

While still in the water, Wayne applied direct pressure to control bleeding from a serious gash on Ward's head. After getting the victim to shore, the youth applied mouth-to-mouth resuscitation and treated the victim for shock until two passing nurses came to his aid.

Ward was admitted to the intensive care unit of a nearby hospital, where he was treated for multiple injuries.

Commenting on the accident, Colorado State Patrol Officer Donald Smith said Ward "probably would not have survived the accident if not for the efforts of Wayne and his uncle."

ROCHESTER, NY, Lodge has made a gift of \$3,000 to the United Cerebral Palsy Association of Rochester for a new therapeutic equipment workshop.

The equipment workshop is associated with the agency's physical therapy program. The UCPA staff—according to Peg Kintz, Director of Clinical Services—will be able to modify, or even invent, adaptive equipment for handicapped persons through the workshop.

The Rochester Elks have supported the UCPA in many ways over the years. (Continued on page 20)

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IT'S YOUR BUSINESS

by John C. Behrens

REWORKING THE WORK ETHIC

Are we discouraging rather than encouraging them to enter the workforce today?

Should we redefine "work" to distinguish those who actually labor at tasks and handle duties from those who acquire titles and jobs?

If the questions sound strange, some interesting surveys and discussions at professional meetings among concerned speakers have produced intriguing revelations. For example, a recent University of Texas master's thesis which was guided by original research prepared by two Department of General Business professors found that of 1,495 advanced degree graduates in business and accounting so-called workaholics generally received less compensation but more promotions than non-workaholics.

The study showed that workaholics (defined as those who work more than 50 hours a week) view promotion, rather than money, as a reward for their effort, said the *Daily Texan* in describing the survey.

The supervising professor was as surprised as I am about the finding: that those who worked the least got more money.

Meanwhile, at a convention of psychologists last year, several interesting propositions surfaced that rarely get media exposure. Psychologists heard that people forced into jobs for which they are over-qualified may suffer greater despair than those with no jobs at all. They also discovered that the plight of the under-employed simply isn't addressed in government disclosures or reports.

"Over the next decades, under-employment is going to be a problem that could threaten the very fabric of our society. About one-fifth of all workers who have completed college are in sub-professional positions—sales, clerical or even blue collar," says H.G. Kaufman, director of the Research Program in Science, Technology and Human Resources at the Polytechnic Institute. "The unemployment rate is the tip of the iceberg."

Professionals appear to be affected

the most when they lose their jobs or experience job-related setbacks, he said.

A group of Michigan researchers who surveyed 1,202 teaching graduates found only half of the number had the jobs they wanted when they graduated. "There was a prevalent feeling among the people in the study that their skills aren't being tapped," reported Charlene Depner. Career problems appear to have the most detrimental effect on heads of households who are 30 to 40 years-old, highly educated, non-religious and are from disadvantaged homes.

Some of the problems may be traced to the regularly disseminated government projections which attempt to estimate future occupational needs. For example, the U.S. Bureau of Labor Statistics told us in 1971 that by 1980 there would be a need for 650,000 engineers. Actually, there was a need for only 534,000 as the 1980s began which meant that one in five of those who sought such training for the field could have been looking for positions that didn't exist.

Certainly some of the problems can be found in education; from elementary schools to colleges. While there is ample material available for counselors, youngsters and parents on the pros and cons about Johnny or Suzie's future, we seem committed to a haphazard tradition that links freedom of choice with everyone's right to fail. Even in the face of overwhelming odds such as grades, professional observations and lack of skills, some elitist parents deceive themselves about their offsprings' abilities or desires. And some students deceive themselves as well.

Given the increasing numbers of college students changing majors, transferring from school to school and the demand for more and more counseling, those in higher education remain confused about how to cope with the dilemma.

Yet there is a bigger problem, I believe.

Redefining work to youngsters who have only a casual acquaintance with it.

That's right, giving a much-abused word more value.

"work. 1. effort exerted to do or make something; labor; toil," my dictionary explains.

Most people like the second definition better, however.

"work. 2. employment; occupation."

For reasons that mystify me, the second definition guarantees or strongly implies a regular paycheck without the need for parts of the first description.

Somehow, somewhere, some way, we have permitted the labor-saving devices like calculators, self-spelling computers, memory typewriters, television, the constant pursuit of happiness and a doting attitude that, "our-children-will-never-have-to-face-the-ordeals-I-faced-syndrome" to diminish the definition and application of "work."

As a parent, I know how tough it is to hold the line on Webster's definition, part one. As a teacher, I find it disheartening at times because standards, in some instances, have been erased, not just eroded. As a business journalist who works with proprietors and employees, the problems are much the same.

"When I graduated in the 1950's with a degree in my field, no one promised me a job. I had to find other work and it took me several years until I could get a job where I could use what I was trained to do," says a marketing executive today. He can't understand why a person wouldn't want to go to work at most any

job to earn a living. "I didn't waste my first years either. In fact, I became a pretty good insurance salesman."

"I had to put off a career when I graduated because of the service. I was drafted right off the campus. I had to start over when I returned because others had two years' seniority over me in a competitive field but I have no regrets," said a reporter friend of mine. "I learned to work harder and I worked several jobs to do it."

Such attitudes are necessary and they need to be encouraged today. Work, in other words, shouldn't be an ugly word... it should take on a new meaning.

Said Gov. Pierre du Pont IV of Delaware, who has made an extensive study of unemployment in America, in a recent *USA TODAY* interview:

"We've spent over \$150 billion just for unemployment benefits since 1969. So it runs to the hundreds of billions in direct costs—unemployment benefits, welfare payments, food stamps. It is not only an economic drag on our country, but it is a terrible personal problem for millions of Americans. Few people in this country have really focused on the fact that a lot of that unemployment is not recession-related; it's skill-related. Robots are taking over from human welders in automobile assembly plants. We're going to need more computer programmers and fewer stock clerks on the floors of our

factories. We're probably giving high school diplomas to about 600,000 kids all across America every June who are going to become unemployed and unable to get a job. What a miserable way to start life, 13 years of being told about the great American dream and you get a diploma one day and three months later your first welfare check. That's just a terrible waste of people's lives." ■

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All I ever wanted was something I could do in my spare time with my hands, make a little money and enjoy myself and not have to buy \$3000 worth of tools or merchandise to do it.

Believe It Or Not

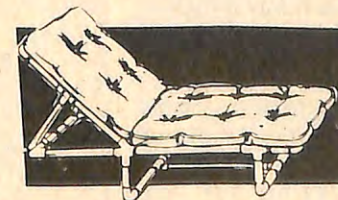
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Do you need my shop drawings?

No, you don't need my shop drawings unless you want to save hundreds of hours of trial and error work and thousands of dollars that I had to spend before I finally

found the right design and measurements and tricks to the manufacturing of P.V.C. pipe furniture. I only wish that when I started, I could have bought these shop drawings and I would have gladly paid \$100 for just one of them.

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YOU & RETIREMENT

by Grace W. Weinstein

GOING BACK TO SCHOOL

Now that you're retired, or thinking about retiring, would you like to go back to school? If you do, you'll be among the growing ranks of adult learners swelling enrollment in institutions of higher education all over the country.

But, perhaps you'd like to go back to school and are wondering how to pay for it. If so, you should know that adult students, as long as they attend school at least half-time, are eligible for all the grants and loans open to younger students. There are also a number of special aid programs geared specifically to older adults.

Here are some of the opportunities available to you, as an adult learner:

- If you're still employed, don't overlook fringe benefits, either yours or your spouse's, that may pay for further education or training. Employers have more than \$10 billion available in educational funds each year, according to the College Board, but only a small fraction of this money is ever used. Ask your company benefits office whether you are eligible for tuition reimbursement, an educational loan, or a scholarship. You may be pleasantly surprised.

- If you are seeking a degree you can get a head start, saving both time and money, by applying for credit for prior learning, both formal and informal. Formal courses of study—as, for instance, in the armed forces—may be recognized by many institutions. Informal learning—the kind you've done on your own, through reading, or the kind you've done on the job or just by living—is also recognized. "Life experience" may be documented through a presentation to academic advisers, so that a longtime bookkeeper might get credit toward a degree in accounting, while a nursing home volunteer might amass credits toward a degree in gerontology or social work. Each school that accepts such life experience—not all do—decides how much educational credit to give.

In a more structured vein, the College-Level Examination Program (CLEP) is a national program of credit-by-examination that lets you earn college credit for academic learning outside the class-

room. The tests, in general areas such as humanities and in specific subjects such as Western civilization, are given periodically at testing centers around the country. Up to two years of college credit can be earned through the CLEP program, at over 1,800 institutions in the United States. The CLEP program can also be combined with other short-cuts (see the next item) to save still more time and money.

- External degree programs allow you to earn a degree by combining independent study, credit for prior formal learning, and credit for lifetime learning via CLEP examinations. The best known external degree programs are Empire State College in New York and Thomas Edison College in New Jersey; both are open to residents of any state. In addition, a number of colleges offer "nontraditional" programs. They vary from institution to institution, but most offer flexible time schedules. Some structure an entire program around weekend study.

Is all this worthwhile? You bet it is. A 54-year-old Connecticut man, for example, dropped out of high school to enlist in World War II. Thirty-five years later he took, and passed, a high school equivalency examination and signed up to "take a few courses" at a local community college. There he heard about CLEP and about the external degree program. Within eighteen months, via a combination of night courses and examinations based on life experience, he earned a Bachelor of Arts degree. Total cost: \$598.

- If you'd rather attend classes for the stimulation of interacting with others, but if the cost of education is an obstacle, be sure to apply for financial assistance; the procedure is exactly the same for you as for students of any age. The two basic types of Federal aid are Pell Grants, which do not have to be repaid, and Guaranteed Student Loans (GSL), which do. Both have income requirements, but in the case of the GSL other financial circumstances (such as high medical bills, or the need to support an aged parent) can raise the limits. So be sure to apply, especially for the Pell

Grant, because the application itself, even if it is rejected, may make you eligible for other grants and loans. State governments and individual colleges also offer their own grants, scholarships, and loans. The overall rule: apply early.

If you're not interested in a degree, but do want to take some courses, don't overlook these possibilities:

- Some two-thirds of the colleges around the country, says Sandra Timmerman, Head of the American Association of Retired Person's Institute of Lifetime Learning, offer free or reduced-cost programs for older persons. The age minimum varies, but if you're over 60 it certainly pays to ask...especially since not all colleges advertise such programs.

- Many institutions, particularly community colleges, hand-tailor continuing education programs for older people. While you can take any course offered to younger students—and many retirees relish the stimulation of mixing with young adults—you may also prefer to learn with your contemporaries, in a less pressured, less grade-oriented environment.

"Is this all worthwhile? You bet it is!"

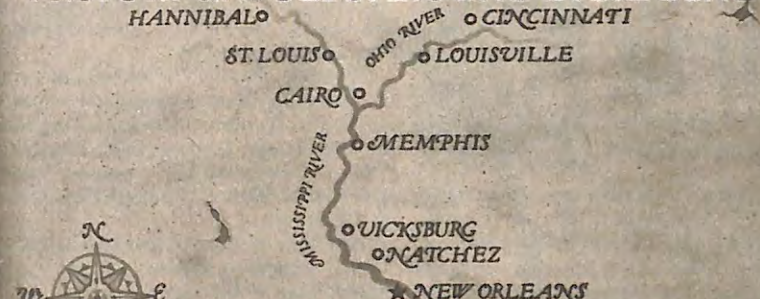
- Many worthwhile courses of study, from foreign languages to folk dancing, are available through the adult education programs of your local schools or community centers. Senior centers, too, may have group study sessions built around books, around television courses, or around the Lifetime Learning Minicourses made available by the Institute of Lifetime Learning. These Minicourses consist of an essay (on subjects ranging from mythology to computer science) plus a list of supplemental reading and questions for discussion. The study booklets, designed for group discussion, may also be used alone in a program of self-study. Information on minicourses is available from the Institute of Lifetime Learning, AARP, 1909 K Street, N.W., Washington, DC 20049. Also available, free and at the same address, a leaflet called "Learning Opportunities for Older Persons."

For additional information:

- *Paying For Your Education: A Guide For Adult Learners*, a College Board book, is available for \$7.95 either at bookstores or by sending this amount to College Board Publications, Dept. E81, Box 886, New York, NY 10101.

- And my new book, *The Lifetime Book of Money Management*, which covers personal financial planning throughout life, contains a detailed chapter on financing education. It's available for \$19.50 in bookstores or by sending \$21 to New American Library, P.O. Box 999, Bergenfield, NJ 07621.

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E-82

Candidates for Grand Lodge Office 1984-1985

Worcester, MA Lodge Presents Alfred J. Mattei for Grand Esteemed Leading Knight



Whereas: Brother Alfred J. Mattei has been a member of the Worcester, Massachusetts, Lodge No. 243, Benevolent and Protective Order of Elks since being initiated in 1949, and has served his lodge in all areas of leadership including that of Exalted Ruler; and

Whereas: Brother Mattei has served his district on various District Committees and the State Association as its Secretary in 1962 continuously until 1971, and also served as the President of the Massachusetts Elks Association in the year 1974-75; and

Whereas: Brother Mattei has served the Massachusetts Elks Association in the capacity as President of the Massachusetts Elks Scholarship Fund, the State's major project, continuously since 1974, and has also served as Chairman of the Charity Awards Committee since 1974, which is the distribution of charities within the Commonwealth; and

Whereas: Brother Mattei has served the Grand Lodge as District Deputy Grand Exalted Ruler for the year 1962-63. Brother Mattei was further honored by the Grand Lodge in an appointment to the Grand Forum in 1973, and later served on the Judiciary Committee, and followed this with an appointment to the Committee on State Associations. He was elected to a four year term as a member of the Board of Grand Trustees in 1978. In the capacity as a member of the Board of Grand Trustees he served the Board as Building Application Member, Pension Member, Approving Member and its Vice Chairman; and

Whereas: In each of the responsibilities of office on the local, state and Grand Lodge level, Brother Mattei has demonstrated the high degree of competence and faithful dedication to the principals of our great Order.

Now therefore, be it resolved that Worcester, Massachusetts Lodge No. 243 of the Benevolent and Protective Order of Elks is honored and privileged to present its most distinguished Brother, Alfred J. Mattei, for the office of Grand Esteemed Leading Knight.

Marvin C. Fuller, Exalted Ruler
Harold Johnson, Jr., Secretary

Yankton, SD Lodge Presents L. J. "Bud" Gregory for Grand Esteemed Lecturing Knight



Whereas: Brother L. J. Gregory was initiated into the Yankton Elks Lodge on December 6, 1928 and has served this lodge in a variety of capacities thereafter including becoming Exalted Ruler in 1953-54, serving

on numerous Lodge Committees including Trustee, and becoming the first honorary life member of the Yankton Elks Lodge on October 15, 1969; and

Whereas: Brother Gregory has served his District and State Association in its offices and on many committees including President of the South Dakota Elks Association in 1956-57, including being named State Elk of the Year of the South Dakota Elks Association in 1979; and

Whereas: Brother Gregory has served the Grand Lodge as District Deputy Grand Exalted Ruler in the year 1963-64 including being a member of the Grand Lodge Credentials Committee in 1973-74; and

Whereas: this record of service to the Yankton Lodge, the South Dakota Elks Association, and the Grand Lodge has demonstrated an exemplary record of service to the Benevolent and Protective Order of Elks and its principles;

Now, therefore, be it resolved that Yankton, South Dakota, Elks Lodge No. 994 is honored and proud to endorse and support L. J. "Bud" Gregory for the candidacy of the Office of Grand Esteemed Lecturing Knight of the Benevolent and Protective Order of Elks of the United States of America.

William E. Nelson, Exalted Ruler
Russell V. Jurgensen, Secretary

Sacramento, CA Lodge Presents Yubi G. Separovich for Grand Esteemed Loyal Knight



Whereas: Brother Yubi G. Separovich has been a member of Sacramento, California Lodge No. 6 since his initiation in 1941 and has served actively, with honor and distinction, for 43 years at the lodge, district, state and Grand Lodge level. He was granted Honorary Life Membership for his leadership and service in 1974. Served as Exalted Ruler 1959-60. Was District Deputy Grand Exalted Ruler in 1968-69. Served as President of California-Hawaii Elks Association in 1972-73. Was a member of the Grand Lodge New Lodge Committee for three years. Was a member of the Grand Lodge Americanism Committee for three years. Was the charter chairman of the Grand Lodge Government Relations Committee for four years and is presently serving as a member of Grand Lodge Government Relations Committee and his State Association as Vice Chairman of the Advisory Committee; and

Whereas: His community and humanitarian services are many. Served as President of the Fort Sutter Lions Club—the Lincoln Club of Sacramento Valley—Camillia Festival Association—Sacramento Council of Lions Clubs—Young Men's Institute—Sacramento Area Commerce and Trade Organization—Charter President of Sacramento's Christian Brothers School Board of Regents—Past President of North Ridge Country Club—Director of Sacramento Crime Alert—Director of Sacramento "Thumbs Up" program—Mem-

ber of the Sacramento Sutter Club and Del Paso Country Club; and

Whereas: He was held high esteemed in his banking profession, holding office as President of Atlas Thrift Company, an independent Industrial Banking Institution. Presently he is the Chairman of the Conference of Private Organizations of California—a group composed of over one million members belonging to service and social clubs, private and country clubs and fraternal organizations. He saved organized baseball for Sacramento and for a number of years was General Manager of the Sacramento Solons in the Triple A Pacific Coast League. He served for several years as Vice President of the Pacific Coast Baseball League; and

Whereas: Currently he has been deeply concerned and involved with the Constitutional Rights of members belonging to private organizations. He has traveled to several states during the past six years speaking before service clubs and fraternal organizations on "The Constitutional Rights of Private Organizations." Has served as an Executive Director for the "Elks Rose Parade Float."

Now, therefore, be it resolved that Sacramento, California, Lodge No. 6 is honored and privileged to present to the Grand Lodge Convention in Houston in July the name of Yubi G. Separovich as a candidate for election to the Office of Grand Esteemed Loyal Knight of the Benevolent and Protective Order of Elks of the United States of America.

Elmer A. Schulz, Exalted Ruler
Jerry van de Erve, Secretary

Manistee, MI Lodge Presents Lewis L. Nurnberger for Grand Tiler



Whereas: Lewis L. Nurnberger has been a member of the Manistee Lodge No. 250 of the Benevolent and Protective Order of Elks for 48 years and has been an active working member of great value to Manistee Lodge No. 250, the Michigan Elks Association and the Grand Lodge as well as, contributing invaluable service to his community; and

Whereas: Brother Nurnberger served as Manistee Lodge No. 250 as a member or chairman of many committees and as a member of the Drill Team, Esquire, and chair offices 1936-51. He served as Exalted Ruler 1951-52. He was a member of the Board of Trustees for a 3 year period and was Chairman of this Board 1954-55; and

Whereas: Brother Nurnberger has served well the Michigan Elks Association for many years on State Ritualistic Committee, New Lodge Committee, Tour Committee, Scholarship Committee, National Service Committee, Government Relations Committee and presently serving on the State Advisory Committee. He has served as District Vice President, State Vice President-at-Large and State President 1967-68; and

Whereas: Brother Nurnberger has served well the Grand Lodge as District Deputy



Grand Exalted Ruler 1959-60, New Lodge Committee, Government Relations Committee, Lodge Development Committee, and Secretary to Grand Exalted Ruler, Raymond V. Arnold 1981-82. He is presently completing his second year on the Lodge Development Committee;

Now, therefore, be it resolved that Manistee, MI, Lodge No. 250 is honored and privileged to present to the Grand Lodge Convention the name of Lewis L. Nurnberger as a candidate for the Office of Grand Tiler.

Vern Bowling, Exalted Ruler
Chuck Racine, Secretary

**Bordentown, NJ
Lodge Presents
Joseph Russo
for Grand Inner
Guard**



Whereas: Brother Joe Russo was a charter member of Bordentown Lodge No. 2085, holding Lodge Membership No. 5, and has served as its first Lecturing Knight and continued "thru the chairs." He served his lodge in many capacities organizing and originating many activities. He was elected as Exalted Ruler of Bordentown Lodge in 1961, later served as Treasurer, Chairman of the Board of Trustees and named Elk of the Year. Throughout his service to the NJ State Elks Association and to the Grand Lodge, Brother Russo never neglected his own lodge and still remains active; and

Whereas: Brother Russo has been active in the NJ State Elks Association. He served as Chairman of many District Committees, Ritual Judge, State Membership Chairman, State New Lodge Chairman, fathered three new lodges and served as an active member of the Organization Committee in the formation of three other new lodges, served as Secretary to the NJ State Elks Major Project, the "Crippled Children Committee," originated the NJ State Elks C.C.C. Poster Contest Program, served as District Vice President, served as President of the NJ State Elks Association in 1976, and currently is actively participating as a member of the Advisory Board; and

Whereas: Brother Russo served the Grand Lodge as District Deputy Grand Exalted Ruler, member of the Grand Lodge Ritualistic Committee, member of the Lodge Development Committee of the Grand Lodge for two years, and currently is serving as Chairman of the Lodge Activities Committee of the Grand Lodge;

Now, therefore, be it resolved that Bordentown Lodge No. 2085 is honored and proud to present to the Grand Lodge Convention to be held in Houston, Texas in July 1984, the name of Joseph Russo as candidate for office of Grand Inner Guard.

Hubert W. Foltermann, Exalted Ruler
Joseph Russo, Secretary

Hey, Señor!

What's a Guayabera Shirt?

Well, in pre-Castro Havana, it was practically the uniform of well-dressed men. In that hot humid tropical climate, suits and ties were out of the question, but the Guayabera more than filled the bill.

Today, the Guayabera has become the hot-weather leisure favorite of Chief Executives and professional men all across the U.S.A. Wherever it's hot & sticky (that's everywhere in July!), smart men wear the Guayabera!

DETAILS! DETAILS! DETAILS!

Crisp, fresh and handsome. 4 big pockets to handle all a man's things. And Comfort? Haband recommends the Guayabera as the world's all-around coolest, roomiest, unique-est summer shirt, in light weight, wash and wear polyester and cotton.

Great details, like row-on-row of tiny pin-tuck pleats, lots of button trim, easy L-O-N-G length, and comfy full cut. Once you try one, you'll swear by its good looks and summer comfort. Order here:

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NEWS OF THE LODGES

(Continued from page 13)



GRAND RAPIDS, MI. When PER William Mullen (right) of Grand Rapids Lodge initiated his son Timothy (left) into the lodge, Timothy became the fourth generation of the Mullen family to become an Elk. PER Mullen's father Leo (center) is a life member of the lodge, and PER Mullen's grandfather, Michael Mullen, was also an Elk.



WISCONSIN RAPIDS, WI. PDD Harvey Gygi of Wisconsin Rapids Lodge fingerprinted his son Bret at one of the four Saturday morning fingerprinting sessions held by the lodge. The Elks fingerprinted 2,277 children during the sessions. The fingerprint cards were given to the children's parents. This project was done with the cooperation on the local police department.



LINCOLN, NE. At the request of the Americanism Committee of the Nebraska Elks Association, Gov. Robert Kerrey signed a proclamation declaring February 20-26 as Patriotism Week. Pictured from left are Nebraska East DDGER Jack Jensen, PGER George Klein, State Americanism Chm. Jerome Cromwell, Gov. Kerrey, and GL Americanism Chm. Vincent Collura.



OKLAHOMA CITY, OK. Lodge presented a check for \$1,170 to the VA Medical Center in Oklahoma City for the purchase of doppler-type stethoscopes to be used in the intensive care units of the center. From left are Seward Hutcheson, lodge National Service Chm.; Dr. Walter Whitcomb, director of the center; then-ER Marty Christensen; and Brother Ward Mocabee, who was instrumental in the lodge's fund-raising efforts for charitable purposes.



SEATTLE, WA. A 100th Birthday Party was held recently for Brother Merrill A. Yothers (center). Other family members pictured, all Elks, are (from left) Robert Michael Yothers, grandson; Paul Garmo, son-in-law; PGER Robert A. Yothers, son; and Max Looney, son-in-law.

(Continued on page 41)

A major Patented* pipe smoking discovery!

Have you ever seen an upside down pipe?



"The most fascinating and flavorful smoke I've ever enjoyed!"

We guarantee that you have never experienced anything like the Bartlett. It truly is the most exciting breakthrough in pipe smoking enjoyment in years.

It isn't easy to obtain a patent on something as universal as a pipe. The basic design has been around for years.

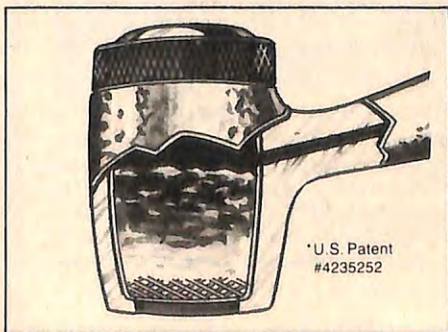
But, the Bartlett is revolutionary. There has never been a pipe quite like it. It actually sets new standards of manufacturing excellence... and a new, unbelievably exciting dimension in smoking pleasure.

And, because it is so extraordinary, it delivers the cleanest, coolest, most flavorful smoke imaginable. There is no bitterness, sludge or acid bite. There can't be... and the Bartlett is just about maintenance-free.

No stuffing or holes

Ironically, just about every pipe available today actually creates its own unpleasant sludge and bitter taste. It's not intentional. It's merely a matter of following old, established designs. In fact, vent holes and costly filters were devised just to combat the nasty effects. They do nothing to eliminate the cause.

Upside down secret



Built-in-extras

While most smokers immediately recognize the weather proof advantages of the Bartlett's lid, there are added benefits that simply are not possible in those older pipes.

For example, the exclusive air chamber beneath the lid acts as an adjustable flavor control. By increasing or reducing the amount of tobacco used, you are able to alter the air chamber volume. The larger the chamber capacity, the lighter the smoke. In short, you can adjust your Bartlett for consistent smoking pleasure, every time you light up.

We are all familiar with today's top burning pipes and the frequency with which they extinguish prematurely. Again, this can't happen with the Bartlett. Between its natural burn and upward draft principles, you will find that each pipeful will last far longer. You will also discover how easy it is to add more tobacco to the bowl. There are no exposed embers to smother. Which brings us to still another unique advantage.

Have you ever accidentally burned yourself trying to tamp down tobacco with your finger? Can't happen with a Bartlett because the heat is at the base. The surface level is cool. This incidently, is another way of illustrating that the smoke rising into the air-chamber is comfortably cooled.

Discover a new era in smoking pleasure for 30-days at our expense

The Bartlett is a pipe smoker's dream. It is made to our exacting standards from the finest Greek briar. It is guaranteed to bring you years of pure pipe smoking pleasure. Just complete the coupon below and all details of our free trial offer will be sent to you.

Free gift

If you decide to test the phenomenal

Bartlett, we will also include at no cost to you a beautiful Scotch

Plaid Vinyl Roll-Up Pouch as our gift to you. If, after 30-days, you are not convinced that the Bartlett is the most enjoyable pipe you have ever smoked, you may return the pipe... the trial will have cost you nothing. The free gift pouch is yours to keep.



Send no money Please complete and mail this coupon today.

The Bartlett Pipe
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Please send me, at no charge, the details about your NO RISK TRIAL and descriptions of available Bartlett pipe styles.

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STATE _____

ZIP _____

The Bartlett eliminates the cause entirely. It doesn't need holes along its stem or cotton wads. It simply isn't designed like pipes of the past.

To pack your Bartlett you must first unscrew its anodized aluminum airtight lid. Before lighting the pipe, replace the lid. The pipe is lit from the bottom. Recessed into the base of the bowl is a specially made heat resistant screen. This stainless steel trap permits the tobacco to burn naturally, but prevents the ashes from escaping. This unique feature alone, makes switching to the Bartlett worthwhile.

But, combined with its second innovation—relocating the breather hole towards the top of the bowl—puts the Bartlett light years ahead of every other pipe on the market.

Here's why

The fact that **Smoke Rises** is a natural phenomenon. Yet, all of those older pipes force you to draw the smoke down, back through the hot, burning embers. That's why the smoke you take in is unusually hot, moist, and accompanied by bits of bitter sludge. Even the most expensive older pipes must be rested to allow moisture to evaporate.

Not the Bartlett. There can never be any accumulation of moisture or sludge. There is no place for it to form. You are able to enjoy your Bartlett as often as you wish with never a change in smoking pleasure.

Since the tobacco in the Bartlett burns from the bottom up, the smoke is cooled and filtered as it rises through the fresh tobacco. It is captured in the air chamber beneath the lid, just where the breather hole is located.

All flames burn upwards. Think of a campfire or a fireplace. And flames which are allowed to burn upwards naturally do not produce moisture. There is no place for the moisture to form.

The result is a draw that is easy, clean, cool, dry... and just pure flavor.

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.

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



Drug Awareness Education Program



GREENSBORO, NC. U.S. Rep. Robin Britt (D-NC, second from left) presented a letter of thanks to PER James Green of Greensboro Lodge, Chm. of the North Carolina State Elks Association's Drug Awareness Education Program. The letter saluted the North Carolina Elks "for their outstanding work in the area of drug awareness." Looking on were W. Ernest Bell (left), a member of the GL Youth Activities Committee, and SP Gerald Coates.

North Carolina Gov. James B. Hunt, Jr. also issued a proclamation declaring February, 1984 as "Elks Drug Awareness Education Month."



SAN MATEO, CA, Lodge has formed a Drug Awareness Education Committee which is holding seminars to make the community aware of the problem of drug abuse. From left are then-ER Ed Ball, Judy Puccini of "Parents Who Care," and Committee Chm. Vince Dellachiessa.



LYNBROOK, NY. On a recent Saturday, PSP Jack Quinn, Jr. (right) brought the Grand Lodge's Drug Awareness Education Program to Lynbrook Lodge as part of a six-lodge, multi-district presentation. Police representatives spoke to representatives of lodges from three New York districts. A film on drug abuse, "Epidemic," was shown, and a display of drugs and drug abuse paraphernalia was presented. First Lady Nancy Reagan's message to the Hawaii national convention was also shown. From left are Sgt. Joseph Lauriano of the Lynbrook Police Department, then-ER Anthony Kenny of Lynbrook Lodge, and PSP Quinn.

DC Hotels

(Continued from page 11)

man John Bennett Coleman bought and restored in the late '70s with the help of interior designer Ann Milligan Gray and John Carl Warnecke, the architect President Kennedy commissioned to reshape Washington's Lafayette Square. Every window was replaced. New plumbing was installed. Walls were paneled and repainted. New carpets were laid. Strongly influenced by Colonial Williamsburg, the Fairfax features hand-carved pilasters and cornices along with crystal chandeliers.

The new owner made only one demand of his decorators: "Make the interior like a small European hotel." And it is. The European magic is accompanied by style and service and the same soft elegance the Jefferson is famous for. Besides hotel rooms, the Fairfax is the home of Washington's esteemed restaurant, the Jockey Club, with its richly paneled walls, lanterns and leather-covered banquettes. Altogether, owner Coleman spent \$7 million transforming the Fairfax from a rather gloomy 1920's landmark to a sedate and cheerful shelter.

The Europeanization of Washington's small hotels goes on as well at the venerable Hay-Adams, facing the White House across Lafayette Square, where Mrs. Narva holds forth. It was here that Ronald and Nancy Reagan dined before the President's inauguration and where the queen of Thailand took over an entire floor when she visited Washington recently. It is also a favorite of actor Rex Harrison, who stays for up to two months at a crack.

Both outside and inside, the Hay-Adams reflects a dignity that recalls Washington's brightest hours. From the richly paneled walls to the leaded mirrors and chandeliers in its public rooms, the Hay-Adams is a jewel whose presence adds stature to the Washington scene. A step across its threshold is to experience a reunion with the past. It is, indeed, a classic hotel in the grand tradition, one that beckons the guest to return.

Now in its 57th year, it is the meeting place of heads of state as well as other celebrities. Again, as at the Jef-

(Continued on page 28)

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- June 24 (3 days) Party cruise from N.Y., from \$615.
- Aug. 11 (8 days) N.Y. to Quebec (overnight), Ingonish, Sydney, N.Y., from \$1,445.
- Sept. 26 (5 days) N.Y. to Bermuda (overnight), N.Y., from \$900.
- Oct. 24 Party cruise from N.Y., from \$615.
- Nov. 14 (10 days) Boston, N.Y. (Nov. 15), San Juan, St. Thomas, St. Maarten, St. Kitts, Boston, N.Y., from \$1,910.
- Dec. 21 (14 days) N.Y., (10 days from Pt. Everglades), to such ports as Freeport, St. Thomas, Barbados, Caracas (La Guaira), Pt. Everglades, N.Y. (No 2nd-person rate on this cruise.) From \$2,580.
- Jan. 4 (8 days from N.Y.) San Juan, St. Thomas, St. Maarten, N.Y., from \$1,445.

Book now for Elks' savings!

In most categories, 2nd person in stateroom pays less than minimum rate—3rd and 4th even less! All this, plus special Elks' 10% discount. For reservations and information, phone Les Kertes, toll-free, at 800-645-2120. N.Y. residents call collect at (212) 895-7062. Or send coupon for details.

British Registry

Rates are per person, double occupancy, subject to availability.

QUEEN ELIZABETH 2

Mr. Les Kertes, Hartford Holidays
P.O. Box 462, 277 Northern Blvd.
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"...The Cornerstone Of Elkdom"



Florida Elks Harry-Anna Crippled Children's Hospital



Located to the northwest of Orlando in rural Umatilla, FL, the Florida Elks Harry-Anna Crippled Children's Hospital has rendered 51-years of continuous service at no cost to the families of its patients.

GER Kenneth V. Cantoli with Harry-Anna's official Poster Girl, Desiree Rowin. A former in-patient at Harry-Anna Hospital, Desiree is now receiving out-patient care through the hospital's clinic. The poster campaign is directed to lodges throughout the state to remind them of the very important work being carried on at the hospital.



by H. H. Gates

"Isn't this a pretty place?"

I was surprised by the question and paused from my photography long enough to see the pretty auburn-haired girl who had spoken. She had stopped at my side, her skateboard tucked under one arm, to admire the building that I had been busy photographing.

I agreed with her assessment, and, as she sped off down the pavement, she gave me a parting smile and wave. As I watched her go, the thought struck home: how many of the children inside this building wouldn't love to be able to go skateboarding under the bright Florida sun?

The building that was the subject of my thoughts is the Florida Elks Harry-Anna



GER Cantoli pauses to have a few words with little Nicholas Mendini in the Harry-Anna recreation room. SP George Dominianni and Director of Nursing Marjorie Garaux look on.



Chief Hospital Administrator Ben S. Brown, Jr. takes a call during a busy workday.

Open to all needy children with orthopedic disabilities, Harry-Anna Hospital's entrance features a banner welcoming GER Cantoli and wife, Ruth, as well as the legend: "No man stands so tall as when he stoops to help a crippled child."



Crippled Children's Hospital facility located just northwest of Orlando in Umatilla, Florida. But, inside the building is the real story, a true story of fifty-one years of continuous service in the cause of Florida's orthopedically handicapped youngsters and of the generosity of the Elks who make this work possible.

Harry-Anna, often referred to as, "The pride, joy, heart and soul of Florida Elkdom" began its history of service in 1933 as the direct result of the imaginative mind of the late PGER David Sholz and the generosity of the Hon. Harry R. P. Miller and his devoted wife, Anna.

In 1931 Miller, a member of Eustis Lodge, donated the building and property that would later bear his and his wife's names. Florida Elks then raised the funding needed to open the facility which would be devoted to the care of disadvantaged, crippled children per Harry Miller's stipulation upon his donation.

On April 14, 1933 the facility opened its doors as the Harry-Anna Crippled Children's Hospital. The Florida Elks Association was to later adopt the hospital as their state's major project.

During its proud, fifty-one year history, the hospital has cared for in excess of 16,000 crippled youngsters at absolutely no cost to their families. This is a record of compassion and dedication that should gain the respect and recognition of all Elkdom.

Now in its third home, the Harry-Anna Crippled Children's Hospital has grown and kept pace with each advancement in the care of the orthopedically handicapped. This growth has been achieved through the continued open-handed gen-



A staff orthopedic surgeon and a resident compare notes on a patient's progress during one of the twice-weekly out-patient clinics.

erosity of the Florida Elks who have built a trust fund, similar in concept and structure, to that of the Elks National Foundation. From an initial corpus of \$30,000, the fund, during its thirty-year history, has grown to an impressive current value of \$18-million. The corpus grows through the continued generosity of Florida Elks whose subscriptions, when added to the trust, allow the interest accrued to be invested in a growth-oriented portfolio. The portfolio's earnings, in turn, are earmarked to cover a portion of the hospital's operating expenses.

A voluntary lodge quota of \$5.00 per capita receives excellent support throughout the state and helps generate additional funding for the hospital's expenses. Also,

additional private gifts from Elks, their ladies and other friends of the hospital help to pay for the ongoing good work. Gifts in the form of wills and bequests also help. Funds are also received from the Elks National Foundation.

Only through continued and increased support through these sources can the Florida Elks Harry-Anna Crippled Children's Hospital continue to keep pace with increased costs for comprehensive care.

By way of the accompanying photographs, walk with Chief Administrator Ben Brown and myself through the halls and rooms of the facility.

The rooms are bright and cheery; no "charity ward" atmosphere here. Windows look out onto landscaped grounds and courtyards green with shrubs and bright with flowers in season.

Everywhere you look, floors gleam, furnishings shine and walls show that freshly-scrubbed look. Beds are crisp with snowy linens and bathrooms are filled with fresh towels. All of this is the responsibility of Housekeeping and Laundry Supervisor Vernon B. Hammons, who accomplishes near-miracles with a tiny staff.

The rooms are kept comfortable year-round through the efforts of Chief Maintenance Engineer Earl N. Roth. Heating and cooling, electrical and plumbing systems all receive Earl's attention.

At the central intersection of corridors, the nurses' station is a bustle of activity. Director of Nurses, Marjorie J. Garaux, is a Registered Nurse whose duties go far beyond the strictly administrative chores that you might imagine from her title.



A resident physician tests for strength and flexibility during an out-patient clinic session as Mom looks on.



A resident physician checks the progress of a "clubfoot" case during an out-patient clinic session.

The hydrotherapy pool allows exercise under near weightless conditions thanks to natural buoyancy. The 97-degree water gives maximum stimulation to muscle and connective tissues.

Rebecca E. Watson, R.N., assists Marjorie at the head of a staff of thirty-four R.N.'s, L.P.N.'s and aides. All are dedicated professionals who render 24 hour-a-day service and care for the patients entrusted to them.

Turn with us past the x-ray facilities, the cast room with all of its equipment and a completely stocked inventory of orthopedic braces to the examination rooms where today's out-patient clinic is in full swing. Last year alone, out-patient visits at Harry-Anna totaled 2,860. From these examinations many children with chronic or congenital orthopedic disabilities were hospitalized on an in-patient basis. Thanks to their visit to the clinic, many of these youngsters can be on their way to an adulthood free from pain and physical difficulty. Clinic Nurse Ellen J. Karvasale, R.N., makes sure that the clinics run smoothly and efficiently.

Eight orthopedic surgeons as well as several residents are on the staff of Harry-Anna Hospital. A general practitioner is on-call day and night to see to the usual run of non-orthopedic complaints. The surgeons and residents hold out-patient clinics on Mondays and Thursdays each week. In addition to the orthopedic clinics, eye and dental clinics are also held regularly.

Continue with us to the physical therapy complex. Here Registered Physical Therapist Nancy D. Blake and other professionals work with the children to help them regain strength in once-useless limbs, to rediscover the miracle of eye-hand coordination, to stretch and strive for the full use of their bodies. Exercises and games take away from the "all-work" aspect of therapy for the young folks while their carefully monitored and coached activities help build strength, responsiveness and muscle tone.

In one corner of the room a therapist works with a young girl; she helps the youngster stretch and reach for brightly colored blocks and geometric shapes. These are the same stretching and lifting motions that all of us use in day to day activities, yet, for the patient, each successful move is a victory in itself.

In another section of the therapy complex, a happy mom watches her son on videotape as he walks a predetermined course around the room. The little guy is recovering from surgery for "clubfoot" and, with each visit, his mother experiences the renewed joy of watching her son walk just a little straighter.

Through a set of double-doors is the hydrotherapy pool where muscles and ligaments can be exercised under the

almost weightless effects of natural buoyancy. If you were to dip your fingertips into the pool, you'd find it to be blood-warm; a steady temperature of 97 degrees is maintained for absolute comfort and muscle relaxation. To the left, you'll find whirlpool baths for individual therapy and the exercise of damaged extremities.

From the therapy area, walk with us along a corridor devoted to yet another form of therapy, that of the mind. The Lake County Board of Public Instruction furnishes five special education-qualified teachers who constitute a full term school for in-patient students. Classes that stimulate and instruct as well as those designed to teach self-sufficiency and life skills make up the curriculum. A fully-stocked library is available for reference or just for recreational reading. An arts and crafts room is lined with shelves jammed with thought-provoking games and crafts supplies, while down the corridor and around a corner a recreation room offers every pastime from big-screen TV with first-run movies to a pool table or video games. Live entertainment such as local pop-music groups, clowns, little theater and magic acts help brighten the day for in-patient youngsters. Field trips to points of local interest and attraction



Stretching and lifting are everyday motions to most of us, but every movement is a small victory to the disabled child. Here a part-time therapist helps a youngster develop flexibility and strength.

Registered Physical Therapist Nancy D. Blake helps a youngster get used to handling crutches. Blake and a staff of professionals help children to regain the use and strength of their muscles.



are available regularly for all but the most severely bed-ridden.

So far we've seen the aspects of the hospital that diagnose, entertain, treat and rehabilitate, but the one thing that any growing child needs is food, good-tasting, nutritious meals and plenty of them. Here is where Dietary Supervisor Necia B. Riggins and her staff come into their own. It's strictly home-style cooking of balanced, wholesome foods. No outside contractors or fast food services need apply at Harry-Anna Hospital!

Out of the spotless, stainless steel kitchen come enticing aromas and into the cafeteria come the in-patient youngsters, all with healthy enough appetites. Again, all but the most severely bed-ridden are encouraged to take their meals in the cafeteria. Here, the children are encouraged to socialize as they eat, and you'll never hear a disparaging word about this hospital's food.

Attention to the little things, the smallest details, is what helps to set this facility apart from those like it. For example, take the seamstress's room. Here is a complete inventory of children's clothing in just about any size. But, what if the child has to wear a particular cast or brace as a part of his therapy? That's where the seamstress comes in. Clothing can be tailored to accommodate any type of corrective hardware and is provided, as needed, at no charge to the patient. Both in-patient and out-patient needs are met by this service.

Another consideration is given to the personal needs of the small patients. Who can feel good if they don't look good? Once again, Harry-Anna Hospital has the answers. A fully equipped beauty shop and barber facilities help little girls look and feel their prettiest. The little boys might not want to bother with non-essentials like haircuts, but Mom and Dad sure

seem to like the results!

One of the most amazing aspects of the operation of the Florida Elks Harry-Anna Crippled Children's Hospital is that so many services are offered and maintained at such a high level of quality given the comparatively lean staffing of the facility. Ben Brown points out that Harry-Anna Hospital operates with a staff ratio that equals 1½ staff-members per patient, whereas the national average for similar facilities is over double that figure.

The answer, of course, is efficient use of scheduling techniques, plus dedicated and conscientious employees, many of whom are long-term staffers.

As to the future of Harry-Anna Hospital, Chief Administrator Ben Brown is positive in terms of growth and the expansion of services. Plans to increase the facility's in-patient census include a proposed program to "step-down" patients from local full care facilities to the Harry-Anna Hospital for recuperative care, rehabilitation and therapy programs. Only needy children with orthopedic or related complaints would be involved and, of these, only those whose conditions were not acute would be considered.

Another proposal that is being given serious consideration is the expansion of out-patient clinics from the five sites currently in operation to a program of visiting clinics that would be set up in cooperation with local lodges and local general health care facilities. Designed to broaden the scope of Harry-Anna's ability to reach needy children with orthopedic disorders on a state-wide rather than regional basis, these "screening" clinics would offer examinations and would make recommendations for future care or hospitalization as required.

In the end, who can determine the immense impact for good that can be and has been generated through the fine work



"They went thataway!" A youngster receiving therapy for "club foot" receives directions for a short walk. The walk will be taped and compared against earlier tapes to indicate progress.



The mind as well as the body are cared for at Harry-Anna Hospital. Here a mute student learns communications skills through the use of a computer-programmed terminal.



Dietary Supervisor Necia B. Riggins is proud of her fully stocked cooler. Riggins and her staff provide nutritious meals for patients and staff. Special diets as well as everyday menus are available daily.

going on at the Florida Elks Harry-Anna Crippled Children's Hospital?

There is no easy answer to such a question, just as there is no possible way to determine the value of a child's future happiness in a world miraculously free from the pain of accidental or congenital orthopedic disability. Such a gift is priceless indeed, yet, it is the gift that is given on a continuous basis through the good offices of the Harry-Anna Hospital.

Florida Elks can take immeasurable pride in the fact that their efforts and dollars go so far to help so many children. A skeptic might ask, "What's in it for the Elks?" Needless to say, the skeptic couldn't be an Elk to begin with, but the answer can be found on the smiling faces of the children of Harry-Anna

Last Chance Announcement!

ELKS/BASKETBALL HALL OF FAME CLASSIC

All-Star Basketball at its
Best—Saturday, May 5th,
Market Square Arena,
Indianapolis, IN



Coach Ray Meyer,
DePaul



Coach Eddie Sutton,
Arkansas



Michael Cage,
San Diego St.



Leon Wood,
Cal St. Fullerton



Jim Foster,
South Carolina



Devin Durrant,
BYU

Elks National "Hoop Shoot" Director Emile Brady joins Game Director Robert A. Gardener in extending this invitation to a day of thrilling basketball action. The Elks "Hoop Shoot" Free-Throw Program and the Elks/Basketball Hall of Fame Classic are funded through the Elks National Foundation.

Two "Hoop Shoot" alumni ranked first and second in free-throw shooting in the nation this past year. Chris Mullin of St. John's, a 1972 "Hoop Shoot" National Champion, led the nation with an impressive 91.1 percent average, while Steve Alford of Indiana, a 1975 Midwest Regional "Hoop Shoot" winner, ranked second with a fine showing of 90.6 percent.

Destined to become an annual highlight for fans of fast-paced, run-and-gun basketball, the inaugural Classic pits DePaul University's Coach Ray Meyer, a near-legend with over 720 coaching victories, against the savvy of Coach Eddie Sutton of Arkansas, whose 213-55 record and .794 winning average are unequaled in the history of the Southwest Conference.

Among the forwards invited to play are BYU's 6' 7" Devin Durant, Georgia's 6' 6" James Banks, South Carolina's 6' 8" Jim Foster, Ohio State's 6' 7" Tony Campbell and big 6' 10" Michael Cage of San Diego State. Three other all-star forwards have yet to be announced.

Invited to be the men in the middle will be centers Tony Costner, 6' 10", of St. Joseph's (PA) and Michigan

State's 7' 0" Kevin Willis. As we go to press two other centers have yet to be named.

Among the eight guards invited to take the court will be 6' 3" Alvin Robertson of Arkansas, 6' 3" Jay Humphries of Colorado, 6' 3" Danny Young of Wake Forest, 6' 3" Leon Wood of Cal-State, Fullerton and Ricky Ross, 6' 7" out of Tulsa. Three more guards of all-star caliber have yet to be named.

This NCAA-sanctioned battle promises to be one of the brightest showcases for tomorrow's pro-cagers. And, if you act quickly, you can still make the game! Tickets are priced at \$6.00, \$7.00 and \$8.00 at the Market Square Arena box office. Load up the family and make a day of it by attending the Elks "Hoop Shoot" Free-Throw National finals (9:00 A.M. (E.S.T.) at the Arena, admission free) then come on back after lunch for the 3:00 P.M. (E.S.T.) tip-off of the Elks/Basketball Hall of Fame Classic!

Or, if you can't make it to the game, share in the excitement by checking your local television listings for possible viewing in your region.

Another way to have a memorable souvenir of the game is get in on the limited number of commemorative inaugural game programs. These limited edition programs are sure to become valued pieces of Elk memorabilia, get yours by sending your \$5.00 check or money order payable to: Elks Basketball Classic c/o Emile Brady, National "Hoop Shoot" Director, Box 153, Danville, PA 17821.

DC Hotels

(Continued from page 23)

person, the emphasis is on service, with complimentary shoeshines, newspapers, gift boxes of toiletries and the loan of terry-cloth robes.

In addition to sheltering world-famous figures, the Hay-Adams attracts luncheon and dinner guests to its charming restaurant, Le Danielle, where politicians discuss events that frequently land in the headlines that very afternoon. One writer described the Hay-Adams as "an elder statesman keeping a steady eye on the White House across Lafayette Square." Few would deny that it occupies the most prestigious spot of any hotel in the capital. Installed inside are furniture, linens, china, crystal and fabrics collected on a million-dollar shopping spree across Europe as well as the United States.

In the same small-hotel category, the 208-room Four Seasons in Georgetown is considered the capital's cheeriest new hotel, featuring an afternoon tea that's simply smashing: homemade preserves, fruit tartlets, English breads and Scottish scones smothered with dollops of Devon cream. This plus half a dozen exotic teas. By his own reckoning, the general manager figures the hotel's floral bill comes to a whopping \$150,000 a year. The results: Flowers and plants are scattered throughout the hotel, particularly the lobby that takes on the appearance of a displaced greenhouse.

Guest rooms at the Four Seasons are equipped with hair dryers, bathroom scales, boxes of homemade cookies, baskets of soap, robes, bedside TV control and a couple of magazines aimed at making the guest's visit to Washington thoroughly exciting. The Four Seasons is the nesting place of entertainers Elton John, the BeeGees and classical pianist Van Cliburn whenever they're in town. Its rooms are bright and well appointed; the restaurant gets high marks, but there's one drawback: Because the Four Seasons does business in fashionable Georgetown, this places it slightly out of the mainstream for downtown sightseers. Still, taking afternoon tea in the lobby terrace while listening to Chopin makes for a most memorable experience.

A close neighbor of the Four Seasons is the 164-room Marbury House, featuring valet parking, a concierge and a small but tasteful dining room. There's also the Georgetown Inn. And a good deal of attention is being given these days to the nifty little River Inn where maids shop for guests at no extra charge. Small suites come with terry robes, oversize towels, a coffee pot, grinder and fresh beans that are provided daily along with wakeup calls that include a weather report. With 128 suites, the River Inn is getting raves for its restaurant, the Foggy Bottom: fresh juice, homemade croissants, excellent lunches, dinners. Other visitors are charmed by the little Canterbury (99 suites) on N Street, with its bedtime chocolates, complimentary cocktails, a continental breakfast and newspaper. Only five blocks from the White House, the Canterbury occupies the original site of Teddy Roosevelt's old mansion, which leaves something for guests to postcard home about.

Finally, I must bring to your attention the little Tabard Inn. An acquaintance touted it so highly that I resolved to spend a night there. To enjoy the Tabard—it is a wedding of three old townhouses—you've got to enjoy funky little hotels. In a moth-eaten sort of way (and it's inexpensive), it's charming. I couldn't complain about my loft. There were a couple of beds, a steam radiator, a kitchen, a bath and a skylight. It was clean. And besides, there was even something historically significant about it. I'm told that it was here, in this very loft, that Edward Everett Hale wrote "The Man Without A Country."

Opened in 1924, the Tabard is said to be the "oldest continually operated hotel in Washington, DC." Furthermore, if you would believe the scam, the Victorian appearance and gracious hospitality delight patrons, all of which is a bit of PR hype put out by the owner. No argument, there is a certain charm in the lounge with its deep sofas and adjoining bar. And it's a delight to take breakfast in the bricked patio out back with its tables and umbrellas, a parachute billowing overhead to keep guests dry during inclement weather. The owner seems particularly proud of the fact that the Tabard displays more pianos than TV sets—that is, two pianos and one television.

(Continued on page 35)



"To Our Absent Brothers"

The memory of our departed Brothers across our country was recalled December 4, 1983, in our lodges' annual Elks Memorial Services. The brochures submitted by 93 of our lodges reflect an outstanding display of the beauty of those services.

Fifteen awards will be presented during the Houston Grand Lodge Convention in July to the lodges listed below. All brochures will be on display at the Lodge Activities booth, and everyone attending the convention is urged to stop by and study and appreciate the brochures submitted.

1983 WINNERS

Lodges with fewer than 301 members

1. Kearny, AZ
2. Grandview-Hickman Mills, MO
3. Burlington, NC

Lodges with 301 to 600 members

1. Coolidge-Florence, AZ
2. Plano, TX
3. Poplar Bluff, MO

Lodges with 601 to 1,000 members

1. Sanford, ME
2. Bennington, VT
3. Wethersfield-Rocky Hill, CT

Lodges with 1,001 to 2,000 members

1. Weymouth, MA
2. Laconia, NH
3. Oswego, NY

Lodges with more than 2,000 members

1. Fargo, ND
2. Kearney, NE
3. Gateway, OR

James B. Roberson, Member
GL Lodge Activities Committee



What a combination! Balmy Central Florida weather, one of Miller Barber's favorite championship golf courses, and smart manufactured housing! Own a luxurious home among oaks and magnolias from only \$29,900 — enjoy countless leisure activities, friendly neighbors, olympic pool, gourmet restaurant and cocktail lounge. For more information about Continental and our exciting Visitation Program, send the coupon or call

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GER Kenneth V. Cantoli (standing, center) was the guest of honor at the annual banquet of the Pennsylvania Metropolitan District lodges, held at Monroeville. Also present were PGER Homer Huhn, Jr., (standing, left), Past Grand Est. Loyal Kt. Fred Reno (seated, center) and SP Hadyn Evans.



At the Midwinter Meeting of the Montana State Elks Association in Livingston, GER Kenneth V. Cantoli (left) was photographed with Montana SP Robert Semmens (center) and PGER Raymond Dobson.



ON TOUR WITH

Kenneth V. Cantoli



When GER Kenneth V. Cantoli (left) attended the Midwinter Meeting of the Wyoming Elks State Association at Riverton, Jim Phillips, then-ER of Riverton Lodge, presented the GER with a bronze statue of an elk. The statue was made by local artist Ron Carlson. Seated at right is Brother Phillips' wife Vivian.



During the visit of GER Kenneth V. Cantoli (second from left) and his party to Panama Canal, R. de P., Lodge, they were lifted in an elevator cage to a height of approximately 80 feet over an empty lock in the Panama Canal. Also pictured are (from left) Mrs. Ruth Cantoli, DDGER Frank Foster III, and then-ER Robert Barnes.



GER Kenneth V. Cantoli (right) and Florida SP George Dominianni recently visited the Harry-Anna Crippled Children's Hospital in Umatilla, FL. The hospital is the Major Project of the Florida State Elks Association.

THE JOY OF GIVING

Elks National Foundation
2750 Lakeview Avenue • Chicago, Illinois 60614



The main project of the California-Hawaii Elks Major Project, Inc. is its home service therapy program for children with physical handicaps. In left photo, Josefa (center), who is a member of a family of 10, is a loving three-year-old diagnosed as having Down's Syndrome. She is pictured with her sister Diana (right) and Occupational Therapist Barbara Culp, who is assisting Josefa's family in understanding how to work with her as well as teaching Josefa as many skills as she can learn.

Pictured in right photo is 7½-year-old Stephanie Aydelotte. She had a condition known as an "attention deficit," which impaired her learning ability. Occupational Therapist Melinda Gulley showed Stephanie's family how to make various items of equipment—such as a swing, trapeze, and scooter board—to improve her motor development skills. Under Mrs. Gulley's supervision, Stephanie's strength and muscle tone improved greatly. She is now doing very well in school. This project is funded in part by the Elks National Foundation.

Christmas Charities Winners

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

Lodges with 300 or fewer members

1. Kearny, AZ
2. Land O Lakes, FL
3. Newark, NJ

Lodges with 301 to 600 members

1. Gatlinburg, TN
2. Potosi, MO
3. Gunnison, CO

Lodges with 601 to 1,000 members

1. Kingman, AZ
2. Maryvale, AZ
3. Tucson East, AZ

Lodges with 1,001 to 2,000 members

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

Lodges with 2,001 or more members

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

The GL Lodge Activities Committee would like to congratulate all the lodges that participated in this year's contest and who have demonstrated again that "Charity is the Cornerstone of Elkdom."

Cal Bjorne, Member
GL Lodge Activities Committee

FACTORY DIRECT AIR BEDS FROM \$19.95



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GENUINE AIR COIL CONSTRUCTION... Herein lies the magic. Controlled Air Chambers are what support you when lying, sitting or lounging. You (and your sleeping partner) don't sink down in the middle. Instead you are both securely supported at all times in maximum comfort & stability. Also, a **Portable Spare Bed** inflating in minutes with an Air Bed Air Pump, vacuum or hair dryer. Rich camel color comes in Velveteen (suede-like finish

shown above) or vinyl. Inflates to 8" high. Dealer Inquiries Welcome.

**SHOP FASTER BY PHONE
1-805-966-7187**

Or send a check or credit card # for Air Bed(s) below. Sorry no C.O.D. Add \$5.95 shipping per bed. (Canada add \$15.00.) CA res. 6% tax. If not satisfied return within 15 days from prompt refund (less shipping).

Bed Size	Vinyl	Velveteen
■ Singles (29" x 72")	■ \$19.95 (#600)	■ \$29.95 (#605)
■ Twin (39" x 75")	■ 29.95 (#601)	■ 39.95 (#606)
■ Full (54" x 75")	■ 39.95 (#602)	■ 49.95 (#607)
■ Queen (60" x 80")	■ 49.95 (#603)	■ 59.95 (#608)
■ King (76" x 80")	■ 59.95 (#604)	■ 69.95 (#609)

■ AIR PUMP (#669) - \$14.50 (plus \$2.00 shipping ea.)

STARSHINE OF SANTA BARBARA
816B State St., Dept. BD985,
Santa Barbara, CA 93101

America's Premium Direct Mail House Now In Our 8th Year

by Emilee Hines

Think over what you've done and said today. Could you be sued for anything? More than likely you could.

You don't have to injure someone with your car, steal industrial secrets or manufacture a dangerous product to be sued. Ordinary people, doing their jobs, commit seemingly innocent acts every day that could lead to a lawsuit. We take chances, make careless remarks, or inadvertently break the law. Some of these people are sued. Consider the following situations:

A businessman allows his employees to go hunting on the first day of the season, or allows them to take other time for personal matters and make up the time by working, instead, on Saturdays. A disgruntled employee sues him for time-and-a-half pay for the Saturdays worked, plus interest.

A librarian is sued for refusing to release the names of persons who check out certain books.

A professional man becomes overly friendly with an employee at an office party and faces a suit for sexual harassment.

Anyone can sue or be sued. Whether the suit will be successful depends on the merits of the case. We all have access to the courts. Our newspapers and newscasters report multimillion dollar suits by celebrities and unknowns alike.

Even the dead may sue, through their heirs or estate. Foreigners and illegal aliens are generally granted the same access to courts as American citizens. You may be fair game for a lawsuit.

Of course, being sued doesn't necessarily mean you'll have to pay out a fortune in damages or lose your home; but even if you "win" the suit against you, you'll still lose in time, inconvenience, lost income while in court, and attorneys' fees. Your reputation may be damaged also. Even if nothing is proved against you, some people will always feel "Where there's smoke there's fire."

The United States is the most litigious (involved in lawsuits) nation



WHAT IF YOU'RE SUED?

in the world. The number of civil suits in our courts has more than tripled in a decade, and one kind of case, claims for automobile accidents, led to the "no fault" concept in which insurance companies pay for property damages and minor personal injuries without assessing which driver is at fault.

There are several reasons for the big increase in litigation. The contingency fee arrangement makes it possible to sue without putting up any money except, for certain filing fees, and encourages lawyers to sue for in-

creasingly larger amounts, since their only fee is usually a percentage of the award.

Second, we have the highest ratio of lawyers to population of all nations. According to management consultant Thomas Connellan, Japan has 10 lawyers for every 100,000 people; the United States has 200 lawyers per 100,000 population.

A third reason is our deep belief in the rights of the individual. When anyone has been hurt, we feel he has the right of redress, that someone must pay.

As our population has become more urban and impersonal, conflicts are settled now in court rather than over the back fence.

Fourth, we have the right to trial by jury in almost all cases, and juries generally award larger sums of money than judges.

A fifth reason is media coverage. When the average person sees that someone has been granted hundreds of thousands of dollars as the result of a lawsuit, he is encouraged to sue also. The media have catered to our curiosity about lawsuits; one of the most popular programs currently is "People's Court."

This resort to the court raises questions about what issues are appropriate for litigation in contrast to other methods of resolution. U.S. District Judge Dortch Warriner feels trivial suits will "lead the courts into disrepute and subject the Constitution to derision." He warns that we

"... The media have catered to our curiosity about lawsuits ..."



cannot "litigate over every source of unhappiness to which humankind may be subject."

How can you protect yourself against lawsuits?

1. Make sure you know the law and how it applies to you. All occupations, professions and businesses have a body of laws that govern work conduct and liability. Read and understand the laws that concern you. For example, it is against the law in most states to serve liquor to an intoxicated person. Suppose a person arrives at a party already intoxicated, is served more alcohol, gets in his car and hits a pedestrian. The bartender who served him, and the hotel where the party was held may be sued by the pedestrian or his heirs. Who would be held liable would depend on the law in your particular state.

To find out what the laws in your state are, contact your state Department of Commerce. Many states have published booklets of pertinent busi-

ness laws, and state colleges and universities offer courses in business and commercial law. Such a course would be money well spent.

2. Examine your home and workplace for hazards. A loose board, cracked sidewalk or unattended swimming pool could lead to a lawsuit, as could icy steps, a weedy lot, uncovered garbage or an unleashed dog. Again, know the law, and observe it. If, in your community, you have only 24 hours to shovel the snow off the sidewalk in front of your house or business, make arrangements to have it cleared by a snow removal contractor if you can't do it regularly yourself. Don't leave it until you "get around to it." If pets must be fenced or leashed, don't let yours run loose to frighten or bite someone. The pet may be destroyed, and you are liable for his damages.

Correct dangerous or unhealthy conditions. Don't wait until an accident has happened. Even a safe, properly functioning article can be a hazard to you if it is considered an "attractive nuisance," something which invites others to use it. A swimming pool, a loaded gun or a car with keys in the ignition are all attractive nuisances that may result in your being sued.

Warn others about temporary hazards. The operator of a convenience store was mopping the floor after closing time when a customer knocked frantically on the door. He stopped mopping, opened the door and sold the customer what she wanted. He had not taken the time to put up a sign warning of a wet floor, and when she fell and was injured, she sued.

3. If you are organizing or reorganizing a business, consider what your liability is before you sign the contract. What are your liabilities to your partner or partners, and to your employees? Make sure you can handle the responsibilities.

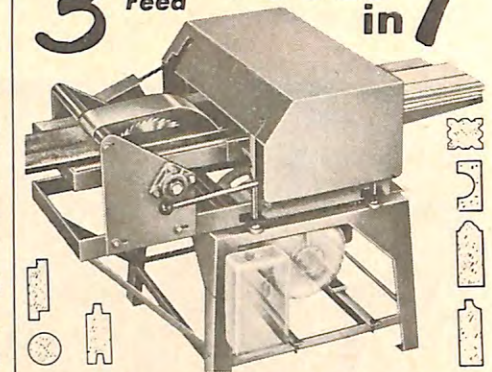
4. Pay debts and taxes promptly. Suits for non-payment can tie up your business so you are unable to function; the result may be bankruptcy.

Cooperate with the Internal Revenue Service. The IRS holds Small Business Workshops in every state several times a year to acquaint business people with the tax laws that apply to them, the forms they must file and what is expected of them. To find out about the workshop nearest you, contact your District Director of

(Continued on page 37)

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Myron Lochridge, National Service Committee Chm. of Sitka, AK, Lodge, shows one of the deer hides that the lodge sent to Washington State for tanning. Sitka Lodge collected 528 deer hides in support of the National Service Commission's Hides Program.



Passaic Valley, NJ, Lodge presented the VA Medical Center in East Orange, NJ, with complete furnishings for a patients' dayroom. The gift was valued at \$2,350. Pictured at the dedication ceremony held at the hospital are (seated, from left) Frank Di Cianna, co-chm. of the lodge Veterans Committee; Chm. John Di Brigida; and PER Albert Calvetti, a committee member; (standing) Tyrone Steed, chief of the center's volunteer services; David Chamberlin, assistant chief of building management; Peter Baglio, director of the center; and Victor Holquin, chief of building management.



The ladies auxiliary of Guilderland, NY, Lodge presented lap robes, toiletries, and other notions to the patients of the Albany, NY, VA Medical Center. From left are Mary Jane Canfora, president of the auxiliary; John Zahnleuter, chm. of the lodge National Service Committee; Rosemary Phillips, medical center media staff member; and Nouella Bedard, a member of the auxiliary.



Allegheny, PA, Lodge donated to the Highland Drive VA Medical Center in Pittsburgh \$900 worth of gifts, which included video games, tapes, and a record player. From left are Wayne Whiting, assistant director of the center; Est. Loyal Kt. William Smoulder; Brother Robert Heddle; Est. Lead. Kt. Joe Pratel; Vern Thompson of Oakmont, PA, Lodge, Elks VAVS Representative; and Michael Higgins, chief of recreational services.

TORRANCE, CA. Twenty-nine patients from the Long Beach VA Medical Center were guests at Torrance Lodge's "One on One" Dinner and Open Meeting.

At the dinner, each patient is individually sponsored by a lodge member to dinner and the usual lodge raffles. The Elk host has dinner with the patient and takes him to the open meeting and introduces him to the lodge.

Entertainment was provided by the North Torrance High School wrestling team, which

put on an exhibition. A special free raffle for patients only was conducted, with canteen tickets as prizes.

JOLIET, IL. Lodge donated five 19-inch portable remote-control TV sets and one 25-inch console color TV set to the Veterans Hospital in Danville, IL.

WEST PALM BEACH, FL. Lodge presented

\$500 to the Palm Beach County VA Out-Patient Clinic in Riviera Beach. The money was earmarked to add a second color TV set to the one which the lodge donated last year, for the Hemo-Dialysis section of the clinic.

CUMBERLAND, MD. Lodge presented a check for \$475 to the VA Hospital at Martinsburg, WV. The donation was for a TV set for the hospital.

1st Olympians

(Continued from page 8)

by the Greeks. "Even Garrett was hailed with enthusiasm when he defeated Gouskos," wrote the Herald reporter, "although the Greeks were surprised and disappointed by the downfall of their champion."

Garrett's successes—he also finished second in the broad jump (long jump today) and third in the high jump—might also have surprised some of the Americans, especially those back in the States. Even though his proportions were imposing for an athlete of that era—6-2, 178 pounds—he had not distinguished himself in track. Furthermore, he entered Princeton only after extensive work with private tutors employed by his affluent Baltimore family.

Nevertheless, Garrett and his fellow Tigers performed so capably in Athens that their schoolmates were moved to send a congratulatory wire. It read: "Mass meeting of students of Princeton University sends heartiest congratulations to the Princeton team."

Garrett's second victory was viewed by an estimated 100,000 spectators who jammed the massive stadium and covered the hills overlooking it until they were "fairly black with humanity." Other American winners on the second day included Thomas Burke in the 400-meter run and Ellery Clark in the long jump. Clark's victory was particularly noteworthy.

Unlike Connolly, the 22-year-old Harvard student was granted a leave of absence because of high grades. But after fouling on the first two of his allotted three jumps, he was precariously close to failing, something he rarely—if ever—did in the classroom.

"I was little short of agony. I shall never forget my feelings as I stood at the end of the path for my third—and last—try," Clark recalled. "Five thousand miles, I reflected, I had come; and was it to end in this? Three fouls and then five thousand miles back again, with that for my memory of the Games."

But Clark's agony dissolved when he leaped 20 feet, 10 inches to win the gold medal by six and one-half inches.

Clark belonged to the BAA, a fact soon revealed to the crowd. To celebrate victories the BAA members

(Continued on page 40)

DC Hotels

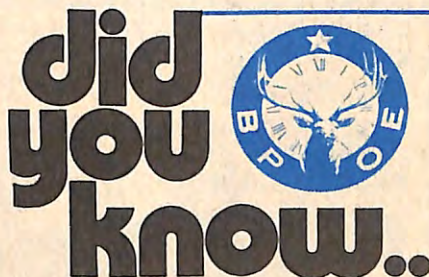
(Continued from page 29)

Hotel Addresses:

- The Jefferson, 1200 16th St., N.W., Washington, DC 20036.
- The Sheraton-Carlton, 923 16th St. N.W., Washington, DC 20006.
- Madison, 15th & M Streets, Washington, DC 20005.
- Fairfax, 2100 Massachusetts Ave. N.W. Washington, DC 20008.
- Hay-Adams, 800 16th St., N.W., Washington, DC 20006.
- Canterbury, 1733 N St. N.W., Washington, DC 20036.
- Four Seasons, 2800 Pennsylvania Ave. N.W., Washington, DC 20007.

- Marbury House, 3000 M St., Washington, DC 20007.
- Georgetown Inn, 1310 Wisconsin Ave., N.W., Washington, DC 20007.
- The River Inn, 924 25th St. N.W., Washington, DC 20037.
- The Tabard Inn, 1739 N St. N.W., Washington, DC 20036.

(A friend also recommends the Lombardy Towers at Pennsylvania Avenue and 21st Street to travelers on a budget. The Lombardy is described as a hotel with European atmosphere and Old World charm. Most rooms feature kitchens and there's a surprisingly reasonable restaurant. For reservations write to Lombardy Towers, 2019 Eye St. N.W., Washington, DC 20006.) ■



Dr. Thomas E. Wenzlau has taken on a new challenge: he is now vice president for business-finance and treasurer of Colorado College in Colorado Springs.

He has been president of Ohio Wesleyan University in Delaware, Ohio, his alma mater, for the past 14 years. That is the longest tenure of any modern Ohio Wesleyan president.

Tom Wenzlau got his start to a higher education when he was awarded an Elks National Foundation Most Valuable Student scholarship through Troy, Ohio, Lodge No. 833.

It's nice to hear from former Most Valuable Student recipients and find out how they're doing. Back in 1963, the top national winners were Ellen Marie Spathelf of Washington, D.C. and Paul Lavern Hanson of Mason City, Iowa.

Ten years ago Thomas Camp of Kearney, NE, and Susan Woelfl of Anaheim, CA, captured top honors.

Maybe the Exalted Rulers of those lodges will drop us a note and tell us what achievements these top youths have attained.

...

Back in January, we mentioned that Dr. A.F. Linscott, a Past Exalted Ruler of Marion, Ohio, Lodge No. 32, may well be the oldest Elk in the United States.

Now comes a note from his friend, Paul G. Wetzel, a Past Exalted Ruler of Norwalk, Ohio, Lodge No. 730, that Dr. Linscott passed away on the 31st of January.

Dr. Linscott was an Elk for 82 years and would have been 108 years old in April. It turns out that Dr. Linscott was probably not the only oldest Elk in age but also was thought to be the oldest Mason and member of the Scottish Rite in the nation.

We are sorry to hear of his passing.

...

While we are on the subject of longevity, George Sculley, secretary of Muskegon, MI, Lodge No. 274, tells us that Brother J. Fred Boyd was 100 years old back in October and has been a member of No. 274 for 73 years.

It was quite an occasion for Fred. He was given a 70-year pin. (Secretary George says that's as high as they go.) Several lodge officers and Mrs. Boyd were present for the ceremony.

We add our congratulations.

...

During the month of May, the eyes of Elkdom are on Indianapolis, IN. The annual national Hoop Shoot Free Throw Contest is being held in Market Square Arena May 4-5.

Millions of youngsters participate in this Elks event annually.

This year, the excitement will be doubly high as the first-ever Elks/Basketball Hall of Fame Classic follows the "Hoop-Shoot" Finals. The double event was described in the April issue—let's make a last-minute effort to attend and support this great basketball double-header.

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**Statue of Liberty
Restoration Fund
Update**

Follow-through. Its a term that is vital in just about any undertaking from bowling a strike or hitting a good approach shot to tying up the loose ends of our day-to-day business dealings. Equally important, though, is follow-through when it comes to our obligations as conscientious Elks and proud Americans.

As we recap the latest efforts in our drive for the restoration of the Statue of Liberty, let us keep that thought in mind; that each fund-raiser, each commemorative pen sold, each and every contribution, whether it is a dollar bill or thousands of dollars, represents that vital element for success: the follow-through.

And we must continue to follow-through. Our goal is \$1-million as a token of Elkdom's dedication to the spirit and principles of freedom as represented by the lovely 'Lady of the harbor.' Only through continued diligence and concerted effort will this goal become proud reality. Let each Elk do his part for Liberty!



The humble "tube steak" makes for a hot fund-raising idea, as Blythe, CA Lodge discovered recently. Proceeds from the sale of "Liberty Dogs" (above, right) are a welcome addition to the Restoration Fund. PGER Marvin Lewis (above, left-center) and State President Elmer Lanini (above, right-center) accept a check for \$1,720 from Est. Loyal Kt., Bob Denewiler (above, right) and ER Larry Whitelock (above, left).

LOS ANGELES, CA Lodge believes that \$1.00 per capita is just not enough when it comes to the restoration of the Statue of Liberty. By popular vote, the lodge, 611 members-strong, pledged \$1,000 to the fund. Then, an additional \$514 of support materialized on the spot, during the meeting, for a total contribution of \$1,514 for the Restoration Fund.

Heartening messages of support for the Elks Statue of Liberty Fund from members of Congress continue to arrive. In a recent letter Rep. William D. Ford of Michigan writes:

"To me and to all Americans, the Statue of Liberty is a grand symbol of what this nation stands for: freedom. I ask you all to reach into your hearts and pockets and help us reach the goal; our Statue of Liberty must continue to stand tall for all the world to see."

Rep. Peter W. Rodino of New Jersey echoes these sentiments as he writes, in part: *"The Statue of Liberty is an international symbol of the dedication of these United States to the principles of freedom and dignity. Let us uphold our commitment to this priceless torch-bearer of liberty and support the campaign for the restoration of the Statue and the Ellis Island complex."*

A final thought on the subject comes from our GER Kenneth V. Cantoli: *"This beautiful statue is within sight of my birthplace; I have treasured the meaning of the monument all my life. The Benevolent and Protective Order of Elks is in full support of the effort to restore the Statue of Liberty!"*

What if you're sued?

(Continued from page 33)

Internal Revenue.

It is extremely important to both file the return and pay or make deposits for all employment taxes, income taxes and social security withheld. The business person responsible for these functions can be held personally liable for these taxes plus penalties and interest; the IRS will not compromise liability for these items. They are still due even if your company goes bankrupt.

5. Watch what you say. A careless remark can be devastating. If you pass gossip or publicly insult someone, you may face a libel or slander suit. Revealing clients' or customers' secrets may not cause you to be sued, but can certainly cause people to lose confidence in you. The names by which you refer to people may be grounds for a racial or sexual discrimination suit.

6. Examine your attitudes toward people, especially your employees. Times have changed. Raises, promotions, even assignments of duty are powerfully charged issues. It is no longer appropriate to put a friendly arm around a subordinate's shoulder, to invite your male employees for lunch unless you invite female employees as well, to call your secretary, "My girl," or "Honey," or to assign work according to the employee's sex. Some sexual harassment suits are motivated by a desire to hurt someone—and sexual harassment suits are difficult to defend—but many are well deserved. Sexual advantage or disadvantage has no place in your place of business.

7. Have good malpractice and/or liability insurance or an umbrella policy to cover accidents and damage, in addition to your homeowners and workmen's compensation policies. Don't talk about the amount of coverage. Someone who wouldn't consider harming you personally might feel comfortable suing you because, "He won't have to pay, his insurance will."

8. Keep accurate records, get and give written receipts for cash transactions, and pay for purchases by check.

9. Be willing to listen to complaints or grievances of persons you deal with: your employees, customers, friends and neighbors. Someone who feels that he has been ignored, or that

his just complaint has been brushed aside as trivial, may sue in retaliation. A few moments of open minded listening may head off a lawsuit.

What if you are being sued? Right or wrong, you've been handed a legal notice, and you're scared. What should you do?

1. Don't panic. The suit may be groundless; an attempt to frighten you into a quick payoff. Even if the suit is justified, panic won't help.

2. Notify your insurance company and your attorney. Make an appointment to see the attorney and take the documents you have been served and other pertinent information to the appointment. Most civil complaints must be answered within 5 to 21 days in state courts and within 30 days in a federal court. Ideally, you should have a working relationship with a local attorney so that he can see you quickly. Being involved in a lawsuit is stressful enough without having to shop for an attorney and haggle over fees.

The insurance company may have an attorney or attorneys who customarily represent that insurance company's interests. You may expect to be contacted by the insurance company and instructed what is expected of you.

There may be conflicts between the interests of the company and your interest; their attorney may not be able to represent you. You must cooperate with the insurance company. Failure to do so can result in your losing the coverage you have paid for.

3. Don't make any statements or sign anything without the advice of your lawyer.

4. Often, it's possible to reach settlement without having to go to trial. Keep your options open; don't take an "unconditional surrender" stance. Some suits can be settled for small amounts. Insurance companies are aware of the value of settlements and are willing to pay reasonable amounts to avoid the risk of a large jury award.

Despite what you have just read, the great majority of Americans have managed to conduct their daily lives and operate their businesses successfully for years without serious legal problems. Let your motto be: "Don't be paranoid, just be prepared." ■

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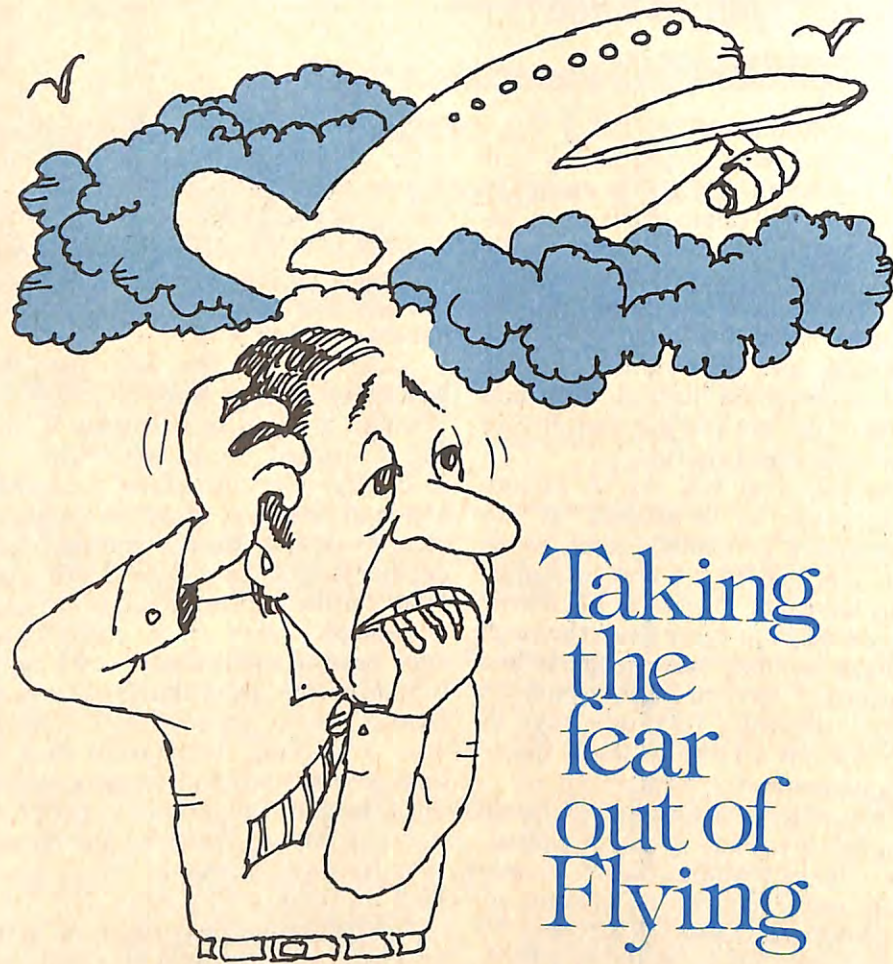
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by Robert Deckert

The first time Faison Covington flew she was about eighteen months old. While she doesn't remember the experience, she remembers only too well what she was repeatedly told about it throughout her childhood—how the pilot had to take care of her because her mother became so violently ill.

"I don't even know if that was true, it might have been exaggeration, but it left me with the feeling that flying must be really scary."

Her second flight, when she was 18, only confirmed that feeling. A friend took her up in his father's small plane and started showing off. "He scared me to death." Her fright was such that she felt she might be overwhelmed by an urge to open the door and jump out.

With that experience, Covington joined the millions of people who find flying a frightening experience.

Surveys sponsored by Boeing Co. and others suggest that one of six adult Americans are afraid to fly. That translates into 25 million people, billions of dollars in lost revenue for the airlines and a lot of human misery.

Millions who are afraid of flying never set foot on a plane. Millions of others do fly, but only at great emotional expense. They may grip the arms of their seats in rigid silence, or chatter to everyone in earshot. They may have trouble breathing and are subject to pounding hearts, dizziness, nausea, rubbery legs, stomach pains and tremors. Many have to fortify themselves with a couple of stiff drinks or tranquilizing drugs.

Every flight crew is aware that

some passengers aboard are afraid, but they have had little specific training in how to help them.

With some, sensitivity to the problem is almost instinctive. Eastern Capt. Bill Hill, for example, frequently tries to ease tension with a light-hearted announcement: "Some of you who don't fly every day have a tendency to grip the arms of your seats until your knuckles turn white. Please don't, as it takes maintenance forever to get the dents out."

Sometimes, however, the efforts of well-meaning crewmen only make things worse, such as when a stewardess gave oxygen to a woman who was hyperventilating, compounding her breathing problems.

Acute fear of flying is a phobia, or an irrational fear that is emotionally rather than realistically based. It is frequently compounded by related fears—claustrophobia and acrophobia; fear of heights and a fear of open spaces, for example.

Essentially, Boston psychologist Albert Forgione says, the problem is one of control. "That's the issue, whether it's control over the aircraft, whether it's control over the emo-

tions, or whether it's control over their fate, the whole issue is the question of the surrender of control."

It is difficult to draw a profile of the average fearful flyer. All ages and occupations are represented. A few generalizations are possible, however. The affliction is more likely to attack a middle-aged individual going through other forms of stress, marital problems or job changes, for example.

Surveys suggest that more women than men are afflicted, but some experts think that is more apparent than real. Women, Forgione says, will tend to show their fear, whereas men will tend to get angry and demanding, often not even recognizing that they are anxious or afraid.

The origins of the fear are extremely complex and varied. It sometimes strikes people after they have been flying comfortably for years. Occasionally even air crew members are affected. Rarely, however, is it associated with a traumatic event like an air crash.

For all the misery a fear of flying creates, however, it is relatively easily cured and a number of organizations throughout the country are producing

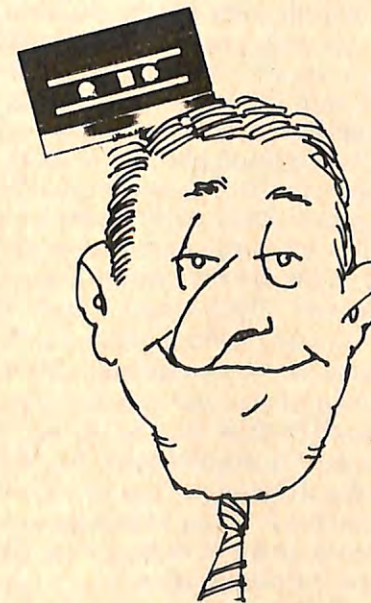
remarkable results in only a few weeks.

Faison Covington, her own fear of flying conquered through therapy, now helps other people get over theirs. Covington works for Change, a Charlotte, N.C., center that treats white-knuckle flyers and other people with severe anxiety.

Change works primarily through a program of tapes and support literature that people use in their own homes. The tapes offer a detailed guide that Change personnel say is quite successful in alleviating anxiety and helping people learn to fly without fear.

Most of the other organizations in the field depend on personal contact, usually leading to a "graduation" flight. Their methods are similar—exercises in relaxation, education and desensitization, a method of gaining mastery over your fears in easy stages—but there are variations.

One of the oldest programs is run by retired airline Capt. T.W. (Slim) Cummings of Coral Gables, FL. Cummings originally developed a series of seminars to help fearful flyers for Pan American Airways. When Pan Am dropped the program



in 1980 because of budget problems, Cummings took it over.

Cummings, once a licensed psychologist, now considers himself an empirical one because of his work with fearful flyers. "The editor of a book for therapists says I work with more phobic people than anybody in the country," he notes with some pride.

In keeping with his aviation background, Cummings puts perhaps a shade more emphasis on education, (Continued on next page)

WHERE TO GET HELP

A number of organizations offer help for the fearful flyer. Several of them are listed below.

Other sources of help include phobia centers found in many cities, as well as individual psychologists and psychiatrists. State psychological and psychiatric associations will provide names of members who specialize in the field. The airlines may also be able to direct people seeking aid to the proper agencies. There are also several self-help books on the market.

Institute for Psychology of Air Travel, Inc.
Suite 300
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Boston, MA 02116

Capt. T. W. Cummings
2021 Country Club Prado
Coral Gables, FL 33134

Change
1339 South Wendover Rd
Charlotte, NC 28211

Travel & "Fly Without Fear" Inc.
310 Madison Avenue
New York, NY 10017

Phobia Clinic
White Plains Hospital
Medical Center
David Avenue
White Plains, NY 10021

Fearful Flyers
Room 4523
PAN AM Building
New York, NY 10017

Associated Airservices, Inc.
2906 Earhart Apron
Torrance, CA 90505

Fear of Flying Clinic, Inc.
3802 Kenwood Avenue
San Mateo, CA 94403

Thairapy
Suite 34B
4500 Campus Drive
Newport Beach, CA 92660

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1st Olympians

(Continued from page 35)

performed a cheer, shouting "B-A-A, rah, rah, rah," much to the chagrin of the startled Greeks, many of whom deemed such outbursts barbaric. But some of the Greeks were delighted by such displays of enthusiasm, including the royal family, regular spectators at the events. King George himself requested the Bostonians to repeat their cheer on several occasions.

That cheer became a familiar ingredient of the 1896 Games: the five BAA athletes accounted for gold medals in six of the 12 track events.

After triumphs on the second day, Clark and fellow BAA member Burke returned to claim additional honors. Clark followed his jump victory with a gold medal-winning five-foot,

11-and-one-quarter inch leap in the high jump. Burke, fresh off his 400-meter championship, hit the tape first in the 100-meter dash (12.0) after utilizing a "crouch" start then foreign to the Europeans.

Thomas Curtis added a gold with a 17.6 effort in the 110-meter hurdles and William Welles Hoyt soared 10 feet, nine and three-quarter inches to win the pole vault championship.

Not all the American successes came in track. John and Sumner Paine each won a gold medal, Sumner capturing the 30-meter pistol event and finishing second to John in the 25-meter service revolver competition.

The only sport in which the United States had an entrant but failed to win a medal was swimming. Williams, the lone American swimmer at Athens, entered the 100-meter freestyle race held in the Bay of Zea. When the starter's gun fired, Gardner Williams, accustomed to the warmer water of indoor pools, plunged into the frigid bay, screamed, "I'm freezing," and promptly clambered out.

The water temperature of 55

degrees even had the winner, Hungary's Alfred Hajos, shivering. "The icy water almost cut into our stomachs," said Hajos, who demonstrated his daring by later entering—and winning—the 1,500 freestyle.

Discounting Williams' setback, the Americans performed exceptionally well in Athens. In the glamour track events the U.S. ran off with nine of the 12 firsts in addition to demoralizing several Greek champions. Overall, the Americans claimed 11 golds, outdistancing Germany (7), Greece (7) and the 10 other competing nations.

They achieved their successes despite miserable travel conditions that left the squad in anything but peak form and in spite of the indifference shown back home.

Perhaps the principal message delivered through athletics by those pioneer U.S. Olympians was reflected in the prophetic words of the Herald reporter covering the Games.

"The oldest civilizations of Europe," he wrote, "must eventually give way before young America." ■

Fearful Flyers

(Continued from previous page)

offering a lot of information on pilot training, how a plane flies and the air traffic control system.

Like all the other groups, however, Cummings relies heavily on training in relaxation, the assumption being that it is impossible to be relaxed and anxious at the same time. Like Chaunge, Cummings offers a relaxation tape that fearful flyers can play at home as they prepare for a flight, or even on the flight itself.

Cummings hold seminars across the nation several times a year. Prior to the seminars, participants are sent the relaxation tape, which includes a guided tour through a typical flight, and a booklet filled with information on flying and conquering fear. Two or three days of classes follow, topped with a short, optional "Graduation Flight."

While Cummings makes a point of the airlines' safety record, he notes that statistics, no matter how impressive, can not overcome the fear. Instead, he tackles it at a deeper level, through relaxation and desensitization.

In desensitization, people are taught to reduce stress by approaching a feared object in gradual steps. After a period of relaxation, they are asked to simply imagine that which troubles them. Fearful flyers start by imagining a trip to an airport. If their stress begins to build, they resume their relaxation techniques before continuing. Some people find the whole thing so stressful even in their imagination that they must begin by imagining someone else making the trip.

Cummings, like most of the others in the field, discourages any deep analysis of origin of the fears. "The reasons are irrelevant," he said at a Boeing symposium on fear of flying. "The problem is in the symptoms and that's something we can work on."

At his seminar classes, Cummings continues the desensitization exercises, guiding participants through an imaginary typical flight. On the graduation flight, which an average of 95% of the class take, Cummings leads his students through relaxation exercises and offers reassuring explanations of every bump and thump.

Takeoff is frequently followed by spontaneous applause and tears of joy from people who suddenly find themselves free of the shackles of fear.

In Boston, Albert Forgione takes a more holistic view of the problem. Forgione, who has been conducting classes since 1973, has detailed his approach in a book: "Fearless Flying: the complete program for relaxed air travel" (Houghton Mifflin Co. 1980).

In addition to relaxation and desensitization training, Forgione puts emphasis on breathing exercises and monitors the diets of fearful flyers.

Incorrect breathing, Forgione believes, contributes heavily to the problems of anxious people. Claustrophobia, for example, so often associated with a fear of flying, is nearly always accompanied by feelings of suffocation. Thus, Forgione believes that learning to breathe correctly may be the most important element of learning to relax.

Can there really be a right way and wrong way to breathe? Yes, Forgione insists. Proper breathing uses the diaphragm; improper breathing expands the rib cage. He likens it to a pair of balloons in a bird cage. In proper breathing, the floor of the cage moves up and down as the balloons expand and contract. Improper breathing, on the other hand, bends the bars of the cage in and out.

The anxious traveler, then, sits rigidly in her seat, a seat belt tight across her hips and her stomach

tense, fighting her own muscles with every breath. It's hardly surprising if she feels like she's suffocating.

Attention to diet is essential, Forgiione believes, with sugar and caffeine being two of the major culprits. The role of caffeine, in colas and chocolate as well as coffee, is obvious. But sugar?

Blood sugar, Forgiione explains, is an essential element in the body's response to stress. A diet heavy in sugar interferes with the body's normal regulation of blood sugar. Moreover, he reports in his book, sugar has a weakening affect on the muscles for reasons not yet understood. He notes tests which demonstrate that an individual may lose up to 60 percent of his or her body strength within a few seconds after taking sugar.

What does this curious fact have to do with a fear of flying? The sudden weakening is seldom consciously noticed, but it does require the body to make adjustments that lead to more tension and fatigue. Since the initial muscle weakening is usually undetectable, the increased tension is attributed to external events, such as an angry boss, or an airplane flight.

Cigarettes and alcohol also contribute their share of problems. While they may bring temporary relief of tension, they simply mask the problem and in the end make it worse.

The rest of Forgiione's treatment is essentially the same as that of Cummings and Chaange—relaxation, desensitization and education. His program runs 10 weeks and is followed by a graduation flight which 90 to 95% of the students take.

Some people who are afraid of flying don't find it much of a problem. They simply find alternate means to get where they are going. Many, however, find it a major handicap. They may have to forego a promotion that means constant air travel or miss out on important family events like weddings and graduations. Marriages have foundered when one partner's fear of flying blocked the other from a desired vacation or job.

Most of these people could benefit by attending one of the many fear of flying courses now available all over the country. They may find it a liberating experience, as the man who wrote Capt. Cummings after attending one of his seminars:

"Well, my friend, you did it...or we did it...or I did it...I guess we all did it. I'm flying again!" ■

News of the Lodges (Continued)

EL CAJON, CA. Lodge recently initiated a class of 101 new members. This is the largest initiation class in the history of the South Coast District of California.

LOUISIANA, MO. The late George Trimble, who died in 1929, included in his will a trust fund of more than \$1,000,000. Interest from the fund is distributed annually to several beneficiaries, including Louisiana, MO, Lodge, which receives 15 percent of the interest.

During the last Christmas season, the lodge's Trimble Fund Committee spent about \$27,000 from the fund to buy clothing and toys for needy children in Pike County. A Christmas party was also held for the children.

In addition to the Christmas project, some \$60,000 from the Trimble Fund is distributed annually "behind the scenes" to needy persons in the county. Some of the money from the fund also goes for the operation of the Trimble House, a senior citizens center in Louisiana.

BIRMINGHAM, AL. Ticket sales in this year's Alabama Elks Association's Annual Cadillac Raffle totaled a record \$88,500. The cost of the Cadillac and other prizes was \$15,000, which left net proceeds of \$73,500 to help support and train the handicapped persons at the Alabama Elks Memorial Center for the Handicapped in Montgomery.

PALO ALTO, CA. At a recent meeting of Palo Alto Lodge, then-ER John Suda and Past Grand Trustee John Morey each received an award from the Veterans of Foreign Wars.

The plaques were inscribed "For Special Recognition for Exceptional Service to Veterans." The awards were presented by John Snow, VFW 12th District Commander.

BUENA PARK, CA. Lodge hosted a dinner in honor of three police officers who were retiring from the Buena Park Police Department after each having served the community for over 30 years. Engraved wall plaques were presented to each of the retirees.

The dinner was attended by 238 police officers, their wives, and elected city officials.

Departed Brothers

PAST DISTRICT DEPUTY Edward R. Smaldon of Rome, NY, Lodge died recently. Brother Smaldon served as District Deputy Grand Exalted Ruler for the Central District of New York in 1979-80. At the time of his death, he was serving as president of the New York State Elks Association.

PAST DISTRICT DEPUTY Myron O. Isherwood, Sr. of Hilo, HI, Lodge died recently. Brother Isherwood served as District Deputy Grand Exalted Ruler for Hawaii in 1959-60 and 1978-79. He was also a district leader for Hawaii for many years.

PAST DISTRICT DEPUTY Fenwick M. Meyers of Bristol, PA, Lodge died January 8, 1984. Brother Meyers served as District Deputy Grand Exalted Ruler for the Southeast District of Pennsylvania in 1968-69.

PAST DISTRICT DEPUTY Romeo P. Allard of Culver City, CA, Lodge died February 20, 1984. Brother Allard served as District Deputy Grand Exalted Ruler for the South Central Coast District of California in 1965-66.

PAST GRAND LODGE COMMITTEE-MAN Leroy J. Koos of Culver City, CA, Lodge died recently. Brother Koos was a member of the GL Americanism Commit-

tee from 1964-66 and a member of the Committee on Judiciary from 1976-78. He also served as District Deputy Grand Exalted Ruler for the South Central Coast District of California in 1959-60.

PAST DISTRICT DEPUTY Robert S. Benik of Bakersfield, CA, Lodge died recently. Brother Benik served as District Deputy Grand Exalted Ruler for the East Central District of California in 1966-67.

PAST GRAND EST. LOYAL KT. Fred H. Kelly of Salina, KS, Lodge died February 24, 1984. He held that office in 1964-65.

Brother Kelly was a member of the GL Ritualistic Committee in 1952-53. He was also a past district deputy and past president of the Kansas Elks Association, and served as secretary of the association from 1955-1968.

PAST DISTRICT DEPUTY Paul Sanchez of Santa Maria, CA, Lodge died recently. Brother Sanchez served as District Deputy Grand Exalted Ruler for the West Central District of California in 1957-58.

PAST DISTRICT DEPUTY David R. Farrell of Pittsburg, CA, Lodge died recently. Brother Farrell served as District Deputy Grand Exalted Ruler for the Central District of California in 1971-72.

PAST DISTRICT DEPUTY Charles E. H. Jones of Danville, VA, Lodge died recently. Brother Jones served as District Deputy Grand Exalted Ruler for the Southwest District of Virginia in 1982-83.

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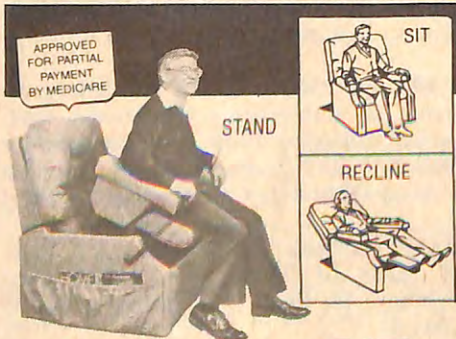
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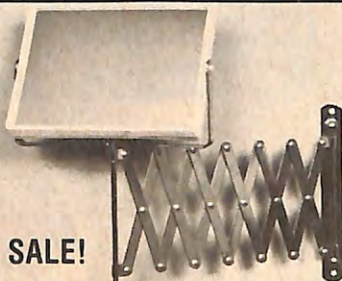
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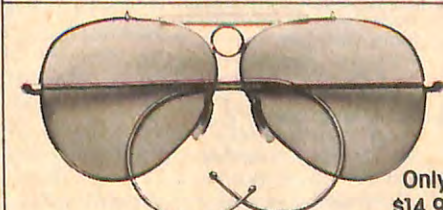
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Whatever type of day care you choose, check the references of your caregiver or the certification of the center or group home very carefully. All states have regulations concerning family day care homes and centers. Family, or group, day care in a private home may be licensed or certified in some way, depending on individual state laws. However, all day care centers must be licensed. To find out what the day care regulations are, contact the day care licensing agency in your state.

(Continued on page 46)

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GREAT all purpose knives for the outdoorsman. Offers you the quality of wood handle. **SOLID BRASS** bolsters and liner. **IF BROKEN IN 10 YEARS WE WILL REPLACE AT NO CHARGE!** Use 30 days, money back if not pleased. Add 75¢ postage & handling but order any 3 knives & we ship free. **ORDER TODAY.** Midwest Knife Co., Dept. X-2922, 8943 S. Western Ave., Chicago, Ill. 60620. *Mail orders only.*

SIZE CLOSED
3" - \$1.95
4" - \$3.95
5" - \$4.95

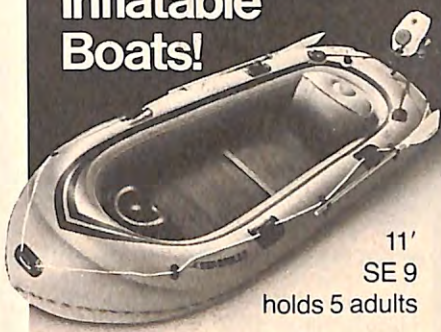
Sturdy Leather Belt Cases \$1.25 ea.

Now drive in cool comfort!



RIDE UP TO 15° COOLER WITH AUTO SUN SHADES. What a relief...custom made, durable aluminum auto shades block out the sun's rays without obstructing vision. Easily installed & instantly removable. Increase air conditioner efficiency. Save passengers, pets and contents from the ravages of a blazing sun. For free info, send make of car, year, series, model (sedan, station wagon, coupe, etc.) and style (2 or 4 door), your name and address to: **SIDLES MFG. CO., INC.**, Box 3537 (E), Temple, TX 76501. For questions or same day shipment on VISA/MC/UPS COD, call TOLL FREE 1-800-433-3101. (In Texas, 1-800-792-3030, ext. 3814.)

The Quality Alternative to High-Cost Inflatable Boats!



11'
SE 9
holds 5 adults

Why pay \$600, \$1000 or more for an inflatable boat? Sea Eagle inflatable boats last for years, go almost anywhere and cost as little as \$110. Fishing platform, motor runabout, river raft, camp boat, yacht tender and now a true speedboat! Lakes, rivers, ponds, bays and oceans. Sea Eagles give you real value for your money!

For your FREE 32-page color catalog write:

Sea Eagle, Dept. EM45B,
St. James, NY 11780

FREE 32-page color catalog!

Or telephone: 516-724-8900
8:30 AM-4:30 PM, Mon.-Fri., EST

SEA EAGLE

REGISTERED U. S. PATENT OFFICE
120 Years of Proven Results!

**ADAMS.
TARLEINE.**



**INSTANT RELIEF
FROM AGONY OF
ITCHING!**

**HEMORRHOIDS
PSORIASIS — ECZEMA**

For blessed temporary relief that can give you a new lease on life...just rub ADAM'S TARLEINE Ointment over the affected areas!

RELIEVES THROUGH HEALING!

"I was troubled with a bad leg sore for many years and at times was unable to walk. After trying many prescriptions and medicines a friend recommended TARLEINE, which healed the leg in a very short time and I have never been bothered since"....J.S., San Bernardino, Calif.

"I have used TARLEINE and found that it is everything you claim it to be. It has cured my piles and I am so thankful to you for putting out such a remedy"....W.J.P., Indianapolis, Ind.

Send check or money order today for only \$24.00 postpaid for supply of two. Not available in stores. 30 DAY MONEY BACK GUARANTEE...You have nothing to lose but pain!

CHARLES L. ADAMS MEDICINE CO.

P.O. Box 118, Dept. EL-13, Solvay, N.Y. 13209

At Last! You Can Wear
All Your Favorite Shoes
In Complete Comfort!

Shoemaker's Adjustable Shoe Stretcher

- Will save you shoemaker's costs for stretching.
- Will save you the expense of throwing out and replacing expensive shoes.

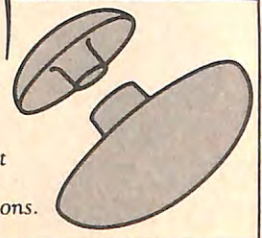
Easy-to-twist metal handle gives you just the amount of stretch you need!

Yet it costs only
\$6⁸⁸

- Will save your feet from painful corns and bunions.



2 extra "spot" stretchers plug right in to prevent corns and bunions.



**GIVES YOU CUSTOMIZED
S-T-R-E-T-C-H
EXACTLY WHERE YOU WANT IT!**

Now, your shoes can fit as though custom made... thanks to this professional-quality Shoe Stretcher!

You can stretch and re-shape all your shoes and boots to eliminate painful pinching, cramping and pressure on corns or bunions!

If you're like most people, you probably have shoes that felt great in the store... but hurt like the dickens now! They cost you so much, you hate to throw them away. Don't! This



inexpensive high-quality hardwood stretcher will save those shoes for you and your family... or your full purchase price, less postage and handling, will be promptly refunded.

Comes in sizes for men and women. One stretcher works on right and left shoes. Order today.

All orders processed promptly. Credit card orders processed immediately upon credit approval. Delays notified promptly. Shipment guaranteed within 60 days.

STERLING HOUSE, Sterling Bldg., Box SST-8531, Garnerville, N.Y. 10923

YES! Please send me the following quantities of Shoemaker's Adjustable Shoe Stretchers:

- Women's 5B to 8A Women's 8B to 11A
 Men's 7D to 11A Men's 11B to 14B
 One for only \$6.88 + \$1.35 postage and handling. SAVE! Two for only \$9.88 + \$2.50 p&h.
 SAVE MORE! Three for only \$15.00 + \$3.50 p&h. NYS residents add sales tax.

Enclosed is \$ _____

CHARGE IT: VISA MasterCard Expires _____

Card # _____
Name _____
Address _____
City _____ State _____ Zip _____

Elks Family Shopper consumer/news

Whether you choose a center or a group home for your child, make sure there are a sufficient number of caregivers. For children below three years of age, one caregiver for every four or five children is considered satisfactory. For children three to five years of age, there should be one caregiver for every seven to nine children.

But child/staff ratios aren't the only consideration in choosing the best arrangement for you and your child. Cost is another important factor. If you want a certain type of day care that is more than you can afford, ask about a sliding fee scale. Another alternative is to make up the extra cost in some way, such as by volunteering to help in the office or repair toys.

Be sure to have a written or oral agreement with your caregiver so you

(Continued on page 48)

See Advertisement Inside Back Cover

Haband's Long Wearing Casual Style
SLACKS HABAND COMPANY
265 N. 9th St., Paterson, NJ 07530

O.K., Haband, you may send me ___ pairs of your all season Off Duty Slacks, for which I enclosed my remittance in full of \$___ plus \$1.95 towards the postage and handling.

OR, TO CHARGE IT: 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 of every penny I paid you.

Name _____ Apt # _____
Street _____ City & State _____ Zip _____
Habend is a conscientious family business operating by U.S. Mail since 1925.

Is your size on this chart?
AVAILABLE SIZES
Waists: 30-32-34-35-36-37-38-39-40-41-42-43-44
46"-48"-50"-52"-54"
*Please add \$1.50 per pair for 46 thru 54.
Inseams: (S(27-28), M(29-30), L(31-32), XL(33-34))

COLORS	090	Waist	Inseam
Light Blue	B		
Midnight Blue	A		
Sand	D		
Brown	E		

4 Pairs for 32.95 ALL FIVE for 39.95!

See Advertisement Outside Back Cover

MAIL COUPON NOW FOR FALL DELIVERY

MICHIGAN BULB CO., Dept. TF-51 4
1950 Waldorf, Grand Rapids, Mich. 49550

Please send order as indicated for fall delivery. Include all FREE bonuses to which I am entitled. Your No Fault Guarantee covers all items.

PRINT NAME _____
ADDRESS _____
CITY _____ STATE _____ ZIP _____

HOW MANY	CAT. NO.	ITEM	COST
	112	Tulip Bulbs (50 for \$2.98 - 100 for \$5.85)	
	124	Crocus (15 for \$1.98 - 30 for \$3.85)	
	114	Daffodils (10 for \$1.98 - 20 for \$3.85)	
	161	Branching Tulips (10 for \$1.98 - 20 for \$3.85)	
	134	Parrot Tulips (6 for \$1.98 - 12 for \$3.85)	
	200	Cushion Mums (10 for \$1.98 - 20 for \$3.85)	
	212	Oriental Poppies (6 for \$1.95 - 12 for \$3.85)	
	119	Dutch Hyacinths (3 for \$1.95 - 6 for \$3.85)	
		Grape Hyacinth if order received by Nov. 1	
		Star of Bethlehem if order totals \$7.00	
		Pink Debut (plus 6 Star of Bethlehem), if order totals \$10.00	
		Allium Moly (plus 6 Star of Bethlehem and 6 Pink Debut), if order totals \$14.00	

Remittance enclosed, plus \$1.50 towards postage and handling. Ship postpaid.
 Bill on my credit card, plus \$1.50 postage and handling. Ship postpaid. Indicate below which credit card you wish to be billed on, credit card number, and expiration date.
 MasterCard Visa Amer. Express

TOTAL \$ _____
GRAND TOTAL \$ _____
1.50

Credit Card # _____
Exp. Date _____

Enjoy your bath again... ...with **TUBMATE™** Bath Lift



Tubmate is the portable, water-powered bath lift that lets you enjoy your bath again without assistance. Its smooth lifting and lowering action gently assists you in getting in and out of your tub. Write for a free brochure today and start enjoying your bath again soon!

AMERICAN STAIR-GLIDE CORPORATION
Department EQ-0584, 4001 E. 138th St., P.O. Box B
Grandview, MO 64030

SALE! Stylish Macrame Espadrilles



Cool, lacy, macrame uppers. Rope covered wedges, plushly padded insoles and springy crepe soles with 2" heels. Order style "Angel" in Navy, Beige, Red, Black or Lilac. Now only \$21.90 per pr. Save even more—2 pr. \$39.00. Add \$1.80 per pr. post. VISA/MC/AX send acct. # and exp. date. Credit card phone orders call 713/650-0916. Refund if not delighted.

(Reg. \$28.00)
NOW \$21.90

SIZES	
N	6 1/2-11
M	4-12
W	6-11
(No 1/2 sizes over 10.)	

CATALOG \$1.00 OR FREE WITH ORDER.

Sofwear Shoes, Dept. 847B, 1811 San Jacinto, Houston, TX 77002.

HEAR WHAT YOU ARE MISSING



WITH
Ruth 1
High Volume

Sound
Amplifying Headphones
ONLY \$98.00 ppd.

Amplifies all sounds! Voices, radio, T.V. etc. Completely self contained! No extension cords or wires to tangle, wear it anywhere. Separate volume control for each ear. Uses 1 (one) 9 volt battery (included) for hours of free listening. The perfect gift for someone you love!
10 day money back guarantee.

Send \$98.00 Shipping included to:

Washington residents
Please add sales tax

Creative Engineering, Inc.
737 Vandercook Way, #1-E
Longview, WA 98632

CHARGE IT: VISA Mastercard
Enclosed is *

Payment by: Check Visa Mastercard
Card No. _____ Expires _____

NAME _____

ADDRESS _____

CITY _____ STATE _____ ZIP _____

NOW! Get 2 Real Old Buffalo Nickels ONLY 25¢



Send 25¢ today for these two old Buffalo Nickels issued before 1938. (Limit one set per family at this price). Plus the most wonderful price lists of U.S. coins in America, along with other coins which you can examine and return without purchase. Cancel service at any time. No obligation to buy. Adults only. Send name, address and 25¢ to:

**Littleton Coin Company, Dept. BT 33,
253 Union Street, Littleton, NH 03561**

NOW! TELEPHOTO AND WIDE ANGLE PICTURES WITH YOUR NEW AUTO FOCUS OR DISC CAMERA.



Added versatility for Canon, Minolta, Pentax, Nikon and other Auto-Focus 35mm cameras, as well as the new Kodak Disc cameras. Simply and easily attached and removed, they do not interfere with the normal, automatic operation of the camera. The telephoto lens brings distant scenes up close, and is also useful in portrait photography. The Wide Angle lens extends camera range for group and panoramic shots. Write for free brochure.

CAMERA HAVEN

P.O. Box 24515/St. Louis, MO 63141

GROW FRESH VEGETABLES
— the easy way —
Produce an abundance of nutritious vegetables and fruits on a balcony, patio, flat roof, basement or yard.

Send \$1.00 for illustrated brochure and prices REFUNDABLE WITH ORDER

GREEN THUMB HYGRO-GARDENS
DEPT. 3C, 3312 LAKESHORE DRIVE
SHEBOYGAN, WI 53081

UPSTAIRS... DOWNSTAIRS...



STAIR-GLIDE® Stairway Lift

America's largest selling stairway lift is the ideal solution for people who can't or shouldn't climb stairs.

- Easily installed
- UL listed
- Will not mar walls or stairs
- Economy and Outdoor models available

AMERICAN STAIR-GLIDE® CORP.

4001 East 138th, P.O. Box B, Dept. E-0584
Grandview, Missouri 64030

The BEST Hiding Place...

...Is the simplest hiding place. Hide your jewelry inside — hang in your closet — a thief simply looks right past it!

- UNIQUE • TAKE ALONG WHEN YOU TRAVEL • SNAPS SHUT • FELT LINED • NOT SOLD IN STORES



\$22.50
INCLUDES SHIPPING

SEND CHECK OR MONEY ORDER
GemSaf*P.O. Box 18127*Dept. E*Portland, OR 97218

NOTICE

If you have a fiberglass tub, shower or boat and find it hard and difficult to clean... then call this toll free number to order a cleaner & wax that's guaranteed to please or your money back.

1-800-223-8489



TITAN CHEMICAL CO.

A DIVISION OF CRA
CAR INTERNATIONAL, INC.
4725 N.E. PRESCOTT ST.
PORTLAND, OR 97218
(503) 284-9767

Enjoy the TV Fun and Thrills You're Now Missing!

**NEW! AMAZINGLY LOW COST PARABOLIC
ANTENNA SYSTEM BRINGS YOU MICROWAVE
PROGRAMS ON YOUR PRESENT TELEVISION SET**

NO CABLE OR EQUIPMENT CHARGES • EASY "DO-IT-YOURSELF" INSTALLATION



FILMS



"LIVE FEED"
SPORTS EVENTS



LIVE
CONCERTS



RELIGIOUS,
EDUCATIONAL



DRAMAS AND
MUSICALS



SPACE PROGRAM
TRANSMISSIONS



AMATEUR
TRANSMISSIONS

Receive and enjoy a vast wealth of entertainment, educational and specialized programming — space shuttle transmissions, amateur and experimental telecasts... Broadcasts NOT available on your present VHF or UHF channels.

MICROSAT TV SYSTEMS has been organized to make advanced hobby and experimental microwave reception equipment available to the general public at low cost. Our first product, THE PARA-20 is a high-efficiency parabolic antenna system (the design most highly regarded by broadcasters and technicians) and matching downconverter. It has been precision engineered for simple installation by anyone. No technical knowledge is required and clear, illustrated instructions assure perfect results.

ONLY \$129.95 COMPLETE — CREDIT CARDS ACCEPTED!

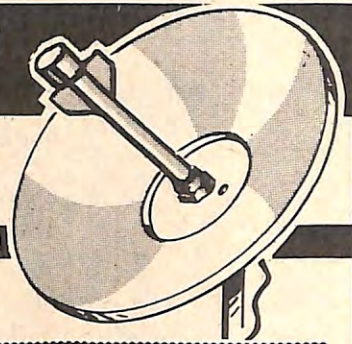
YES, that price is correct! Only \$129.95 for everything you need including cable and all hardware. Until a few months ago, you would have had to pay twice as much for one of the crudely built "coffee can" kits which gave barely visible results when installed a few miles from the nearest microwave transmitter and had to be carefully "aimed" directly at the signal source. Now, through mass production and broad-scale marketing, we can bring you a true parabolic system... virtually a miniature copy of the professional

FOR FASTEST SERVICE,
PHONE TOLL-FREE

1-800-228-6500
Orders Accepted 24 Hrs.
— 7 Days; Sorry, No CODs;
In Nebraska Only: 1-800-642-9506

Above Phones For
ORDERS ONLY
For Information:
Call 1-516-352-7000

NOTE: Variety and types of programming available in your area for unrestricted viewing depends upon local telecasters' individual policies and license authorizations.



ONLY \$129.95 COMPLETE
FULL SATISFACTION GUARANTEED

"dish" systems used by broadcasters around the world — at an easily affordable price. You can even CHARGE it to your VISA or MASTER CARD account, if you wish.

LATEST DESIGN — OVER 20 INCH DIAMETER!

Your dish isn't a skimpy 12" or 14" disk... ITS DIAMETER IS A FULL 20.5 INCHES. Constructed of spun aluminum with rolled safety edge, fitted with ultra-sensitive probe. It will withstand 85 m.p.h. gale force winds. Easily mounted on roof or in attic, it provides relatively broad range reception of high quality signals in primary and many "near-fringe" areas. (30" model also available for extended range reception.) It may be installed wherever an unobstructed "line-of-sight" path from transmitting stations is available.

IMPORTANT: Equipment offered is sold ONLY for home reception of hobby, experimental, non-commercial and similar signals NOT protected or restricted by FCC rules and regulations. In placing order, customer agrees to abide by such regulations as currently apply or may be invoked and releases MICROSAT TV SYSTEMS from any and all responsibility for possible misuse.

• NOT SOLD FOR INTERCEPTION OF SUBSCRIPTION TV SERVICE •

MICROSAT TV SYSTEMS, 969 Lakeville Rd. (Box 5026), New Hyde Park, NY 11040 Dept. MM 209
(A Division of LATTING TOWN GROUP Ltd.)

Gentlemen: Please RUSH me _____ MICROSAT PARA-20 antenna systems at \$129.95 (plus \$10 shipping and handling).
 I prefer the MICROSAT PARA-30 system to extend reception area and assure improved signal quality at \$179.95 (plus \$15 shipping and handling).

In ordering this equipment, I attest that it is to be used solely for non-commercial purposes in reception of signals NOT restricted by FCC rules and regulations.

Signature _____ CHECK ENCLOSED
PRINT NAME _____ VISA MASTER CARD
ADDRESS _____ Bank No. _____
_____ AM. EX. DINERS CLUB
_____ Card No. _____
_____ ZIP _____ Expiration Date _____

SATISFACTION GUARANTEED OR PURCHASE PRICE (less 15% service charge) REFUNDED if returned complete, including all hardware, within 30 days.

(NY ONLY: Include 4% State tax plus local tax, if any)

(DEALER INQUIRIES INVITED. Write or Phone 516-352-7000)

Throw Away Extra Pillows



New comfort with back, shoulders & head raised & cushioned on this buoyant foam wedge. Provides even slope for healthy, restful sleep. **Head Elevation** eases discomforts associated with diaphragm hernia, hypertension, acid regurgitation, breathing, bronchial & heart ailments. **Leg Elevation** eases varicose, circulatory & swelling leg discomforts. 27" long, 24" wide. Washable zipper cover. **FOAM-SLANT** is available in heights most prescribed by doctors. 4" for two pillow users \$22.00; 7½" for three pillow users \$28.00; or 10" at \$31.00 or 12½" at \$34.00. Extra covers \$9.98 each. Order from this ad, we'll pay postage, ship promptly. NJ residents add 6% tax. Money back guarantee.

Order by check, Visa, MasterCard - **BETTER SLEEP, INC.**
Box EV, New Providence, NJ 07974

ELECTRICAL SAFETY COVERS



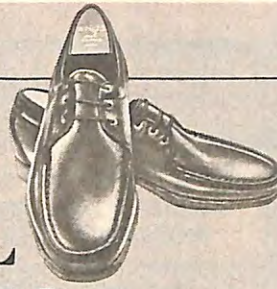
Protect your TV, stereo, microwave, all electrical appliances & tools from theft. Protect your small children from the danger of electrical hazard. All new concept of space age plastic completely covers electrical outlets while appliances are plugged in. Safe, simple to install. Special tool included with each order. Available in Ivory or Dark Brown \$2.95 each, minimum order 4 covers. Add \$2.00 postage & handling per order, Mastercard, Visa, check or money order.

RATLIFF MANUFACTURING CO.

116 South Main
Miami, OK 74354

Wright Arch Preserver[®] Shoes

CAN MEN'S SHOES BY MAIL REALLY FIT THIS GOOD?



Yes, when they are WRIGHT ARCH PRESERVER SHOES. Send for FREE catalog of 70 styles of America's most comfortable shoes. Sizes 6 to 16, widths AAA to EEE. Unconditional guarantee. No time limit. No exceptions. Mail coupon now.

**Executive Shoes, Dept. 654, Box E
Rockland, MA 02370**

Send Free catalog of Wright Arch Preserver Shoes.

Name _____ **SEND**
Address _____ **FOR**
City _____ State _____ Zip _____ **FREE**
CATALOG

SALE! Dazzling Jeweled Sandals



Catalog \$1.00 or FREE with order.

Sparkling with multi-colored gemstones, these beautifully made ladies sandals are superbly comfortable. Foam cushioned insoles, adjustable backstraps and 1 1/2" heels. Order style "Dawn" in sizes: N 5 1/2-12, M 4-12, W 5-12. (No 1/2 sizes over 10.) Now only \$18.95 per pr. **Save even more—2 pr. \$35.00.** Add \$1.80 per pr. post. VISA/MC/AX send acct. # and exp. date. Credit card phone orders call 713/650-0916. Refund if not delighted.

Sofwear Shoes, Dept. 846B, 1811 San Jacinto, Houston, TX 77002.

NOW \$18.95

COLORS

Gold, White, Camel, Black, Navy, Silver, Pink, Green, Yellow, Bone, Lt. Blue

Do your heels ache?



Why suffer another day with sore heels (and even heel spur aches) when Cushi-Heel Pillow gives you quick relief while you walk or run? Developed by an athlete, who suffered just as you do, and who couldn't find anything which helped. His U.S. patented (No. 3,984,926) pads are exactly the right shape, density and compression to cushion the weight your heels must bear. Mailmen, housewives, waitresses, sales people, nurses, bartenders, school teachers, people who must be on their feet all swear by them. Joggers, tennis, golf, basketball and racquetball players find they can now play in comfort, even with heel spur problems. **If not satisfied, return within 10 days for full and prompt refund.**

Calderon Products, Inc.
119 Fairlawn Plaza Drive, Dept. 146
P.O. Box 5387, Akron, Ohio 44313
(216) 864-8100

- One pair Cushi Heel Pillows \$6.50 p.pd.
 - Save! Two pairs for only \$11.00 p.pd.
 - Save more! Three pairs for only \$15.00 p.pd.
- Prompt delivery! Shipped by First Class Mail.**
- Enclosed: check money order cash
 VISA MasterCard (accepted)
(Ohio residents add sales tax.)
- Check size: Men's shoe size Women's shoe size
 6-7 8-9 4-5 6-7 8-9
 10-11 12-13

Name _____
Address _____
City _____
State _____ Zip _____



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-F 329 N. Third Street, DeKalb, IL 60115**

See Advertisement Inside Front Cover
Satisfaction Guaranteed! Mail Coupon Today

OLD VILLAGE SHOP, Dept. VM 5023
Bldg. #9, Hanover, PA 17333

Please rush _____ prs. of the Genuine Leather "Ranchero" Dress Boot for the low price of just \$18.88 plus \$3.60 postage and handling on same money-back guarantee.

SAVE MORE! Order two pairs for just \$36.88 plus \$6.90 postage and handling on same money-back guarantee.

____ prs. Cordovan Brown (M246470B) Size _____ Width _____
____ prs. Black (M236356B) Size _____ Width _____
(Please add \$2.00 for wide width.)

CHARGE IT: American Express Diners Club VISA MasterCard

Enclosed is \$ _____
Acct. No. _____ Exp. Date _____

PRINT NAME _____

ADDRESS _____

CITY _____ STATE _____ ZIP _____

Check here and send 50c for a year's subscription to our full-color catalog of fine shoes (M289922). Our policy is to process all orders promptly. Credit card orders are processed upon credit approval. Delays notified promptly. Shipment guaranteed within 60 days.

© H.H.I. Inc., 1984

Elks Family Shopper

consumer/news

are clear about additional and optional expenses. Spell out whether you are obligated to pay for days your child is absent and any extra fees for added care your child may require.

Safety is another factor that should not be overlooked. Ask if the home or center has a separate place to care for sick children where they are isolated from the others and can be watched. Are there smoke detectors, first aid kits, fire extinguishers? Do the windows above the first floor have strong screens or bars? Are the outdoor play areas free from litter and well protected? Make sure the caregiver has a safety plan for emergencies and adequate fire exits. Check out the play equipment for safety and suitability.

Make your expectations clear and then be sure to meet your own responsibilities, such as picking up your child on time. Good day care is a cooperative effort that can benefit both you and your child.

CHANGE OF ADDRESS

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

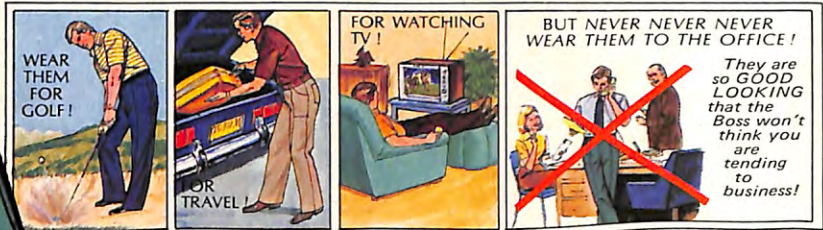
5-84

HABAND INCREDIBLE BUY! GOOD TIME SLACKS

For Your **OFF DUTY HOURS!**

TAKE Any **3** PAIRS for Only **24⁹⁵** ON MONEY BACK APPROVAL

It's a matter of *Comfort!* And *Style!* And big big *Savings*, on your favorite clothes: the slacks you wear *after work!* Here are the expensive easy-going good looks you want for relaxing, for vacation, for weekend hobbies or family outings. Full comfort cut. Gentle s-t-r-e-t-c-h fabrics. And guaranteed NO IRON long, long wear! Your favorite colors. A hint of "macho" outdoorsy styling, and Freedom of Action to bend and move any way you want! Most important, you are now invited to see them for yourself at no risk! Try them on, show your wife and family before you decide!



Priced for Your Pleasure Too!!

Look! You don't have to spend a fortune! Why pay \$35 a pair in some high priced resort haberdasher or expensive catalog! Such prices take all the fun out of your leisure clothes. So now Haband, the famous mail order price busters from Paterson, N.J. have this special super-attractive offer: 3 pairs of excellent off-duty Leisure Slacks, for the good-times, and you get **ALL THREE PAIRS FOR \$24.95!!**

And note the **QUALITY TAILORING:**

- ★ 100% FORTREL POLYESTER DOUBLEKNIT TWILL!
- ★ Hefty wide belt loops for a man's sturdy wide belts.
- ★ 100% NO IRON Permanent Press Wash & Wear.
- ★ Indestructible Talon Zipper
- ★ TWO Big Slash Pockets up front
- ★ Two deep Man-sized Back-Pockets too!
- ★ 100% Made in USA!

100% NO IRON!

★ **FAST RELIABLE SERVICE**
Over 30,000 pairs now in stock!

Send for yours Today!

Millions of men from all over the U.S.A. know Haband for fine values in all their clothing needs. And you know that when they see this value, supplies will sell out fast! Now see for yourself. Let Haband show you what we can do while you pocket the savings! Hurry, while the saving is good!

USE THIS COUPON

SEE THEM NOW on NO RISK MONEYBACK APPROVAL!

Haband's Long Wearing Casual Style

SLACKS

HABAND COMPANY 265 N. 9th St., Paterson, NJ 07530

O.K., Haband, you may send me _____ pairs of your all season Off Duty Slacks, for which I enclose my remittance in full of \$ _____ plus \$1.95 towards the postage and handling.

OR, TO CHARGE IT: VISA Master Charge

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 of every penny I paid you.

72B-090

Name _____

Street _____

Apt. # _____

City & State _____

Zip _____

Haband is a conscientious family business operating by U.S. Mail since 1925.

Is your size on this chart?

AVAILABLE SIZES

Waists: 30-32-34-35-36-37-38-39-40-41-42-43-44-46*-48*-50*-52*-54*

*Please add \$1.50 per pair for 46 thru 54.

Inseams: S(27-28), M(29-30), L(31-32), XL(33-34)

COLORS	090	Waist	Inseam
Sage Green	C		
Light Blue	B		
Midnight Blue	A		
Sand	D		
Brown	E		

4 Pairs for 32.95
ALL FIVE for 39.95!

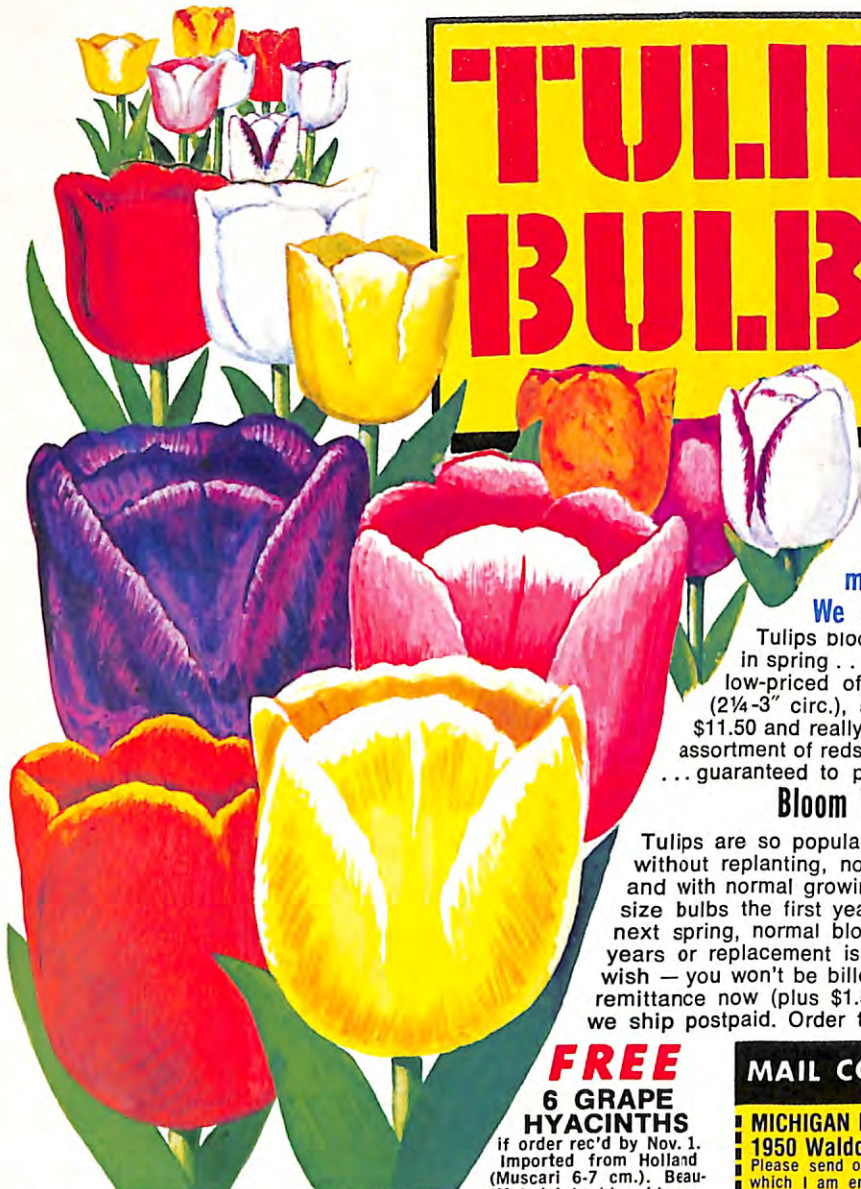
WE HAVE YOUR SIZE IN STOCK!

Waists 30 to 54* with already finished bottoms, to your proper leg length too!

No alterations needed!

*Sizes 46 to 54 please add \$1.50 per pair.


HABAND
265 N. 9th St., Paterson, N.J.
Telephone (201) 942-2600



TULIP 50 for BULBS \$2.98

100 for \$5.85 - 200 for \$11.50

Tulips May Be In Short Supply Next Fall — Order Our Flaming Mix Assortment Right Now At This Amazing Low Price. We Guarantee Prompt Delivery Early Next Fall!

Tulips bloom in all their graceful splendor and brilliant color in spring . . . but they must be planted in fall! This fantastically low-priced offer features healthy, hardy, planting stock bulbs (2 1/4-3" circ.), 50 for only \$2.98, 100 for \$5.85, or order 200 for \$11.50 and really save! Better yet, you get our beautiful flaming mix assortment of reds, whites, yellows, two tones, pinks and dark shades . . . guaranteed to please!

Bloom Year After Year . . . Without Replanting!

Tulips are so popular, of course, because they bloom year after year without replanting, no need to take them up. Given proper soil, care and with normal growing conditions, these bulbs will develop into larger size bulbs the first year's planting. In fact, we guarantee many blooms next spring, normal bloom the second season and at least 5 additional years or replacement is free. You may order on your credit card if you wish — you won't be billed until next fall when shipment is made. Or send remittance now (plus \$1.50 towards postage and handling) — either way, we ship postpaid. Order today!

FREE 6 GRAPE HYACINTHS
if order rec'd by Nov. 1. Imported from Holland (Muscari 6-7 cm.). Beautiful dainty blue blooms.

MAIL COUPON NOW FOR FALL DELIVERY

MICHIGAN BULB CO., Dept. TF-51 4
1950 Waldorf, Grand Rapids, Mich. 49550
Please send order as indicated for fall delivery. Include all FREE bonuses to which I am entitled. Your No Fault Guarantee covers all items.

PRINT NAME _____
ADDRESS _____
CITY _____ STATE _____ ZIP _____

HOW MANY	CAT. NO.	ITEM	COST
	112	Tulip Bulbs (50 for \$2.98 - 100 for \$5.85)	
	124	Crocus (15 for \$1.98 - 30 for \$3.85)	
	114	Daffodils (10 for \$1.98 - 20 for \$3.85)	
	161	Branching Tulips (10 for \$1.98 - 20 for \$3.85)	
	134	Parrot Tulips (6 for \$1.98 - 12 for \$3.85)	
	200	Cushion Mums (10 for \$1.98 - 20 for \$3.85)	
	212	Oriental Poppies (6 for \$1.95 - 12 for \$3.85)	
	119	Dutch Hyacinths (3 for \$1.95 - 6 for \$3.85)	
6	FREE	Grape Hyacinth if order received by Nov. 1	0.00
6	FREE	Star of Bethlehem if order totals \$7.00	0.00
6	FREE	Pink Debut (plus 6 Star of Bethlehem), if order totals \$10.00	0.00
6	FREE	Allium Moly (plus 6 Star of Bethlehem and 6 Pink Debut), if order totals \$14.00	0.00

Remittance enclosed, plus \$1.50 towards postage and handling. Ship postpaid. TOTAL \$ _____

Bill on my credit card, plus \$1.50 postage and handling. Ship postpaid. Indicate below which credit card you wish to be billed on, credit card number, and expiration date. GRAND TOTAL \$ _____

MasterCard Visa Amer. Express

Credit Card # _____
Exp. Date _____

MORE LOW PRICED FALL PLANTING BARGAINS!

DAFFODILS
U.S. Grown (Narcissus)
10 for \$1.98

CROCUS
Imported Holland
Avg. 5 cm. up
Mixed Colors
15 for \$1.98

BRANCHING TULIPS
(Praestans fuselior, 8 cm.)
10 for \$1.98

CUSHION MUMS
Hardy root division perennials, ass't colors
10 for \$1.98

PARROT TULIPS
Holland Imported
avg. 3.9" circ.
6 for \$1.98

ORIENTAL POPPIES
1 year nursery grown plants
6 for \$1.95

DUTCH HYACINTHS
Imported Holland (avg 5 1/2" circ.), pastel colors
3 for \$1.95

FAMOUS "NO FAULT" GUARANTEE

All items offered are for delivery early next fall. Each selection will be exactly as advertised, vigorous and healthy, well packed for delivery in good condition. If not satisfied on arrival, you may return within 15 days for full refund. Any plant that doesn't flourish and thrive, we will replace it free. Planting Guide included with every order. Send Today!

MICHIGAN BULB CO., Grand Rapids, Michigan 49550