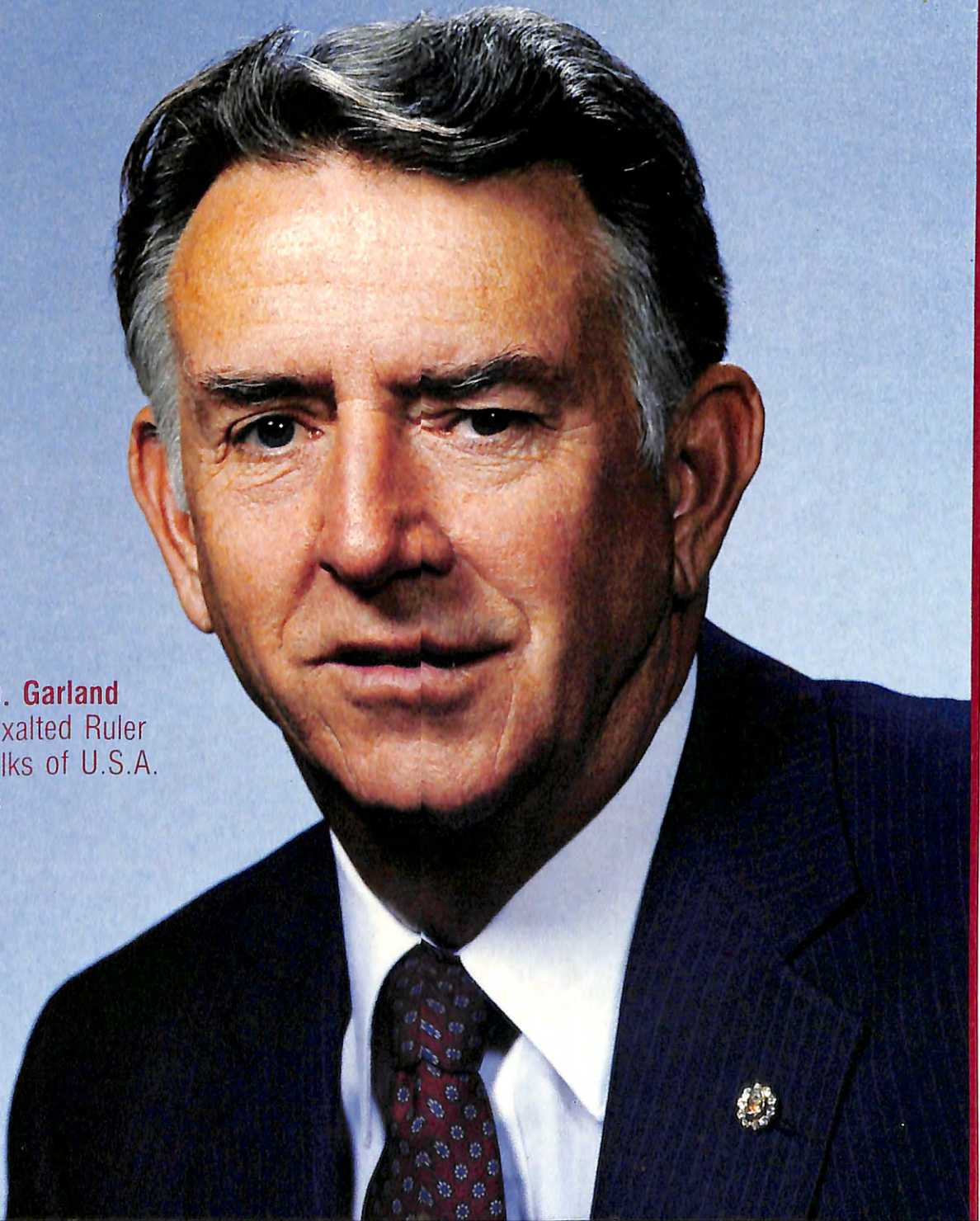


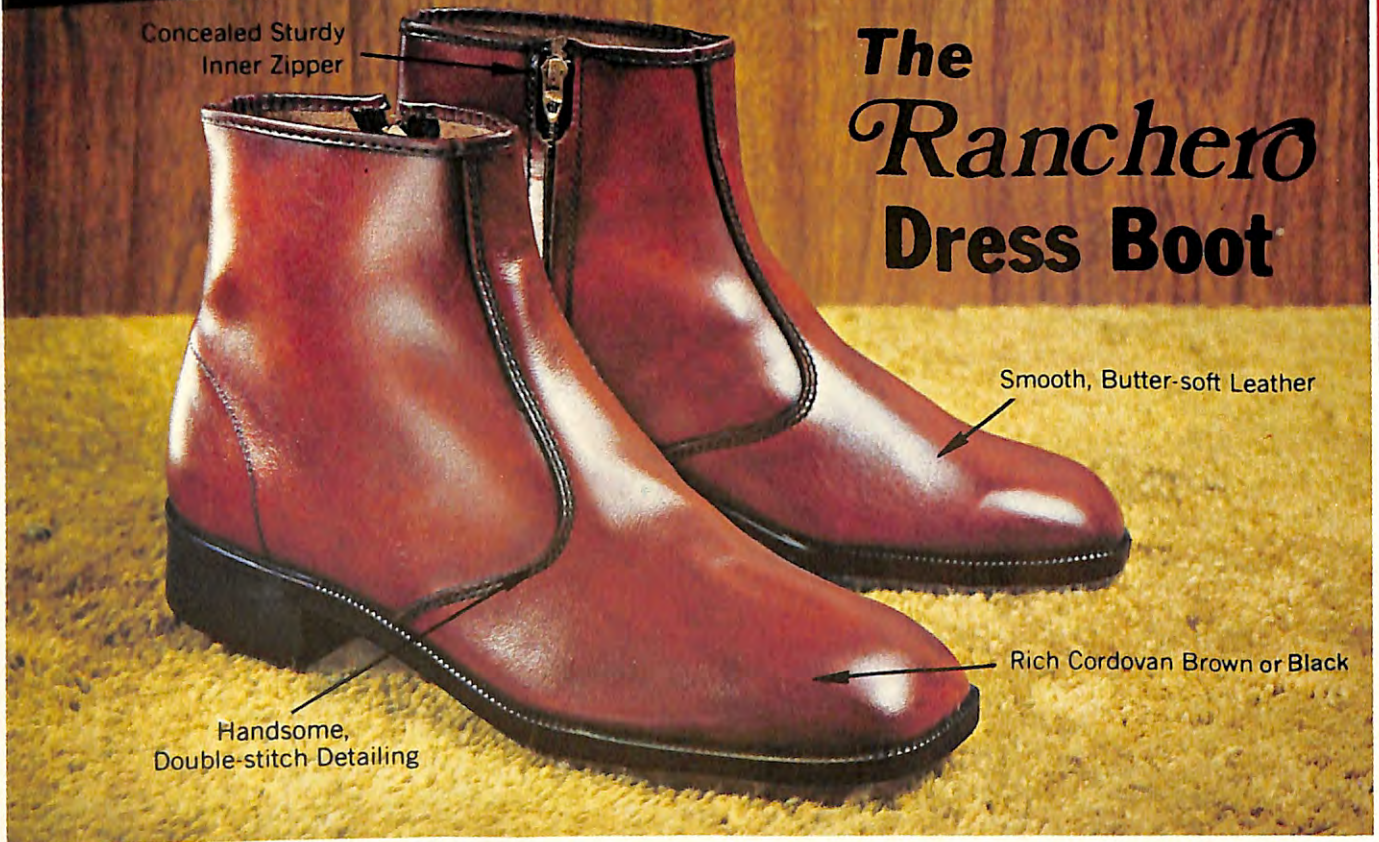
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**Elks**  
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September 1984

**Frank O. Garland**  
Grand Exalted Ruler  
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A MESSAGE FROM THE GRAND EXALTED RULER

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## ELKS CARE - ELKS SHARE

---

**T**o each Brother Elk, the Grand Lodge Officers and I express our thanks for the trust you have placed in us to lead our great Order. This rare honor and opportunity for service is not bestowed lightly nor taken fancifully. Together, 1,650,000 Elks have a challenge to maintain and to expand upon our Order's distinguished history of sharing.

We are one of the most successful organizations the world has ever known because we care. We care about our country and its people. Our principles of Charity, Justice, Brotherly Love, and Fidelity are not just idle slogans. They are manifest in the programs of the Grand Lodge, the Elks National Foundation, the state major projects, the local lodges, and of individual Elks.

Our monetary sharing is measured in millions of dollars annually, our sharing of time in volunteer service can only be estimated in terms of millions of hours. We benefit, not selfishly, but because we know that it is for a greater good than our own. Those with whom we share have happier, more productive lives because of us. To the benefit of disabled veterans, the handicapped, the needy, students, scouts, and to countless communities, we share not only our dollars and our time, we share our lives.

Together, with renewed enthusiasm and dedication, we will continue to demonstrate that Elks Care - Elks Share.

Frank O. Garland

#### 4 Job Stress / Burnout

Its symptoms can be both subtle and pervasive...learn the danger signals.

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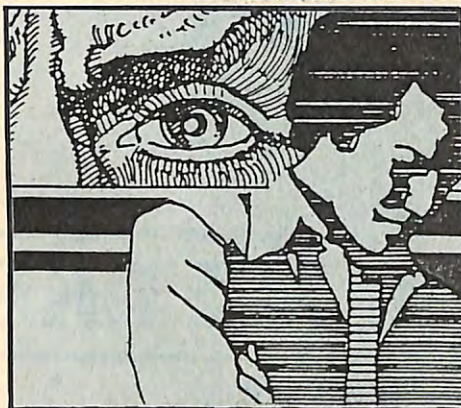
A prestigious address, even 1600 Pennsylvania Ave., doesn't mean an end to money worries.

**Duane Valentry**

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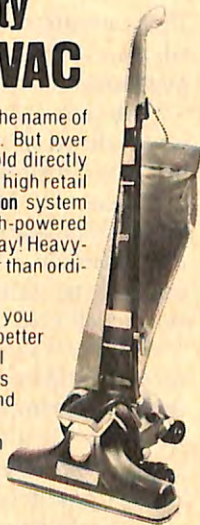
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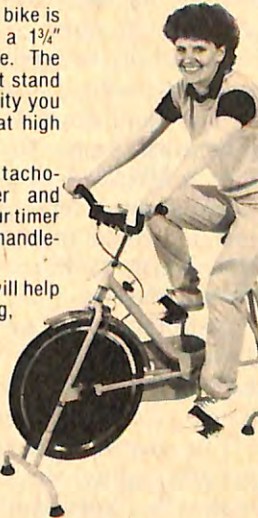
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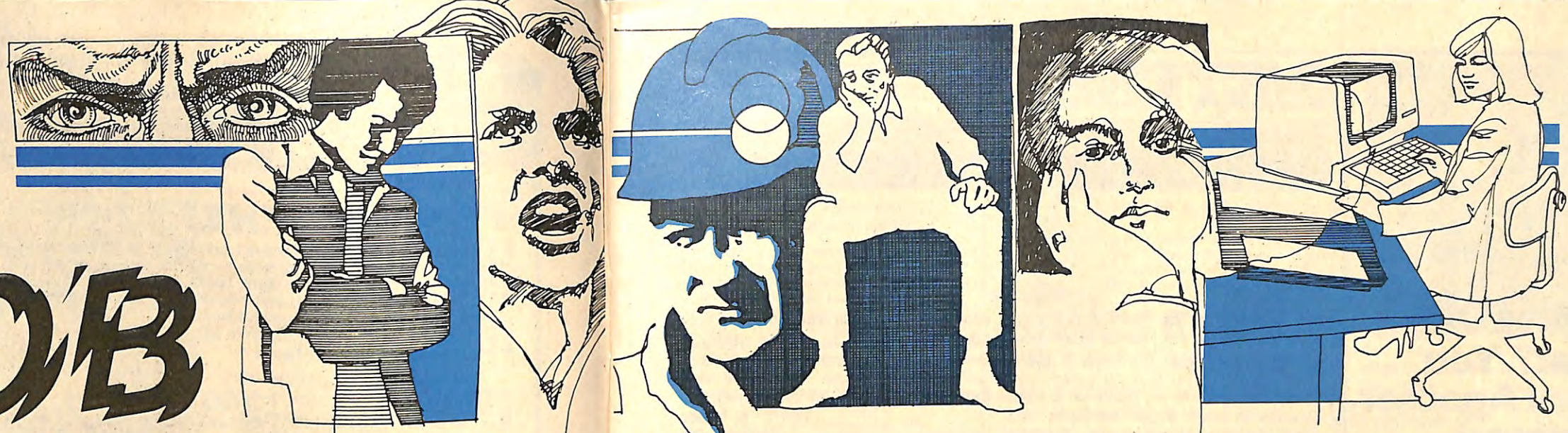
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# JOB STRESS/ BURNOUT



by Kay Marie Porterfield

Karen, a secretary for a small manufacturing firm, awakes each morning with a throbbing headache and she finds herself close to tears *during most of the day. Sam, who works on an assembly line at the plant, has developed a nasty skin rash, one his dermatologist can't make disappear. Ralph, Sam's foreman, has become so irritable at home, his wife is threatening divorce.*

Neither Karen, Sam nor Ralph has consciously linked their symptoms with job burnout. After all, none of them are executives, the people usually linked with work stress. Instead, each of them blames themselves for not being able to handle life better and they fear that if their "weakness" is found out, they'll lose their jobs.

Yet job stress and burnout (what happens when job stress goes unresolved) is epidemic according to experts and there's evidence that blue and pink collar workers suffer from it *more* than high level execs! When the National Institute for Occupational Safety and Health scrutinized death records and hospital admissions forms for stress related illnesses, they discovered jobs like laborer, secretary, lab technician, computer programmer, mechanic, phone operator,

electrician and sales manager and representative carry the highest amounts of stress.

Depleted energy, lowered resistance to illness, job absenteeism, inefficiency and pessimism are equal-opportunity symptoms. Too often, say industrial psychologists, *workers ignore stress symptoms* under the misguided assumption that in order to experience burnout, you need a college degree.

According to psychologist Michael Lerner, director of the Institute for Labor and Mental Health in Oakland, California, "When people blame themselves instead of job conditions for occupational stress, they make the burnout worse. Working conditions aren't called into question and aren't changed." Unfortunately, one of the hallmarks of job burnout is self-blame.

In reality, people who complain that their jobs are killing them often aren't malingering or exaggerating. Asthma, ulcers and heart disease are only some of the consequences of chronic stress. High noise levels, unbearable overtime schedules, glaring lighting and impossible deadlines aren't the burnout victim's fault. Humans naturally react to these stressors with a rush of adrenaline, affecting brain, heart, stomach, lungs and muscles, gearing the body to fight or flight. Running away and fist

fight aren't accepted work behaviors so the physical tension builds to psychosomatic illness.

One out of every three workers who calls in sick on a given day is doing so because of a stress related problem and 85% of all work accidents are caused by distress on the job. Female clerical workers have double the rate of heart disease of women in other jobs.

Overwork, pressure from supervisors, deadlines and low pay can make the most seemingly simple job highly stressful. Institute for Labor and Mental Health research points toward lack of control over the workplace as a major factor in burnout. Foreman and supervisory positions also tend to carry high stress.

Other high stress occupations are those in which workers aren't allowed to use their intelligence, creativity or ability to cooperate and interact with other human beings. Assembly line jobs and work at computer terminals where socializing isn't allowed are prime examples.

"In addition, we live in a meritocracy," emphasizes Lerner. "Many people believe you can make it to the top if you really try, then blame themselves rather than the economy when they're stuck in low paying, low status jobs. Often job insecurity, because of economic conditions, can lead to stress and burnout."

Recently researchers have discovered another job stress which is taking a toll on workers and their employers. Termed "technostress" by Dr. Phillip Polakoff, Director of the Western Institute for Occupational/Environmental Sciences in Berkeley, California, this new malady affects more and more workers each day. "Everyone from those in janitorial services to steel workers are being asked to use computers as part of the job. Computers are changing the very structure of work as we know it."

As computers become co-workers there is an increased demand for intense concentration so that workers can comprehend the rapid flow of information technology has made possible. Workers who previously paced themselves are now dependent on the computer to set the schedule. Work sometimes goes at a brisk pace and, when the system crashes, it comes to a screeching halt, giving employees no control about what they do and when they are able to do it.

Learning a new language in order to communicate with a computer can be an awesome task. In addition as many as a quarter of workers who must adjust to computerized work suffer from computer phobia, a paralyzing fear of computers. Since the new technology is touted as a helper and wave of the future,

distressed workers are often afraid to admit to fear of computers or anxiety created by new job conditions. It isn't unusual for office workers to think of the computer as a surly co-worker and to resort to sabotage.

Even full-time homemakers aren't immune from burnout. "It's a role problem," says Dr. Michael Lauderdale, Director of the University of Texas School of Social Work Research Center. "Burnout takes place when your expectations don't match your role and that is possible at work or at home." Striving for an immaculately clean house and trying to be a supermom sets homemakers up for guilt, failure and occupational stress.

Lauderdale sees burnout as a condition which pervades our society. "Most of us grew up in an age of optimism," he explains. "We learned to expect two cars and a vacation home. That just isn't possible for many of us. Those promises we were raised on were broken and it isn't our fault. Keeping those impossible expectations often leads to a sense of futility and burnout." In an era where Ph.D's sell shoes and inflation makes life a constant struggle for many, lowering expectations may be the only way to cope.

In addition, the current breakneck velocity of social change can contribute to personal burnout. Says Lauderdale, "We're faced with a con-

stantly moving kaleidoscope of expectations. As soon as we adapt, we're asked to adapt again." As both women and men fight to break out of sex-role stereotyping and take non-traditional jobs, stress is created.

Working mothers must take on conflicting roles and fulfill the obligation of two demanding jobs. Single parents who feel obligated to be mother, father and breadwinner are also at high risk. A National Commission on Working Women Study found that more than half of female workers have absolutely *no* leisure time.

What can workers do when job stress begins threatening both emotional and physical health? Admitting to yourself that you are burning out is a critical first step according to Dr. Polakoff. "You need to begin writing down your work stressors and making yourself aware of their effects. Then you can approach management in a rational rather than a confrontive way. Exercise patience and be sure to give the powers that be a fair time to make changes."

Some of the most effective arguments for stress management classes and workplace changes are economic. Industry loses over \$10 billion a year in lost days, hospitalization and early stress related death caused by occupational stress. One employer-provided

(Continued on page 29)



## What? You Spent Another Summer Struggling With a Big, Clumsy Tiller!

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# LETTERS

• I read "Taking The Fear Out of Flying" in the May issue, but I simply wasn't convinced to put aside my fears of going aloft.

Nor am I alone in my preference; NBC TV's Gene Shalit, ex-pro football coach John Madden, singer Aretha Franklin are among the many "groundlings" who agree with the *Chicago Tribune's* columnist Mike Royko that "Flying is For The Birds!"

Both my daughter and son-in-law are pilots and they have tried to get me "up" for years; I'd have to be drunk, drugged or about dying to get on any plane. Let anyone who likes to fly have at it and, three cheers for them! Just count me out.

Mrs. Edna Peterson  
Deer Lodge, MT

• As editor of the North Dakota "Rough-rider Review," the newsletter of our chapter of the Studebaker Drivers Club, Inc., I found A. Stanley Kramer's article ("A Finished Vehicle Every 7 Minutes... in 1872!" June issue) to be informative, entertaining, well researched and complimentary to the former Studebaker Corp.

Mr. Kramer is to be congratulated.

Ned Clark  
Minot, ND

• I appreciated Grace Weinstein's observations on mental agility in the (June) "Retirement and You" column.

Ms. Weinstein confirmed many of my own thoughts on aging and on the decline of awareness caused by our tendency to dwell on our shortcomings as we find ourselves with more time on our hands.

The secret is to keep busy and constantly challenge oneself with interesting hobbies, volunteer work or other engrossing activities. These keep the "mental juices," so to speak, flowing.

Martha Vel  
Rochester, MI

• Robert J. Duhse's article, "Heirloom Seeds" (June issue) spoke directly to an important problem, that of safeguarding precious seed stocks for future generations.

As the genetic pool from which our crops are grown continues to be "streamlined" in the name of progress,

seed exchanges will prove to be the only resource left to us to provide variety in our selection of vegetables and fruits.

Congratulations on one of the very best articles to date on this subject.

Warren K. Locke  
Portland, OR

• June's "It's Your Business" column ("Dancing on the Edge of the Sword") by John Behrens is a great tool for building motivation.

Our organization deals with the problems of the socially disadvantaged in business; I feel that this article will help our clients to realize their roles as entrepreneurs.

James L. Everett  
Minorities in Business  
Winston-Salem, NC

• I have written before in praise of *The Elks Magazine*; this time, however, I must make an observation on the June issue.

The June issue contained only a small box announcing the remembrance of Flag Day; it was tucked into the last few pages of the magazine.

Years ago, the magazine always had a patriotic cover or feature commemorating this important day. It is suggested that greater emphasis be placed on this very important event.

Jack B. Egozcue, PDDGER  
Chairman, NYSEA  
Americanism-Flag Day Committee  
Mineola, NY

• "America's Pioneer Olympians" by Bob Fulton (May issue) gave needed recognition to heroes who have become forgotten.

In these days of media hoopla and hype over the Summer Games it is well that we look back with pride on the honors that these athletes won for our nation so many years ago.

Also, it is important that we learn from the apathy that our pioneering Olympians had to contend with; today, similar apathy threatens our Olympic programs.

Odie Tardiff  
Kansas City, MO

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100 mg. NIACINAMIDE	\$1.00	\$3.85	\$6.50
400 mcg. FOLIC ACID	65¢	\$2.85	\$4.95
100 mcg. B12	65¢	\$2.50	\$4.35
300 mcg. BIOTIN	\$1.45	\$6.50	\$10.95
250 mg. CHOLINE	\$1.65	\$6.95	\$12.00
250 mg. INOSITOL	\$3.75	\$16.89	\$29.75
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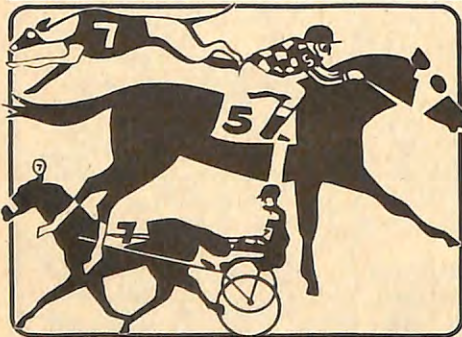
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# YOU & RETIREMENT

by Grace W. Weinstein

## CUTTING THE COSTS OF HEALTH CARE

Health care costs are skyrocketing: The hospital room that cost \$40 a day in 1967 costs about \$360 today. Physician fees rose, during 1983 alone, at two-and-one-half times overall consumer prices. America's total health care bill is now more than \$1 billion a day, every day, and rising steadily. If we don't resolve the health care cost crisis, the American Association of Retired Persons point out, every man, woman, and child in the United States will spend an average of \$3,000 a year for health care by 1990.

The cost crisis *can* be resolved, if we stop passing the buck. We must take action, ourselves, and not sit passively by as costs zoom out of sight. AARP, in its new "Healthy US" campaign, suggests three steps: Political action, consumer action, and doing what you can to stay healthy. Here are the details:

### Political action

It's no secret that Medicare is in financial trouble. The 1984 tax bill may help; it raises beneficiary contributions and puts a temporary freeze on medical fees. But these are short-term measures. Further cutting of benefits would be tragic. Raising taxes will not solve the underlying problem. The only solution is to contain rising costs. Write to your legislators, both national and state, and let them know that you support efforts to control health care costs and to make the health care system more competitive and efficient.

### Consumer action

Health care, unlike other businesses, contains little room for consumer choice. After all, it's the doctor—not you—who determines the length, type, and cost of treatment. It's the doctor—not you—who decides what hospital you enter, what tests and drugs you receive, and when you may leave. It's difficult to be a cost-conscious health care consumer. Your health is at issue, your doctor knows more about it than you do, and you certainly don't want to alienate the doctor. But there *are* things you can do:

- If non-emergency treatment is recommended, request cost estimates before you agree.
- Seek a second opinion on elective

surgery. Studies show that many operations—as many as 20 out of every 100—may be unnecessary.

- If you do need surgery, find out if it can be performed as an outpatient, thereby eliminating costly room charges.
- If your physician does not accept Medicare assignment, consider changing to one who will. Your local Social Security office has directories of physicians who accept assignments.
- Avoid entering the hospital on a weekend; little will be done except in cases of true emergency.

### Stay healthy

None of us deliberately gets sick. Yet the way we live does contribute in large measure to the amount of illness we endure. The American Medical Association estimates that as much as 55 percent of all illness is lifestyle-related. Poor health habits, there's little doubt, have a lot to do with poor health.

You know what you have to do, but I'll tell you again:

- Make exercise a part of your daily routine. At least some of the degenerative changes commonly attributed to aging are really caused by simple inactivity, according to Walter M. Bortz II, MD. If you've ever been confined to bed for a long time, you know how muscles wither from disease. The same thing happens, to a lesser degree, if you lead a predominantly sedentary life. So exercise, but start slowly and be prepared to keep it up.
- Eat sensibly, and keep your weight at an appropriate level. Cut down on fats, salt, and red meat to reduce the risk of heart attack. Include whole grain breads and cereal and an assortment of vegetables and fruits in your daily diet.
- If you smoke, stop. If you drink alcohol, do so in moderation.
- Get regular medical checkups, from a doctor who provides the care you need at a fair price.
- All of the above actions can help. But you can do more, by putting your voice together with others. Here's what AARP suggests you do:

1. Send AARP (Health US, AARP, Dept. L, 1909 K Street, N.W., Washington, DC

(Continued on page 18)

# There are only two methods for acquiring real wealth

## METHOD #1

Anyone who has made a fortune has probably done it in one of two ways. The first way—and until now practically the only way—has been to learn successful investing techniques in the “school of hard knocks.” Many of the self-made millionaires you’ve read about actually spent years and a great deal of money learning the hard way how to make money work for them. Their success was the result of trial and error, of learning all the ins and outs of the financial world, of many failures before the big success, and years of struggle preceding the “overnight success.”

### Requires a lot of nerve

Making a fortune this way requires a lot of nerve, determination and the willingness to take chances—to start out with nothing more than guess-work and to try again if your financial guesswork turns sour.

But most people can't afford to take the chances necessary to gain that kind of practical, nuts and bolts financial knowledge. Very few are in a position to risk everything to acquire the skill that is essential to consistent financial success.

## METHOD #2

But now there is another way to acquire the skills and knowledge necessary to be successful in making your investment decisions. Now you don't have to risk everything you have in order to learn how to acquire wealth nor take a trial and error approach to investing. Now you can build your fortune surely, secure that each step you take will produce results.

Because now you can enroll in *Successful Investing & Money Management (SIMM)*, a unique, self-study program, developed by some of North America's most successful and respected financial experts.

The program contains the input of such men as Dr. Morton Shulman, multimillionaire in-

vestor and author of best-selling books on how to acquire wealth—and Andrew Sarlos, who built a multimillion dollar investment group.

*And you will be able to take advantage of all this valuable knowledge because in Lesson 1 you will discover that you probably do have money you can afford to invest—without changing your standard of living.*

## Getting wealthy sooner rather than later

All right. So you've seen it is possible for you to amass a million dollars by the time you retire. But just as important is the fact that *SIMM* will enable you to act now to increase your wealth, and show you how to get the best possible standard of living out of the money you have today. By applying the tech-

## The hidden barrier that stands between you and real wealth

Most people are used to the idea that they'll never be wealthy. They simply don't believe it's possible—and before *SIMM* was developed, they were probably right. But now, you can receive, in your own home, lessons that contain clear and practical explanations of techniques and principles of investing and money management that really do work.

*Real financial independence is a plausible, attainable goal for you. But, if you find it impossible to believe that you could ever be wealthy—if you think that millionaires are “special,” then the hidden barrier between you and a fortune is yourself. And that's why we're offering you a can't-lose, no-risk opportunity to prove to yourself that you really do have the potential to become wealthy.*

## Accept Lessons 1 and 2 FREE

To help you get started on the road to wealth and financial independence, we'll send you Lessons 1 and 2 of the *SIMM* program free and without risk, or obligation to continue the program. They are yours to keep—no questions asked. When you enroll in the program you will be assigned a counselor who will always be available at no extra cost to answer any course-related questions you may have.

### Statement of Principles

**We are an independent educational service offering a unique, practical, successful method for learning the art of acquiring wealth. We are not a brokerage or insurance company nor do we make any financial offerings.**

### Tax Deductible

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If you think you're too beleaguered by prevailing economic conditions to even think of investing, *SIMM* will show you how to find as much as an extra \$2,500 a year to invest, depending on your income.

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techniques you learn from *SIMM*, you can reasonably expect to be on the road to financial security in 5 years. Ten years from now, you may no longer have to work for a living.

### The safe way to learn to build a fortune

When you fill out and mail the enclosed no-risk enrollment form you can receive a total of 29 marvelously readable lessons that make up a complete, step-by-step education in the techniques necessary to acquire real wealth. You have to supply approximately 2 hours a week and the perseverance to build your fortune safely over a reasonable period of time.

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**YES!** I accept your invitation and enclose my Registration Fee of \$5. Please send me Lessons 1 & 2 *FREE* of charge. Later, you will send Lessons 3 & 4. I'll have 15 days to look these over and then decide. If I do not wish to continue, I'll simply return Lessons 3 & 4, and pay nothing, owe nothing. And you will promptly refund my \$5 Registration Fee.

If I wish to continue with the program, I will pay for Lessons 3 & 4, and you will send me the remaining 25 lessons at the rate of two lessons approx. every 3 weeks. You will bill me only \$10 (plus a small charge for shipping & handling) for each of the lessons accepted. Of course, I need pay for the lessons only after I have had the opportunity to examine them for a full 15 days, and I may cancel my enrollment at any time. In any case, the first two lessons will be mine to keep free of charge.

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# IT'S YOUR BUSINESS

## PROFITING FROM A BAD BOSS

What kind of a boss are you? Better yet, what kind of a boss do you think you are...or could be?

Not everyone wants such responsibility today. Too many risks of becoming an unpopular person. It doesn't take a boss-of-the-year contest to determine whether workers like you or not. The problem seems to be that it's out of fashion to make tough decisions, enforce standards and principles and still remain friendly with those who work for you.

Expedient decisions or lack of any answers at all are vogue. For some employers, an absence of good management traits are the only way to get through the day.

A pair of researchers at the Center for Creative Leadership, a non-profit executive training institution in Greensboro, NC, found bosses have habits that many junior execs dislike. Of 73 supervisors interviewed in a study of how executives grow and change, only 19 said they had never worked for "an intolerable" boss.

The North Carolina researchers found their respondents' remarks could be categorized. For example, those bosses without integrity—called the "snakes in the grass"—were the most frequently mentioned by subordinates.

"The Attilas" were the ex-Marine types; the "Heel Grinders" were so named because they tried to humiliate and demean and showed no feeling toward others. "The Egotists," on the other hand, were the know-it-alls...and so on.

Most of us can remember experiences with one or two from such a sampling I'm sure.

But the North Carolina study makes an interesting point, says Associated Press business writer John Cuniff. Most of those interviewed in the study "worked at one time for intolerable bosses and not only survived but thrived, in the process learning lessons that others might apply to coping with their own seemingly intolerable situation," he said.

Like him or not, you can learn a great deal from a difficult boss—like that difficult teacher from the past—and you can become a better supervisor because of the experience. Much depends upon your willingness to absorb the hurts that

go along with it. Much depends upon whether you can learn from such a person and whether you can establish a tolerable bottom line which protects your own integrity.

I once worked for a boss, for example, who took the credit for successes I had created and, while he was quite friendly toward me, he let me know that he felt it was his prerogative to take credit for accomplishments. I learned a great deal from him and when our relationship ended...I had respect for his contribution even though part of it, in fact, was mine. We parted friends, incidentally. The hurt of earlier years had diminished because of what I had gained in the exchange.

But today's attitude appears different. There is such a demand for instant success, gratification, title and, at the least, identity, that it's hard to detect bad bosses from the good. Corporations which used to reward loyal company people appear less interested in such traits these days. Ambitious, aggressive types who are bold and crafty seize company management jobs in a single bound from colleges.

Family businesses which try to keep the family name involved find the road even more precarious. Consider the composite case that I've pulled together from two business failures I've read about and persons I've talked to. It demonstrates the difficulty of selecting successful management.

John F. took over the family business when his father died. He had spent five years as his father's right hand man. He made no decisions but he carried out his father's wishes and orders meticulously. It was noticeable that he wanted to please his dad.

The father started the business on borrowed money and liked to tell how quickly he had paid back his debt. He was a self-made man with a temper to match and an iron-willed philosophy that would not tolerate advice from anyone. Employees did as they were told...or they didn't stay, and his company was always very successful.

The son's management style was just the opposite. While the father was a tyrant, employees knew what was expected and productivity was consistently

high. The business prospered...even during lean years.

Things changed quickly when the son took over. In the first year, he relaxed productivity goals and granted wage increases without seeking improved performance. He was extremely well liked by the workers. He made a practice of having lunch in the workers' cafeteria, something his father would never do. Unlike his father, however, he wasn't willing to work 12 to 15 hours a day to get things done. He took days and weeks off and joked with employees about "being first out on Friday and last in on Monday."

When the beginning of the end came, the symptoms of a failing company were obvious to everyone but those inside. There was a noticeable lack of travel by sales and marketing people. Sales persons said that the production staff was continually behind on orders and they couldn't promise deliveries. Production workers, meanwhile, took the view that if it could be done today it could be done next week. John F. never complained about output so why get nervous about delays?

Sales people, consequently, were happy to hang on to old accounts rather than seek new business. Since there were no established goals or quotas there appeared to be no concern about the future.

The company—once a leader—was saved from a bankruptcy by a competitor who saw a good buy.

The son got enough from the settlement to retire at an early age. Employees, however, weren't so fortunate. Some had to transfer. Others were simply let go.

Generally, workers felt the son hadn't let them down or brought them ill fortune. "It was just the times...we simply couldn't keep pace or compete," some said.

Could the unhappy ending have been avoided? Certainly.

Could better management have saved jobs and the company? Certainly.

Regardless of the affection workers felt for the son, his practices added up to poor decision-making, in my opinion. Better treatment of employees had brought a casual attitude toward the job which caused employees right up to the president to have less concern for the needs of the company itself. No one, in other words, appeared interested in minding the store.

If the buck goes into the president's office and comes out without an answer... the nicest people can, and will, fail.

Perhaps the term "bad boss" is a misnomer. A disagreeable personality can annoy. He can also be quite successful at managing a work force. I don't justify bottom line mentality...I do believe that you can learn good lessons from bad bosses.

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E-82

# NEWS OF THE LODGES



Pawtucket, RI.



**PAWTUCKET, RI.** At the Independence Square Cerebral Palsy Center in Pawtucket, officers of the Rhode Island State Elks Association presented a check for \$3,500 to pay for the rehabilitation of a special lift van for cerebral palsy patients in the state.

Pictured from left are PSP and Co-chm. Rudolph Pistacchio, VP Walter Kettelle, then-SP Donald Rogers, United Cerebral Palsy Executive Director Robert Persson, then-VP Lewis Andrews, and PSP and Co-chm. Richard Bugbee.

**PERRY, OK.** Lodge has an award program which recognizes Americanism in local school systems.

Each school in Perry and surrounding communities is given the opportunity to name an outstanding American History student. The students named are presented plaques by members of the lodge or school faculties at the schools' awards assemblies.

Also, the students and their parents

are given recognition during the lodge's regularly held Flag Day ceremony.

**KENOSHA, WI.** Lodge makes its pool available for swim classes sponsored by the Association for Retarded Citizens of Kenosha County. Twelve advanced swimmers recently completed their 10th year in a Monday afternoon class at the pool.

**MESQUITE, TX.** Lodge reached the biggest milestone in its 16-year history when it celebrated the burning of its mortgage.

**PAGE, AZ.** Lodge played an important role in the third annual "Page Attacks Trash Day." On this Saturday, businesses, organizations, and individuals join together with one goal in mind: To beautify the city of Page. This year, over 2,500 persons took part in the day's activities, picking up more than 85 tons of litter, including a number of junked cars.

The Brothers of Page Lodge cooked 1,700 pounds of beef, which was served to all of the volunteers after the clean-up was completed. Some of the Elks began cooking Thursday, preparing the pits for the big feed Saturday afternoon.

**ISHPEMING, MI.** The Youth Activities Committee of Ishpeming Lodge sponsored an "All-Night Graduation Party" for the 1984 graduating seniors of Ishpeming High School. Eighty-five out of 95 seniors pre-registered. With many bringing guests, total attendance was 127.

Music was provided by "Night Shift." Snacks and pizza were served during the night, and breakfast was served in the morning.

Hourly door prizes of money and gifts were awarded throughout the night. A \$500 grand prize drawing was held at 6:30 a.m.

This function was the first of its kind for the Youth Activities Committee. It gave many parents a peaceful Graduation Night. The 1985 graduating class is

already starting to plan its all-night graduation party.

**POCATELLO/BOISE, ID.** A total of \$76,569 in merchandise and cash was contributed to the 1984 Food Caravan for the patients at the Idaho Elks Rehabilitation Hospital in Boise.

Nineteen Idaho lodges converged on the hospital during the morning of May 19 and delivered food and commodities collected from throughout the state. The caravan, now in its 26th year, benefits the state's Major Project by stocking the hospital's dietary department with much-needed bulk foods.

In top photo, ER Chris Fairchild (left) of Pocatello Lodge and Chm. Daryl Carpenter are shown loading one of the several truckloads of food and other items which the lodge delivered to the hospital.

In lower photo, members of Boise and Mountain Home Lodges unload boxes of supplies at the hospital.

**THE DALLES, OR.** Monitoring of blood pressure and pulse rate without a catheter in an artery is now possible at the Mid-Columbia Medical Center by use of a Vital Signs Monitoring Device presented to the hospital by The Dalles Lodge.

The check to purchase the equipment for the intensive care unit was presented by ER Charles Swisher, pictured with Nina Westerdahl, executive director of the Mid-Columbia Health Foundation, an agency associated with the hospital.



Pocatello, ID.



Boise, ID.

**YUMA, AZ.** Brother Rex Leonard of Yuma Lodge presented a check for \$2,000 to Mildred Boyd, administrator of the Long Term Care Unit, as the proceeds from this year's Corral Party held in May.

About 10 years ago, Brother Leonard was searching for a new and different way to raise money for the Arizona Elks Major Project—The Long Term Care Unit in Tucson. He owned a cattle feedlot a few miles from Yuma, and he thought this would make a good setting for a different kind of party. Thus was born the Corral Party.

Many hours of labor were donated by the Brothers of Yuma Lodge to ready the place for the party and dance. Tables and chairs were set up, and for the first few years, wooden plywood sheets were laid down and fastened together to make a dance floor. This was replaced in later years by a concrete slab.

Over the years, the Corral Party has

averaged about \$2,000 per year in proceeds given to the Long Term Care Unit. All services are donated and a real ranch meal is furnished, consisting of steak, beans, salsa, salad and rolls.

Chances are sold on various items, and midway through the dance, an auction is held. Everything from services from local businesses to young calves, donated by Brother Leonard, are auctioned.

**WEST COVINA, CA.** Ron Halverson, chm. of the West Covina Lodge Charity Fund-raising Committee, announced contributions from bingo in the amount of \$17,000 for the year 1983-84.

The many recipients included three local hospitals, the fire and police departments, the Elks National Foundation, the state Major Project, veterans hospitals, the Christmas Basket Program, and other worthy causes.

(Continued on page 20)



The Dalles, OR.

THE  
ACCEPTANCE  
SPEECH  
OF



# FRANK O. GARLAND

*Presented at the Grand Lodge Convention  
following his election to office of  
Grand Exalted Ruler on July 16, 1984*



With deepest reverence and a sincere sense of responsibility, I accept the trust with which you have bestowed the highest honor of our Order. It is not given nor is it taken lightly. With your support, your dedication, and your faith, together we will continue to build the greatest fraternal organization in the world.

Mere words cannot express my gratitude for the nomination and eloquently flattering tribute by a friend of thirty-five years and truly dedicated Elk, Justice of the Grand Forum, Keylor Smith of Walla Walla Lodge No. 287.

To District Deputy Grand Exalted Ruler Designate, business partner, good friend and dutiful son, Jim Garland, of Centralia-Chehalis Lodge No. 2435: Thank you for your appropriately respectful second.

The Past Exalted Rulers, officers, and members of Centralia-Chehalis Lodge No. 2435 share this honor with me as do the Elks of the states of Washington and Alaska, our State Associations, the Past Presidents and officers, represented by Presidents Alex Alexander of Washington and Jerry Fekete of Alaska. Thank you, all.

Past Grand Exalted Ruler Robert A. Yothers continues to be an inspiration for the Elks of Washington and Alaska, and especially for this Elk. Thank you, Bob, for your continuing counsel, encouragement, and sponsorship. Thanks, also, Past Grand Exalted Ruler Frank Hise for your support and sponsorship over the years of our association.

May I serve the Order with the same dedication and spirit of those who have

preceded to this truly exalted position. My pledge of duty and dedication goes to the noble Past Grand Exalted Rulers, whose endorsement is deeply appreciated.

The example Grand Exalted Ruler Kenneth Cantoli has set in exemplifying that charity is the cornerstone of Elkdom, will be a challenge for us to equal.

The members of the Pottstown, Pennsylvania Drill Team and my old friends in the Aberdeen, Washington Elks Band have made this moment all the more memorable by their rousing presence. Thank you for being the official escorts and musicians for this occasion. Thank you, delegates and ladies from Washington and Alaska, for your spirited demonstration.

It is a great comfort to know that during the Grand Exalted Ruler's year long odyssey, the day-to-day business of his office will be attended to by one who shares the same dedication to our Order. My personal secretary for the ensuing year has demonstrated his devotion as a Past Exalted Ruler of Centralia-Chehalis Lodge No. 2435, Past District Deputy Grand Exalted Ruler, Washington Southwest, Past President of Washington State

Elks Association, and as Chairman of the Lodge Development Committee of the Grand Lodge. Though we occupy neighboring condominium units, we remain the best of friends: Brother Ted Butcher.

The most important people in one's life are those closest and dearest. It is with the most pride that a man can have that I present to you my most ardent supporter—past, present, and future. Polly has shared my life for forty-two years and from her has come all inspiration for any success and attainment I may have had or will ever achieve.

We share that same pride in our children. Son Jim and his wife, Janis; daughter Judy and her husband, Al Lyon; daughter Kathy and her husband, Jim Kambich; and son Randy and his wife, Sherri. Polly and I have been blessed with six grandchildren, so far, and the blessings are likely to continue. The person who has known me for the longest time and who joins us for this special moment is my sister, Mrs. Gertrude Stogsdill.

My childhood was enriched by the close family associations developed from the requirements for existence in rural America in the 1920's and 30's. The family cohesion and sense of responsibility toward one another sprang from the instinct of survival, but bred genuine compassion and love for others.

So, too, did the family of Elks develop. When Charles Vivian and the Jolly Corks began their association in 1868, they were not long in realizing that their fraternity could not exist without a regard for their own members beyond the mere opportunity for fellowship. They grew to know

## *1984 Convention Highlights and photo coverage will appear in the October issue*

that sharing was as meaningful to their own lives as it was to those who derived direct benefit.

Today, the noble purposes upon which our Order was founded are more in need of fulfillment than ever before. The special needs of our society require that our efforts be expanded to new challenges, new opportunities to assist members of our American family.

Elks Care - Elks Share is not an idle slogan; it is our fraternal purpose demonstrated by all of our activities. Nowhere is it more evident than through the programs of the Elks National Foundation, truly "the Great Heart of Elkdom." For fifty-six years, the generosity of Elks, relatives and friends have supported this endeavor in its aid to State Association major projects and educational programs; in providing scholarships for "most valuable students," vocational education, and the handicapped; educational grants for the children of deceased or disabled Elks; support for our senior Brothers at the Elks National Home; sponsorship of the "Hoop Shoot" program; impetus for the Drug Awareness program, and other benevolences.

The trustees of the Elks National Foundation are deeply appreciative of your efforts this past year in exceeding Grand Exalted Ruler Kenneth Cantoli's \$2.00 per capita goal. Today, you have the challenge of attaining a \$2.25 per capita contribution and having every officer of your lodge enrolled as a contributor. We can do it!

Our belief that our young people are this country's greatest natural resource has been evident by our many years of sharing time, energies, and money through numerous activities at all levels of our organization. Our concern has taken a new direction during the past year, to join the war against one of the most severe social problems ever to confront America—drug abuse. We *must* do whatever we can to reverse the escalating misuse of drugs by our youth. A very special emphasis is being placed on our drug awareness program. We are committed to fully support any program to combat drug abuse through education of the youngsters and their parents. Our goal is prevention of this problem which not only debilitates the individual, but depletes our society's resources as well.

We are organized in this battle with

Dick Herndobler as our National Chairman leading chairmen and their committees at each state and district level. I call on you today as your humanitarian, patriotic, and necessary duty dictates, to join this effort in your own lodges as dedicated Elks who *care*.

It has always been a great pleasure to be associated with an organization that believes in providing worthwhile experiences for the young people of this country. One of the best examples of positive motivation and our commitment to youth is our "Hoop Shoot" Program. Each year, millions of participants, families and spectators become involved in this exciting activity which culminates in the National Finals at Indianapolis. Just two months ago, the first Elks Basketball Hall of Fame Classic was played in conjunction with the "Hoop Shoot" finals. Some of the finest college all-stars provided inspiration for the seventy-two "Hoop Shoot" finalists, their families, and fans around the country. The "Hoop Shoot" program is one of the finest means of focusing public attention on our Order and to demonstrate that Elks Care - Elks Share. I urge every lodge to participate in this wonderful experience.

Over forty years ago, the Elks lodges demonstrated their historic commitment to America's veterans by opening their facilities to the servicemen and women during World War II. It was in this context that I was first exposed to this caring organization and was inspired to join and to become a part of its activities. The Elks' commitment continues through the time, material resources, and monetary gifts shared with those who have borne arms in defense of our nation's flag. This spirit of Americanism is put forth by thousands of individual Elks, the lodges, the State Associations, and the Elks National Service Commission, who care *so* much and who continue to honor their pledge that "so long as there are disabled veterans in our hospitals, the Benevolent and Protective Order of Elks will not forget them."

Members of our Elk family are not forgotten. Available to our senior Brothers who are alone is the Elks National Home in the foothills of Virginia's beautiful Blue Ridge Mountains at Bedford. Brother Doral Irvin and his skilled staff accommodate every individual need, ensuring an atmosphere of peace, comfort, and securi-

ty in caring for our retired Brothers at the Home. It is important for every lodge to keep its members informed of this magnificent haven for their retirement years.

The Elks' spirit of Americanism has never been more evident nor more fervent than in our desire for the restoration of that glorious "Lady of the Harbor," the Statue of Liberty. All citizens recognize this magnificent monument to the principles of freedom and justice as a symbol to all the world of the spirit of America. Our goal of providing one million dollars toward the restoration *will* be accomplished with the participation of every lodge and every Elk caring to do his part for liberty!

The success of all of our many programs is a tribute to your leadership in each of your lodges and the personal involvement by your members. The basis for achievement on every level of our Order is the success of the subordinate lodge. As each of you progresses with your individual attainment—because you are the future leaders of your State Associations and of the Grand Lodge—you must realize the duty of every leader to strive for the best possible performance in office. With that challenge goes the responsibility to inspire those who are to follow.

We all must be committed to nurturing new leadership with fresh ideas and enthusiasm in order to perpetuate our Elks family. Each lodge must continue to grow and expand its positive influence in the community by attracting and retaining responsible American gentlemen with the spirit and energy to make our lodges prosper. A strong, vibrant membership engaging in an abundance of family-oriented activities and successfully implementing programs of caring and sharing, will project an impressive community image. We must continue to publicize our good works and demonstrate the prestige of being an Elk.

Our goals are ambitious, but *you* are willing to help us achieve them, and we, the Grand Lodge officers, Advisory Board, and committees are ready, in turn, to assist you in the pursuit of success for your lodges. In this spirit of family cooperation, abiding faith, unbounded enthusiasm, and pride in the greatest of fraternal organizations, we will show the world that our dedicated fraternal purpose is Elks Care - Elks Share. ■

# Omaha Beach, Normandy



...D-Day + 40 years

by Jerry Hulse

It was a sunny late spring morning only a few weeks ago and the old soldier stood alone, looking down on a memory. It was a scene like the awakening from a nightmare and discovering with relief it had been only that: a nightmare. On the golden sands of the wide and peaceful beach, the birds of the sea stood with ruffled feathers. They were warming themselves in the late morning sun while channel waters flushed the shore. Occasionally a gull cried out as it soared overhead. Otherwise it was silent.

The old soldier stood at the very edge of the cliff, hat in hand. There was a breeze, and his thinning hair fell awkwardly across his forehead. He blinked in the glare of the sun, and suddenly the old nightmare was back with all its terror. Below the birds were gone and the sand was stained with the blood of men. In a single moment the soldier's mind slipped back across the years to a spring morning and the helplessness he had felt as he struggled ashore in one of history's greatest military efforts.

This place below him was Omaha Beach, one of the centerfolds of the Normandy invasion. Here at dawn on June 6, 1944, thousands upon thou-

sands of American troops fought their way ashore. Above on the cliffs—exactly where the old soldier stood this day—Germans caught them in a murderous crossfire. The Germans were dug in with machine guns and mortar emplacements, and the U.S. troops clawed their way up cliffs like those of Dover. Years later when Gen. Omar Bradley returned to Omaha Beach he said incredulously, "I looked up at the cliffs and I wondered how our men ever got there, got to the top."

Thousands didn't. Today they lie beneath row upon row of crosses and Stars of David in the American Normandy Cemetery directly above Omaha Beach. (This year thousands of Americans are revisiting these and other battlefields across Europe in commemoration of the 40th anniversary of the invasion that freed Europe from the Nazis. Tours will continue through December.)

That morning in 1944 the cemetery where the old soldier now stood had been a battlefield. Today it is grassy and peaceful, warmed by the sun that shines down on all of Normandy. There is a haunting silence except for the song of birds, unseen in trees nearby. Visitors speak softly, for they are in the presence of the courageous, boys who came to this place from every state in the Union and as far

away as Guam. I studied the names on the crosses: Pvt. Kenneth R. Brink of Illinois ... Staff Sgt. Murl F. Simmons of New York ... Sgt. Harry E. LaChance of Connecticut ... Staff Sgt. James W. Winstead of Mississippi ... Pfc. Athel Givett of California ... Pvt. William A. Platt of Illinois.

Altogether, 9,386 men are buried at Normandy, above the beach where the hell storm occurred those long years ago. Solemn words cut into stone reach out to those standing before the cemetery's memorial: "In proud remembrance of the achievements of her sons and humble tribute to their sacrifices, this memorial has been erected by the United States of America."

There are also the words of ex-French President Rene Coty: "These men who sleep their last sleep here have earned in victory their places in the first rank of the courageous. We do not forget. We shall never forget." And there was the prayer said on D-Day by President Franklin D. Roosevelt: "Almighty God, our sons, pride of our nation, this day have set upon a mighty endeavor, a struggle to preserve our Republic, our religion and our civilization and to set free a suffering humanity."

The land with the cemetery has been given in perpetuity by a grateful France. There is a memorial inside the cemetery with the names of men who didn't come home—those who were never found. It is called the Garden of the Missing, and these words are inscribed there: "Here are recorded the names of Americans who gave their lives in the service of their country and who sleep in unknown graves. This is their memorial, the whole earth their sepulchre... Comrades in arms whose resting place is known only to God."

Altogether, 1,557 names. Legends of the invasion are there for all to see: maps and graphic descriptions of the fighting. North of the cemetery in a French war museum, films of the invasion are screened hourly. America's heroes fought an enemy who was determined to conquer all of Europe. This single invasion was the hairbreadth by which the freedom of the world dangled so precariously. So they landed at Omaha and Utah beaches and other places along the Normandy coast. Without their courage it is questionable that freedom as we know it today would have existed beyond that frightening morning. D-Day was won while Americans slept at home. Victory headlines

greeted them at breakfast time. They also read of bodies rolling in the surf, the remains of young men who sleep their eternal sleep this day above Omaha Beach.

At no time in previous history had such an invasion occurred. Men were dropped ashore in landing craft, machines which rust this day along the Normandy beaches. Thousands of others had already parachuted onto French soil before the invasion got under way. German forces watched incredulously as hundreds of ships and planes moved toward Normandy. There had been rumors of this invasion, but this was inconceivable. Again and again, the landing craft hit the beach and men ran and fell and fought. It was a day of courage and death—and eventual victory for the Allied forces.

Somehow, this old soldier who looked down upon the beach this day, so many years later, lived through that dreadful time and fought to the top of the cliffs where, now, he stood looking out to sea. The old soldier closed his eyes and shut out the recurring nightmare. And when he looked again... the beach was peaceful and the sea birds stood once more on the golden sands. Behind him, French gardeners in berets were tending the cemetery lawns, birds were singing and there was the voice of the channel waters rising from Omaha Beach. Outside the cemetery the earth was incredibly green and hedgerows surrounded land where cattle grazed and children were at play. Their voices carried to the cemetery where the American boys sleep their eternal sleep.

And so this year they are returning by the thousands—American, British and Canadian—to Normandy where they landed 40 years ago. For many, it is a last chance to relive that historic day for many are old men now. It seems impossible, they tell themselves, that they were so terribly young on D-Day.

President Reagan visited in June at Normandy along with Queen Elizabeth, French President Francois Mitterrand and Canadian Prime Minister Pierre Trudeau. Hotels were sold out for months, although many returning servicemen stayed with families who offered them shelter during the war. The majority of these returning warriors are in their 60s now, some even in their 70s. Each bears his own personal reason for returning to Normandy. For them this is a second D-Day invasion, only without the horror of war.

There are, of course, the memories. Poignant memories of fallen comrades who rest above the beach.

Along with these ex-fighting men come the women who lost sons and others who became widows that historic day. In one church, a stained glass window has been dedicated showing the Virgin Mary surrounded by descending paratroopers.

Farmers and villagers along the Normandy coast still live with the memory of D-Day. They were freed by Allied forces from four years of German occupation. In many places in Normandy it appears the war never occurred. Poppies bloom. Children play. Cattle graze in verdant pastures that were battlefields. And not far away the fighting men—boys, really, some who were only teenagers—rest in the soil of Normandy. Museums contain the memorabilia: ammunition, parachutes, helmets with holes in them, ration packets.

Other ceremonies are being held throughout the year at other European battlefields, far beyond the landing beaches of Normandy. On the English side, Southampton brought alive memories of those fateful days of war and wine and hurried romances (for who could linger long over a kiss with war a constant companion?). For weeks preceding D-Day, British, American and Canadian troops poured into Southampton where the invasion had its beginning. Now, 40 years later, the memories of war are being rekindled. One sailor remembers how "you could almost walk to France on the decks of ships lined up on D-Day."

Other Americans are returning to Southampton at the invitation of the local tourism department. There was a huge turnout when Dame Vera Lynn—the wartime sweetheart of millions of GIs—sang again at the Gaumont Theater, and ex-American serviceman Bob Organ of Lodi, California, sang, just as he did when the Nazi blitz thundered overhead and the world ached for peace. Nostalgic melodies rang throughout Southampton as the old Glenn Miller band played wartime favorites, including "I'll Be Seeing You"... words that were on the lips of more than one GI as death cut short a dream.

(Tours to dozens of battlefields are being booked for the remainder of 1984 by travel agencies throughout the U.S. and by ex-servicemen's groups. Similar tours may also be offered in 1985.)

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# Retirement

(Continued from page 8)



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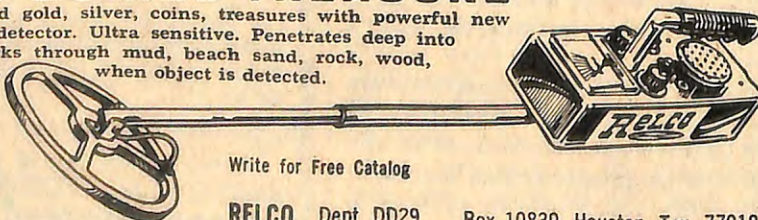
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20049) a description of your personal health cost horror story. Have you received an itemized hospital bill that included \$5.70 for two aspirin? or \$100 for cotton swabs? Have you been charged twice for the same procedure? Write to AARP with your tales of outrageous or totally unjustified medical bills. The Association will be sharing these letters — thousands have already come in — with elected officials and the news media to dramatize what the health care cost crisis is doing to people around the country.

2. Send copies of your doctor and hospital bills to your Senators and Representatives in Washington (your representative is at U.S. House of Representatives, Washington, DC 20515; your senator is at U.S. Senate, Washington, DC 20510); enclose a note telling your legislators that you want them to strengthen Medicare and limit increases in what doctors and hospitals can charge. Send copies of your letters to AARP, address above.

3. Call three doctors in your community for cost estimates; ask what they charge for a routine physical exam or a regular office visit. You may be surprised at the variety of costs you uncover. Send the information, along with a notation if any doctor refuses to give you an estimate, to Healthy US, AARP, Dept. C, 1909 K Street, N.W., Washington, DC 20049.

4. Shop for health care services while you are healthy. Visit an HMO and compare costs, benefits, and quality of care with what you are currently receiving. Find out if there is an "Emergicenter" in your community; these emergency clinics provide prompt care for emergencies that don't require the high-tech care of hospital emergency rooms, at 30 to 60 percent less in costs. Think about changing doctors, if your current doctor charges excessively high fees or, if you are happy with his or her care, discuss the fee structure. Don't wait until you are ill and in need of immediate care.

5. When you attend candidates' meetings between now and election day, ask candidates for national office what they propose to do to limit health care cost inflation. Ask state-wide candidates about limitations on hospital costs within your state. And ask local candidates what they would suggest in the way of cost-conscious care alternatives for your community.

6. Watch for health care stories in your local newspaper, and write to the editor explaining why you believe that health care costs must be curbed. Send copies of your letters to AARP; this time, use "Dept. M."



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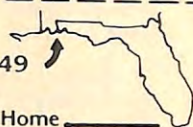
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## did you know..



When Elks attended the 120th Grand Lodge Session in Houston, Texas, delegates were right on the button when it comes to a national emergency or relief in case of a disaster.

For the past 34 years delegates approved authority to levy an assessment of \$1 per member per year. This year was no different. Although never invoked, the resolution would have raised more than \$1.6 million if needed.

PGER Frank Hise, chairman of the Elks National Service Commission, was scheduled to introduce the motion.

Incidentally, all through the years the Elks have pledged that so long as there is a veteran in the hospitals the Elks would never forget them.

We are happy to say that this pledge has never been broken.

This year is the 100th birthday of a famous American and Brother Elk, Harry S Truman.

There was a family disagreement whether his middle name would be

Shippe or Solomon after names of his two grandfathers.

As a result Harry simply used the letter "S" with no period for his middle name.

He was a member of Kansas City, MO, Lodge No. 26.

An active fraternalist, he was also past Grand Master of Masons in Missouri and a 33rd degree Mason. He was also a member of the American Legion and other veterans' organizations as well as a member of the Eagles.

When he was President of the United States, Brother Truman received a delegation of Elks in his office including Robert South Barrett, who was Grand Exalted Ruler at the time; Past Grand Exalted Rulers Raymond Benjamin, James R. Nicholson and David Sholtz; Joseph B. Kyle, who was then Grand Esquire but later served as Grand Exalted Ruler, and William M. Frasor, executive secretary of the Elks War Commission.

They presented him with a hard-bound copy of a comprehensive and elaborate Report to the Nation on the activities of the Elks during the war.

In addition to the president, the commission presented copies to all Elks who were members of Congress.

Brother Truman succeeded another great Elk as president, Franklin D. Roosevelt, a member of Poughkeepsie, NY, Lodge No. 275.

We've another Centurian Elk to add to the list of those members who have reached 100 years old. In fact, this Brother is 100 plus 3.

He is none other than Daniel Ward. As we understand it Brother Dan was born in Chillicothe, Ohio, on April 22, 1881, and now lives in Sidney, OH, where he is a member of No. 786.

Congratulations.

One of the exciting moments at the Grand Lodge Session comes on Thursday morning when the Chairman of the Grand Lodge Ritualistic Committee makes his final report and announces the national champions of the ritualistic contest from the top four teams.

The Exalted Ruler of Napa, CA, Lodge No. 832 annually presents the winning team with the PGER Raymond Benjamin trophy.

Another traditional award goes to the coach of the winning team. It is known as the John D. Frakes Award and is presented by Tucson, AZ, Lodge No. 385.

There's a lot of shouting and the winners are elated, of course, but every team that participated is a winner simply because they participated. It makes for better ritualistic work, better initiations and the candidates are better impressed that they have indeed joined the finest fraternal organization in the nation. ■

# NEWS OF THE LODGES

(Continued from page 13)



**WOODBIDGE, NJ.** Over 300 persons attended the 25th Anniversary Ball of Woodbridge Lodge. Pictured from left are PER Tony Romano, Honored Guest State Congressman Bernie Dwyer, and PER and Chm. Dom LaPenta.



**HILLSIDE, NJ.** A new American flag was presented to the Hillside Day Care Center by Hillside Lodge. From left are David Pearce, lodge Americanism Chm.; Judy Bennett, director of the center; and Brother Louis Santagata, township committeeman.



**LATROBE, PA.** A hole-in-one contest to benefit the Youth Activities program of Latrobe Lodge was held at the lodge's golf course. Sponsored by the Latrobe Brewing Co., the contest featured a \$250 prize for the first ace. Conducting the contest were Youth Activities Committee members (from left) Rick Roadman, Tom Katana and Tom Kunkle, and Geano Agostino, president of Barkley Distributing and Rolling Rock representatives.



**BRICK, NJ.** Lodge made its first payment of \$5,000 towards its pledge of \$15,000 to the Brick Hospital. Signing the pledge card on behalf of the lodge is then-ER James Champ (seated right), as Vincent Foster (seated left), vice-president of the Northern Ocean Hospital System, Inc., looks on. Other lodge officers are (from left) Secy. Philip Di Guglielmo; Treas. George Phillips, holding the \$5,000 check; and Fred Voss, chm. of trustees.



**GOVERNEUR, NY.** Lodge celebrated its 27th anniversary with a gala dinner-dance, attended by many Elk dignitaries. From left are PSP Francis Hart; PVP Philip McCarthy, lodge secy.; State Treas. Richard Moore, guest of honor; ER William Cooper; and PSP Theodore Laventure.



**MIDDLETOWN, NJ.** At the request of Middletown Lodge, Mayor Robert Waller issued a proclamation designating the week beginning May 1 as Youth Week in Middletown Township. To commemorate the occasion, five local youths were appointed as honorary mayor and committeemen at a township committee meeting. Pictured from left are ER Robert Brown, Honorary Mayor Maria Hernandez holding the proclamation, and Mayor Robert Waller.

**MOUNT PLEASANT, PA.** Lodge presented to Tina, a local high-school student, a new lightweight wheelchair that will enable her to compete in the Special Olympics and will also allow her more freedom in her social life. Shown presenting the wheelchair to Tina are (from left) Jim Holiday and Ron Beatty, special instructors for the handicapped; lodge Secy. and Chm. Paul Baird, and Brother Jim McKenna, principal of the high school.



**POINT PLEASANT, NJ.** Lodge hosted the Southeast District Charity Ball, which raised more than \$2,000 for the state Major Project. From left are PER Edward Magley, District Handicapped Children Chm.; Poster Child Kevin Murray; and ER Ted Poore.

**RUMFORD, ME.** At a Court of Honor for three Eagle Scouts, Rumford Lodge presented each honoree with a Grand Lodge Eagle Scout Certificate, an American flag, a 10-year membership in the Eagle Scout Association and a silk Eagle Scout neckerchief. Elks in photo are (from left) PER Allan Richard, SP David Perry, and PER James White.





ON TOUR WITH

# Kenneth V. Cantoli



Then-GER Kenneth V. Cantoli (center) was presented the "Sagamore of the Wabash" Award by PGER Glenn Miller (left) and GL Committeeman Joe Douglass during the Indiana state convention at French Lick. This is the highest award given by the state of Indiana and can only be awarded by the governor or his representative. Both Brothers Miller and Douglass are former recipients.

Prior to the annual convention of the Arizona Elks Association in Phoenix, then-GER Kenneth V. Cantoli (second from right) toured the Grand Canyon in northwestern Arizona. Also pictured are (from left) State Ritualistic Chm. Robert Lairson, then-SP Terry Rice, and then-Grand Est. Loyal Kt. Joe D'Angelo.

## ELKS NATIONAL SERVICE COMMISSION

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



A stained-glass window, in the colors of red, blue and gold, was donated to the chapel of the D.J. Jacobetti Veterans Facility in Marquette, MI, by 13 lodges in the upper peninsula of Michigan. In photo from left are Wayne Riopelle, Elks Area Hospital Chm.; Commandant A. Wedal, hospital supervisor; and immediate PSP Alan Tappenden.

Representatives of Littleton and Idaho Springs, CO, Lodges presented hides to the Denver, CO, VA Medical Center. From left are Brother Glen Fenicle, Idaho Springs; Littleton ER Max Huffman; PER Jim Linville, Idaho Springs; Donna Lonegran, VA recreational therapist; and John Kreiling, Elks medical center representative.



Veterans at the Eastern Shore Hospital Center in Cambridge, MD, received three TV sets from the lodges of the Southeast District of the Maryland, Delaware and District of Columbia Elks Association. Pictured are (from left) Thomas Wright, chm., Southeast District National Service Committee; David Leap, acting superintendent of the hospital center; Kathryn Oddis, coordinator of volunteer services; Cambridge PER Phil Rice; and Al Burton, chm., National Foundation, Cambridge Lodge.

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# K.E.T.C.H.

**K**ansas **E**lks **T**raining **C**enter for the **H**andicapped

## Staff Report

*"I seek opportunity, not security. I do not wish to be a kept citizen, humbled and dulled by having the state look after me. I want to take the calculated risk, to dream and to build, to fail and to succeed on my own."*

*K.E.T.C.H. Client Creedo*

These words reflect courage and desire; they are words that each of us would be proud to live our lives by. Yet, how special, how courageous must one be to adopt this credo in the face of debilitating handicaps? Especially, handicaps whose profound and pervasive effects you and I might not be able to fully comprehend: mental retardation, personality disorders, cerebral palsy, visual or hearing impairment, or any of the above in combination or in tandem with traumatic or congenital orthopedic disability.

To work, to learn, to live by the K.E.T.C.H. client credo would be next to impossible for those so afflicted without help; the kind of help and care that the handicapped of Kansas have received through the offices of K.E.T.C.H. for the past twenty years.

The Kansas Elks Association has had the honor of claiming K.E.T.C.H. as its major project since 1964, when it adopted a struggling sheltered workshop for retarded adults known as the Wichita Training Center for the Retarded.

Renamed K.E.T.C.H. in honor of its new affiliation, the agency embarked



*K.E.T.C.H. President William R. Lawrence: "...agencies such as ours must become more business-oriented in order to survive."*



*K.E.T.C.H. clients relax during a lunchtime socialization session.*

upon a twenty year history of growth and diversification that was to enlarge the scope of its operations from local to statewide. Today, the agency serves in excess of 1,100 persons annually from its headquarters in Wichita and from eleven branch offices scattered across a 105 Kansas county area.

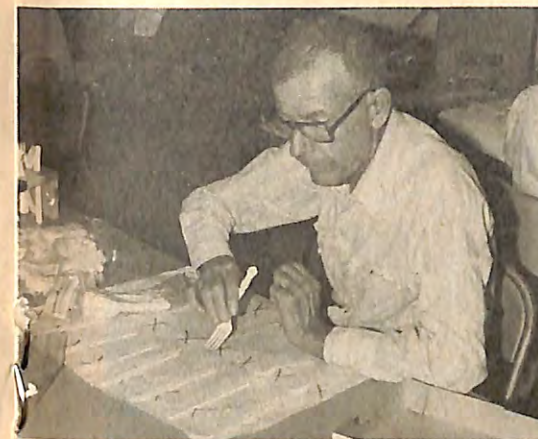
K.E.T.C.H. has built an enviable history of service to its clients and to the community in general by recognizing the inherent worth of each individual, no matter how handicapped that person may be. Through testing and evaluation, previously unemployable persons are given new hope for a productive life as they are placed in one of the agency's many sheltered and semi-sheltered training programs.

It is a marvelous thing to see the enthusiasm and gusto that these trainees bring

to their work. Each phase of the many manufacturing projects is carefully supervised by trained professionals who encourage their charges with sound instruction and well-earned praise.

In order to help its clients reach the goals outlined in the credo, K.E.T.C.H. tests and evaluates each individual prior to his acceptance into the program. There are cases in which other types of rehabilitation programs would prove to be more successful than those offered by K.E.T.C.H.; these individuals are subsequently referred to other agencies or programs.

Each K.E.T.C.H. client is given careful consideration by highly skilled professional and paraprofessional staffers. Each client is screened to find where his strengths and weaknesses lie in relation to the various training programs offered.



K.E.T.C.H.'s Vocational Evaluation Unit offers both targeted and comprehensive evaluation programs designed to place each client in just the right level to help maximize his potential.

In addition clients may become a part of the K.E.T.C.H. Residential Services program, living in group homes, in licensed private homes or in semi-independent apartment environments or, they may be a part of the Day Rehabilitation Services and spend their off-hours with their families. Again, what is best for maximizing the clients' full potentials is the overriding consideration.

To quote K.E.T.C.H. literature: "The ultimate goal for all individuals served is to significantly improve their quality of life through recognizing and developing their potentials, equipping them with the necessary personal or vocational skills or adaptations so they are able to relate adequately with others, possess mental health, live independently and/or become as independent and self-sufficient as possible."

The way these goals are realized is to offer each client the opportunity for actual work experience and vocational training in an atmosphere that is calculated to help develop their latent talents, and groom them in behavior patterns that will later allow them to exercise their newly developed skills in outside work environments.

At each level of development, the client is given the benefit of the skills of numerous counselors, teachers, occupational therapists, psychologists, vocational evaluators, industrial technicians and volunteers. Speech and physical therapists are available as needed, as are physicians, nurses and special teachers. Each of these specialists work as part of a team, guided by the case worker, to enable the client to work his way toward self-sufficiency and productivity.

Make no mistake, these are not "make work" occupations. Each client becomes



*Many sheltered workshop projects are work that is subcontracted to K.E.T.C.H. Above, workers recondition electrical fixtures and components while others assemble plastic tableware for packaging. Top, right: PGER George Klein discusses products with Jeffrey Farmer, Director of Administration.*

an integral part of the K.E.T.C.H. program and may be employed by K.E.T.C.H. Industries, a separately incorporated entity whose products and services have been targeted for a sales goal of \$900,000.00 for the upcoming year, or for one of the sheltered workshop projects where services are sub-contracted to various outside industries, or for occupations in outside industries through the Projects With Industry out-placement program.

These are real jobs for real pay, which also have as a side-benefit the tailored instruction and rehabilitation services that each client requires. In addition to the vocational and behavioral training, each client also receives help in the areas of life-skills, social interaction, and general education.

Sheltered workshop projects, services that are sub-contracted from outside industry, include the assembly of packages of plastic tableware, the assembly of minor electrical components, the reconditioning of electrical components and lighting units through a full mailing service including Addressograph equipment

and full collating, folding and stuffing capabilities.

K.E.T.C.H. Industries, as we have mentioned, is a separately incorporated entity that manufactures products as diverse as air filters for a wide variety of industrial uses, three-ring binders for office and industrial use, wood products from pallets to surveyors' stakes and the KETCH-ALL, a multi-purpose, three-wheeled motor vehicle that is gaining acceptance for many industrial applications as its design is refined and improved.

K.E.T.C.H. clients are the workers that make these products a reality. Theirs are the eyes that guide and the hands that do the many manual steps in the creation of the goods and services that have been detailed. Their sense of involvement with and the pride that they take in these products of their own labor is clear to see. These are willing and enthusiastic workers, men and women struggling to realize their full potential in a highly competitive job market.

In addition to the more-or-less structured work environment, K.E.T.C.H. clients also enjoy an off-hours schedule of social, athletic, volunteer and educational activities. These activities are open to resident and non-resident clients and all are encouraged to enjoy a full social life.

Another division of the total K.E.T.C.H. program is the ambitious Projects With Industry effort. Established in 1976, P.W.I. has as its goal the securing of productive jobs for disabled workers while meeting the needs of prospective employers in business and industry. In short, P.W.I. acts as an interface between trained, handicapped workers and industries with openings suitable for these individuals.

Through their twelve branch offices statewide, P.W.I. offers screening, vocational evaluation, education and job reference checks, information on special job modification in cases where the

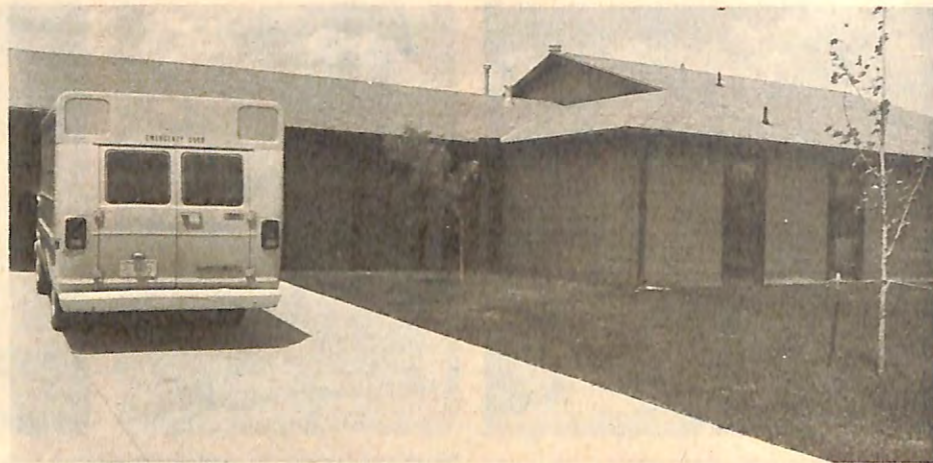
# K.E.T.C.H.

worker may need special tools or other aids, on-the-job training programs and follow-up services to handle any special situations or problems relating to employment. Projects With Industry has enjoyed a placement record in excess of 400 cases annually and shows every sign of healthy growth.

In charge of the diverse and expanding agency that is K.E.T.C.H. is President William R. Lawrence, an intense individual who adds a keen business sense to his dedication to the agency and the agency's client-employees. A passionate advocate of K.E.T.C.H.'s programs and goals, Lawrence's efforts were recently recognized with an "Award for National Excellence" from the U.S. Department of Housing and Urban Development.

In presenting the award, President Reagan congratulated K.E.T.C.H. for, "Developing local approaches to solve community problems and for developing the type of public and private partnerships that other communities could model as well." Recognizing the ever diminishing role of the federal government in supporting community services, this award pointed up the fact that K.E.T.C.H. has returned \$8.00 to the taxpayer for every \$1.00 of public money spent, as the previously unemployed are placed into productive employment situations and are removed from public support. This adds up to good news for those who become employed, not to mention needed good news for the taxpayer.

President Lawrence views the future of K.E.T.C.H. in realistic terms: "The cut-backs we have faced in both federal and state reimbursements have challenged us to become more efficient, creative and tenacious in our program delivery and fiscal management practices. We have learned that agencies such as ours need to become more business-oriented in order to survive, that we must diversify our appeal for sources of funding, marketing, products and services to achieve and



One of several residential programs, this K.E.T.C.H. group home houses 12 clients, each with private quarters. Daily bus service helps the clients to commute to work. K.E.T.C.H. client, near left, whips up a micro-wave meal as Sharilyn Young, Director of Planning and Development looks on with encouragement.

develop in the '80s. We must move toward greater self-sufficiency using all available resources in order to continue to respond to the vast array of unmet human needs in our state."

K.E.T.C.H., then, is a unique blending of charity and business and one might be tempted to view the products and services generated by the agency as its prime objective; to do so would be incorrect. The



K.E.T.C.H. Industries programs include assembly of air filters for many types of industrial uses, the finishing of three-ring binders for office and industrial use and the assembly of the KETCH-ALL three-wheeled utility vehicle.



**"The ultimate goal for all individuals served is to significantly improve the quality of their lives..."**

real product is the clients themselves—disadvantaged individuals who are being given the opportunity of working and contributing to their community. They are productive individuals who earn salaries, pay taxes, purchase goods and services in their community and, most importantly, finally realize their potential as citizens.

In these days of tightened belts charity may suffer. But, who can possibly put a price tag on such a vital commodity as human dignity and the realization of each person's full potential? And, who can deny that trained, motivated and employable individuals leaving public aid rolls and entering into gainful employment are a positive benefit to their community?

Kansas Elks can take pride in their major project; it has proven to be a major success story. It's future success, however, depends on continued and expanded support in order to maintain present levels in the areas of evaluation, training, rehabilitation services, job training, residential and out-placement programs. Needed expansion of these programs and services will only come about as a direct result of an increased commitment to the spirit of charity and volunteerism, proving once more that Elks Care—Elks Share. ■



Projects With Industry staff specialists, left and center, discuss the special needs of a client with deaf/blind handicaps. P.W.I. interfaces with industry to place qualified handicapped individuals into the competitive job market.

# LEADERS MEET IN WASHINGTON

The setting was the Oval Office as President Ronald Reagan met with then-GER Kenneth V. Cantoli and PGER Robert A. Yothers on Flag Day, June 14th.

The President discussed the good works of Elksdom with the Elks dignitaries and took special note of the Elks programs for hospitalized veterans, care and therapy for the handicapped, scholarships and the many worthy state association major projects.

Reagan praised the Order of Elks for their ongoing spirit of volunteerism and noted in particular the program for the restoration of the Statue of Liberty and the Drug Awareness Education Program as being especially timely.

In honor of their visit Brothers Cantoli and Yothers presented the President with an "I Love the Lady" pin. The pin is in special commemoration of the Elks Statue of Liberty Restoration Fund.

In concluding their visit, President Reagan once more commended the Elks for their important contributions to the nation and recalled his father's days as an Elk in Dixon, Illinois.



Then-GER Kenneth V. Cantoli and his lovely wife, Ruth, were greeted by President Reagan in the Oval Office.



Then-GER Cantoli, left, and PGER Robert A. Yothers, right, presented the President with a "I Love the Lady" pin commemorating the Elks Statue of Liberty Restoration Fund program.



President Reagan takes time out for a bit of light-hearted banter with the visiting Elks dignitaries. The President recognized the valuable national work of the Order and recalled his father's days as an Elk in Dixon, Illinois.

## Job Stress Burnout . . .

(Continued from page 5)

stress counseling program at Western Electric in Mesquite, Texas, reduced worker absences, hospitalization and medical visits by two thirds.

The consequences of ignoring job stress are beginning to be felt by employers. "Workmen's compensation cases dealing with stress related illnesses are being decided in the employees' favor more frequently," according to Aaron Back, a California labor educator. "It's only a matter of time before industry wakes up."

If your employer remains asleep to the facts about work stress, Polakoff suggests getting help from a psychologist so you can have help evaluating just how important your job is to you and discovering your options.

Another idea could be to form your own self-help support group, a group where participants are free to talk about what's happening in the work place and receive emotional support. Says Back, "Talking with others in the same boat helps you realize burnout isn't your fault."

Too often job anger goes home with the employee at the end of the day. "It's critical to talk with your spouse and children about your work," advises Dr. Lerner. "If you scream and then say it was because of job problems, they aren't going to believe you. When you experience burnout, you need to discuss job pressures in detail before you act out job related anger." Family support is very important according to Lerner, but he stresses that it can't solve burnout.

"You need to understand that it is perfectly legitimate to feel anger and pain at the workplace," Lerner says. "These two feelings empower you to list stress conditions and to think of how to alleviate the stress."

Often it helps to take a break from stressful work. "Jog or swim or take a vacation so you can cool out and look at your situation objectively," suggests Dr. Lauderdale. "In some cases you may need to communicate the changes you need to management. In other cases you might have to revise your job expectations downward."

Placing less emphasis on the nine to five life is one way some workers cope. Rescheduling vacation time to spread it throughout the year and learning to make better use of leisure can help, as well. Sometimes it's possible to transfer to another position in the company where you work, one which better allows you to use your skills. Taking night courses and retraining for a new job while you keep your old one may alleviate

stress, too. "Everyone has a number of options which may not be obvious at first glance," says Dr. Polakoff.

From the first symptoms of confusion and general complaints to illness, absenteeism, despair and withdrawal into drugs or alcohol, burnout is becoming a fact of life for American workers. Only when employees recognize it and deal with the work stress which causes it can they avoid becoming another stress related statistic. ■

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## Drug Awareness Education Program

# PRESQUE ISLE ELKS DO IT RIGHT!

Loyal Kt. Jim Ferland, chm. of the Presque Isle Lodge's Drug Awareness Program and son, George, display some of the 106 winning posters. Downtown merchants showed the posters in their shop windows to publicize the program.

Members of the Presque Isle City Council sign the proclamation designating a special Presque Isle Elks Drug Awareness Week. Front row, left to right: Councilor James Dyer, Chairman Dana Lougee and Councilor James Lyford. Rear, from left: Councilor Jean Harding and Loyal Kt. Jim Ferland, Chm., Presque Isle Drug Awareness Program.



From as simple and uncomplicated an idea as a poster contest, Presque Isle, ME, Elks have taken a positive and dramatic step forward in their efforts to educate the children of their community to the dangers of drug and alternative substance abuse.

Once again, the key word in the foregoing paragraph is EDUCATION.

Recognizing that young people, in this case children in the elementary school grades across the Presque Isle area, need facts, not fear, to make their stand against the peer-pressure to experiment with drugs, the Brothers of Lodge 1954 correctly identified their prime target-age youth and took steps to get them the needed information.

Letters announcing the Poster Contest were hand-delivered to the principals of the community's elementary schools. The letters outlined the contest's simple rules and asked the principal to announce the competition to their students. Contest

rules were kept simple: almost any material could be used to make the posters and students were required to use one of two themes when doing their artwork. Students in the kindergarten through fifth grades had "Drugs and Health—Good or Bad?" as their theme, while grades six through eight used "Drugs—It's O.K. To Say No" as their message. A liberal deadline for entries was set.

A total of 362 posters were judged by Art Major students and a former art instructor from the University of Maine in Presque Isle. Of these entries 106 posters were awarded ribbons of merit and the top eight entries were awarded \$50.00 U.S. Savings Bonds.

To showcase the posters and publicize  
*(Continued on page 36)*



PER Roger Murphy, left and ER Walter Morrison, right, flank the eight top prize winners in their Lodge's Drug Awareness Poster contest. The eight winners received \$50.00 Savings Bonds.

## Departed Brothers

**PAST SECRETARY TO THE GRAND EXALTED RULER** Thomas M. Brisendine of Atlanta-Buckhead, GA, Lodge died May 20, 1984. He served as secretary to the late PGER John S. McClelland in 1941-42.

During World War II, Brother Brisendine served as executive secretary of the Elks War Commission, under the leadership of the late PGER James T. Hallinan, with offices in New York. In this position he assisted in the establishment of Elks Servicemen's Centers throughout the nation.

In 1945, at the request of PGER McClelland, Brother Brisendine returned to Atlanta and became secretary of Atlanta Lodge. He remained in this position until 1970, when he retired and became secretary-treasurer of the Georgia Elks Association. He served in that office until 1979.

Brother Brisendine had a lifelong interest in the welfare of veterans. At one time, he served on the Georgia State War Veterans Commission, and for many years he headed the Georgia Elks Association's National Service Committee.

**PAST GRAND LODGE COMMITTEEMAN** Marcus M. Wasson, Jr. of Ardmore, OK, Lodge died June 22, 1984. Brother Wasson served on the GL State Associations Committee from 1966-68. He was also a past district deputy and past president of the Oklahoma Elks Association.

**PAST DISTRICT DEPUTY** Elmer A.E. Richards of Hyannis, MA, Lodge died June 5, 1984. Brother Richards served as District Deputy Grand Exalted Ruler for the Southeast District of Massachusetts in 1943-44. He was also a past president of the Massachusetts Elks Association.

**PAST DISTRICT DEPUTY** Homer A. Schreiber of Lebanon, PA, Lodge died recently. Brother Schreiber served as District Deputy Grand Exalted Ruler for the South Central District of Pennsylvania in 1945-46.

**PAST DISTRICT DEPUTY** William E. Soldner of Van Wert, OH, Lodge died recently. Brother Soldner served as District Deputy Grand Exalted Ruler for the Northwest District of Ohio in 1971-72.

**PAST DISTRICT DEPUTY** Albert G. Kreiss of Newark, NY, Lodge died June 17, 1984. Brother Kreiss served as District Deputy Grand Exalted Ruler for the West Central District of New York in 1955-56.

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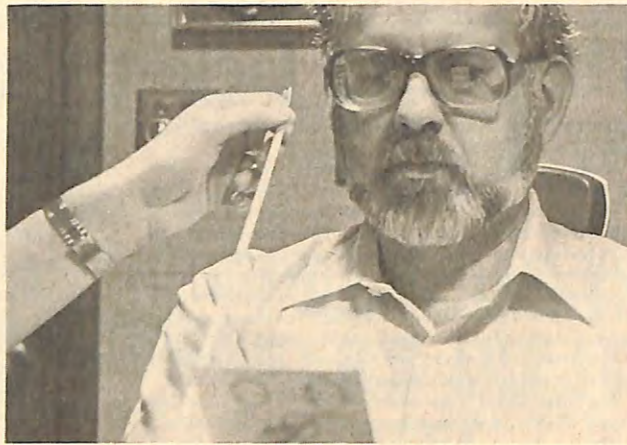
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An eye doctor measures near normal focusing range for patient's benefit. The average normal, near working and reading distance is sixteen inches.



# Doc, my arms are TOO SHORT!

by Reta Shoultz



"I don't believe the problem is in my eyes, Doctor," Will Adler joked. "It's my arms, I think. I could swear they're getting shorter. Last week I finally had to put the paper on the floor, stand up, and then bend over to read it!"

"I think it started six or eight months ago," he continued. "Guess I'm just getting old."

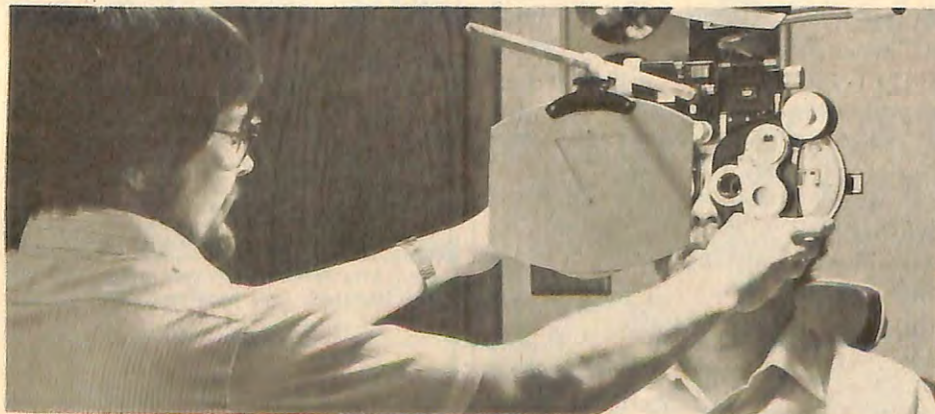
Will Adler is the kind of patient eye doctors like. Will's easy-going atti-

tude indicates he is ready to cope with what he calls "getting old." Doctors call it presbyopia and they know it didn't start just six or eight months ago. They know it has been going on all Will's life.

It has been said that the only way to avoid presbyopia is to die young, otherwise we must sooner or later deal with it. We may curse holding the newspaper at arm's length, fume over the needle we can't thread, and blame poor restaurant lighting for our inability to read the menu, but it helps to understand the condition that has caused these inconveniences.

Presbyopia, simply defined, is the loss of ability to focus the eye at near distances. It is a slow process. If Will had been keenly observant, he might

A thorough eye examination should include patient input. It pays to be visually aware, and to share observations with vision specialists.



have noticed when he was about ten years old that his ability to focus was remarkable. An object held only two or three inches from his eyes presented no focusing problem. At twenty, the distance had increased slightly, probably to four or five inches. At thirty, and probably even at forty, Will was not aware of change. Each year, however, imperceptible loss in near-focusing distance steadily crept outward.

Only when he had to move his newspaper out to eighteen or twenty inches did Will realize something had changed. He just happened to be in his early forties, and perhaps newly aware that youth is past and the golden years beckon.

What has been happening in Will's eyes happens to all of us. Understanding what causes presbyopia, the course it will run, and the aids available (bifocals, trifocals, reading glasses and contact lenses) enable us to work with vision specialists.

Presbyopia is directly related to changes in the crystalline lens of the eye. Doctors know that in young people the lens is soft and pliable. They know, too, that gradually the lens hardens and becomes less flexible. They do not know why.

All lenses, including the crystalline lens, have one similarity—they can be focused at only one distance at any given time. The crystalline lens is remarkable, because it is flexible—at least for a good many years, and, because it is surrounded by a ring of muscle that can quickly change its shape. Focus is directly related to the shape of the lens at any given moment.

As flexibility decreases some doctors say the lens has become brittle and has lost its elasticity. They know corrective lenses, although lacking the versatility of the crystalline lens, are the only way to restore vision which would otherwise be lost.

Not one to cry over brittle lenses, Will Adler listened to his doctor's explanation and moved immediately to the solution. "What do you suggest, Doctor? I want to get this problem taken care of once and for all."

Eye doctors are pleased when patients display a positive approach to coping with presbyopia. Too often they hear "I don't want to wear bifocals," or worse yet, "I WON'T wear them!" Such statements are usually rooted in frustration, fear of looking old, and prejudice gleaned from old wives' tales.



Inside the eye the crystalline lens very slowly loses flexibility. Eventually the ring of muscle surrounding the lens can no longer control its shape, and bifocals are needed for near vision.

Will's positive approach persuaded his doctor that Will should be told more than patients are sometimes told. "Well, Mr. Adler," his doctor began, "this isn't something we can 'take care of once and for all.' The progression of presbyopia has not ended. When you reach fifty, or fifty-five, the worst will be over, but until then only periodic increases in power can keep focusing at the proper distance."

The doctor explained that he would prescribe bifocal lenses for Will as the first of several prescriptions. As presbyopia runs its course, he will probably recommend that Will move

into trifocal lenses to regain an intermediate focusing range.

In 1784, Benjamin Franklin, then 78 years old and weary of continually changing from glasses "proper for reading" to those best "for greater distances," wrote that he found those changes "troublesome and not always sufficiently ready." Describing his invention of the bifocal he said, "I had the glasses cut and half of each kind associated in the same circle." He called them "double glasses."

Mr. Franklin's bifocals lacked many of today's refinements, but they were surprisingly good. The lenses, being independent of each other, caused no unwanted prismatic effects. The crack between the cut edges of the half lenses, however, collected dirt, causing visual distraction, and made the glasses conspicuous.

Two hundred years have passed and progress, of course, has not overlooked "double glasses." Two halves associated in the same circle and divided by a crack gave way to experimentation; first, with one piece lenses which proved optically inferior, and later, in 1899, to a cement bifocal.

The cement bifocal, a one piece lens with a small glass "wafer" glued (Continued on page 36)

#### Kryptok:

A round top, half moon shaped segment. Some distortion and image jump. No choice of width. Design unsuitable for trifocals. Worn by about 8% of bifocal wearers.



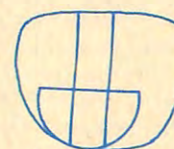
#### Invisible:

Although invisible, the bifocal segment is shaped like the Kryptok. It has all the same drawbacks, plus a disconcerting band of distortion where the two powers blend. No trifocal available. A vanity lens worn only by about 8%.



#### Flatop:

Low distortion, variety of widths allow eye movement to replace considerable head movement. Available in trifocals. Most popular, worn by about 65%.



#### Progressive:

An invisible multi-focal lens. The segment is narrow and vertically placed. Power increases as the eye travels towards the bottom of the segment providing infinite focusing distances. Trifocals are not necessary if this lens is worn. Great care is required in fitting, and perseverance is a must for the wearer adapting to them.



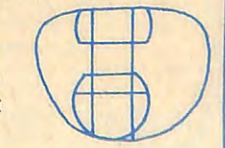
#### Executive:

Bifocal segment covers entire lower area of lens eliminating most head movement. Available in trifocals. A heavy lens with a ridge at the point of fusion which is conspicuous and can be felt and chipped. Can be ordered in plastic to reduce weight. Worn by 12%.



#### Special:

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# NEWS OF THE STATE ASSOCIATIONS

The Rhode Island State Elks Association held its 48th Annual Convention in Hyannis, MA, May 18-19.

Approximately 250 Elks and their guests attended the Memorial Service Friday evening, performed by the state champion ritualistic team from Newport Lodge. Musical selections were sung by the St. Francis Folk Group.

Several awards were presented after the ceremony. The State Elk of the Year Award went to Rudolph Pistacchio, PSP, Smithfield.

The State Public Relations Award was presented to Francis Sisco, PER, Westerly, by GL Public Relations Committeeman Edward Callanan. State National Foundation Chm. Walter Petrucci presented awards to Smithfield, Bristol, and Newport Lodges.

Special events held throughout the past year by the lodges and in conjunction with the state association enabled the Elks of Rhode Island to increase their donations to many charities. A gift of \$17,500 to United Cerebral Palsy tripled the amount donated the previous year.

Also donated was a check for \$3,500 to refurbish a van for UCP. During Rhode Island Elks Day at Fenway Park, Boston, a \$1,500 check to the Jimmy Fund (for children with cancer) was presented on the field to fund officials.

A \$1,500 donation was made to the Big Brother program, and \$1,000 went to the Providence *Journal-Bulletin's* Summertime and Santa Claus Funds.

Special guests at the Saturday business session included SDGER Fred Quattromani, GL Committeeman Francis Stephenson, Past GL Committeeman Clifton Higham, and Robert Persson, executive director of UCP.

Prior to the Saturday Dinner-Dance, the following officers were installed by PSP Edouard Decelles: President Lewis Andrews, Woonsocket; Vice-President East Ernest Faiola, Providence-Cranston; Vice-President West Walter Kettelle, South Kingstown; Secretary J. Robert Bousquet, Woonsocket; and Treasurer William Darby, Pawtucket.

Over 700 persons attended the state convention of the Nebraska Elks

Association at Ogallala June 1-3. Of these, 322 were official delegates to the convention. The others were wives and guests of the association.

PGER Willis McDonald and his wife Elizabeth from Slidell, LA, Lodge were special guests. Lt. Gov. Donald McGinley was the speaker at the Memorial Service.

The fall conference will be held at York August 24-26. Kearney Lodge was awarded the 1985 convention, which will be held June 6-8.

Officers elected for the 1984-85 year are President Jerry Just, Holdrege; First Vice-President Stan Quigley, McCook; Second Vice-President Gaylord Blanc, Lincoln; Third Vice-President Mike Anderson, Superior; Secy. Chester Marshall, Kearney; and Treas. Robert Burkley, Fairbury.

Lincoln Lodge returned to the top in state ritualistic competition. Only .5 percent of a point separated the top five teams.

Reports showed a special year for the association's Benevolence Commission. This year the convention met and heard from a young man for whom the association had purchased a new electronically controlled artificial arm. His story was truly an inspiration. He also spoke to the ladies group at their morning brunch. A total of \$2,855 was contributed to the Benevolence Commission during the Exalted Rulers' March.

Checks in the amount of \$6,068.17 were received for the Statue of Liberty Restoration Fund. Lodges also reported that \$2,368.50 had been previously sent. This made a total of \$8,436.67 at that time.

PGER Willis McDonald was the speaker at the Saturday banquet.

The annual convention of the New Jersey State Elks Association was held at Wildwood June 7-10. Attending were 523 delegates and other association members. The overall attendance figure including wives and Elks participating in the Saturday parade was 10,500.

Distinguished guests were PGER and State Sponsor Homer Huhn, Jr. and PGER Robert Yothers. Wildwood Mayor

Earl Ostrander also attended the Friday night banquet.

Next year's convention will be held in Wildwood June 6-9, 1985.

Newly elected officers of the association are President Obert Stetter, Asbury Park; Secretary Stephen Ondrejack, Carteret; and Treasurer Fred Stevens, Colonia. Twelve district vice-presidents also were elected.

At the Friday morning session, the four poster children sponsored by the Handicapped Children's Committee were introduced and presented with gifts. The handicapped scholarship winners, one boy and one girl, were also presented. They each received a four-year scholarship of \$2,500 a year.

The committee reported that a total of \$821,188.91 was expended by the association and lodges in their work with handicapped children.

A reception was held on Thursday evening honoring outgoing president Earl Cornelius. On Friday night a banquet was held in honor of President Obert Stetter. Short remarks were made by PGERs Huhn and Yothers, Mayor Ostrander, and President Stetter.

President Stetter stressed the need for continued support of the Drug Awareness Education Program and Statue of Liberty Restoration Fund.

The mammoth parade on Saturday (five hours in duration) had 127 lodges participating, 47 floats, 78 musical units,

and over 10,000 persons in the line of march.

Some 175 Elks, along with 160 wives and guests, attended the annual convention of the Nevada State Elks Association, held June 22-24 in Ely.

Special guests included PGERs Gerald Strohm and Marvin Lewis, Arizona SP L.C. Nevelle, California-Hawaii SP Robert McLain, and GL Ritualistic Committeeman John McDonald.

The association has scheduled a mid-winter conference for January 11-12, 1985, in North Las Vegas. The next annual convention will be held June 21-23, 1985, in Sparks.

Officers of the association for 1984-85 are President Adrian Brubaker, Las Vegas; First Vice-President Louis Goicoa, Sparks; Second Vice-President Stanley Thomas, North Las Vegas; Secretary William Seals, Las Vegas; and Treasurer Carl Merrill, Boulder City.

Ely Lodge won the State Ritualistic Contest.

The state Major Project is Amblyopia (lazy eye). At least \$15,000 will be spent on this project in 1984-85.

In addition, the state PER Association will award two \$500 vocational scholarships this year, and hopefully four or five next year.

## "ALL-AMERICAN LODGE" CONTEST

The GL Lodge Activities Committee is once again proud to announce the "All-American Lodge" Award, which will be based on statistics compiled during the 1984-1985 lodge year. The purpose of this contest is to give recognition to the best all-around lodge in the Order.

Any lodge may enter the contest simply by submitting the contest form which is furnished by the Grand Lodge, upon which the lodge's participation in Elkdom may be scored. It is not a complicated form and will not take much time to complete.

A plaque will be presented to the winner by GER Frank O. Garland at the Grand Lodge Convention in Seattle in July, 1985.

There will be an All-District winner in each district. There will be an All-State winner in each state association. There will be only *one* "All-American Lodge."

You can help your lodge be the "All-American Lodge." Get Involved! Work on committees...bring in new members...subscribe to the Elks National Foundation...save a Brother on the Lapsation list...donate articles for your Veterans Program.

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Ken Moore, Member  
GL Lodge Activities Committee



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## Presque Isle Elks . . .

(Continued from page 30)

the contest, Presque Isle Elks obtained the cooperation of their downtown merchants who agreed to display all 106 winning entries in their shop windows. In addition, a special presentation of the Savings Bonds was arranged. This attracted members of the press and broadcast news media, and provided special emphasis and publicity for the project.

The poster contest laid the groundwork for even greater efforts. Shortly after the awards presentation, a proclamation was issued by the Presque Isle City Council setting aside one week as Elks Drug Awareness Week. Once again, the event proved newsworthy and welcome coverage of the Program was obtained.

Finally, the Presque Isle *Star Herald*, working in cooperation with the Lodge, local medical and mental health centers

and the Chemical People Project produced an impressive twenty page pull-out tabloid section devoted to information for children and parents on the dangers of involvement with drugs and other substances. Some 2,175 copies of this informative tabloid were distributed by the Elks to elementary school students and their teachers. An additional 10,000 copies of the tabloid are currently in circulation throughout the Lodge's home county.

As a final touch to current activities, the Lodge put together packages of drug-related educational materials and contributed these to each of the schools' permanent reference collections, thus giving future students the opportunity to become informed, aware and forewarned.

Dick Herndobler, National Chairman of the Elks Drug Awareness Education Program says of the Presque Isle Elks Program: "As Elks we do have a unique opportunity to make a dramatic and positive change in our society by working together to provide a drug-free environment for our school children...an environment in which they can reach their full potential of learning and leadership which our nation so desperately needs." ■

## Aging Eyes . . .

(Continued from page 33)

to the back side, was popular despite adhesion problems. In cold weather the wafer often popped loose, in hot weather it had a tendency to slide around, and aging, balsam-based adhesive soon gave a fine amber glow to near-distance viewing.

Progress was moving along, however, and in 1908 John Borsch, Jr.,

son of the inventor of the cement bifocal, fused two types of glass with heat. Using one kind known as 'crown' glass for the distance lens, and another, known as 'flint' glass, which has a lower fusing point, for the near lens, he avoided distortion which occurs when two pieces soften and fuse at the same temperature. He called the bifocal lens Kryptok from the Greek word "kryptos," meaning "hidden."

The arrival of the fused Kryptok



An important measurement when being fitted for corrective lenses is that of focal width; here a patient is measured.

inspired further experimentation and the most popular and widely worn style, still today's favorite, was introduced to the U.S. by an Englishman, N.H. Stanley, in 1926. Using an exceptionally white flint glass, and rigidly controlled processes which held optical errors in narrow limits, the Univis Bifocal had one other definite plus: a patented flat top. Eliminating unusable area at the top of the round Kryptok segment enabled the wearer to enjoy a more natural reading posture.

The Flatop, like earlier designs, inspired efforts at improvement. None were lasting except for increased widths of the segment, but for the first time wearers were confronted with choices: A rounded top? A flat top? And width choices—eye movement vs. head movement?

Those limited choices were only the beginning. Progress has brought many alternatives. The Will Adlers of today may ask, and rightly so, "What do you suggest, Doctor?" but putting the responsibility entirely in his hands may mean short changing ourselves. A quick study of today's bifocals and an awareness of personal visual habits, can help you help the professionals.

Most of us take vision for granted. Visual awareness, however, can be a real plus in determining which multi-focus lenses best suit our near focusing needs. It can also be of help to our doctors. The *average* normal, near working distance is sixteen inches. If, when asked about your work habits you reply only that you "work in an office," your doctor will assume your focusing distance falls into the normal near focusing stage. Explaining, however, that you spend long hours at a computer with a screen located above eye level and about twenty-five inches from your eyes, might well influence his final decisions and recommendations.

Even so, prepare to compensate if you discover that your focusing distances are widely spread. Head or body movement may be necessary for sharp focus. Or, budget permitting, buy a second pair of lenses designed for special occupational or recreational use.

Choosing the best lenses can be confusing, but should not be difficult for the wearer who knows his needs and can intelligently sort through the selection. Presbyopic lenses fall into three divisions: bifocals/trifocals,

reading glasses/half eyes, and contact lenses. Of these, only the bifocal/tri-focal category involves serious choices for the wearer.

Reading glasses are exactly what Benjamin Franklin was trying to avoid, and generally speaking, a poor choice for presbyopes. Ground to near distance correction this choice is most often made by those reluctant to wear bifocals. Almost without exception these wearers eventually turn to bifocals.

Half eyes, the only other single power lens, might be described as half a pair of reading glasses. Worn down on the nose the wearer looks through the lenses for near and over them for distance. They work well only if no distance correction is needed.

There are serious choices involved in contact lenses, but they must be made by doctors, not patients. Because bifocal contacts have proven difficult to fit satisfactorily, some doctors choose not to fit them. The problem is one of getting near distance correction where the patient needs it when close focus is desired. Many types are available but none have proven a good choice for more than an occasional wearer.

It should be noted that another method of treatment using contact lenses, but not bifocal contact lenses, is used by some doctors. Called mono vision, single power contacts, one focused near and one at distance, are prescribed. One eye is used for close work and the other for distance. Mono vision causes some impairment of depth perception and should not be considered if high visual accuracy is important. Those who have worn contact lenses before age forty are usually the most successful wearers.

Although we may explore other options, most of us will wear bifocals. And the choice is ours. A look at the multi-focal lenses can help you analyze your needs.

Today Will Adler wears bifocals. He has learned that bifocal lenses are not as good as the lenses he used to have. He knows that near vision after forty involves compromise, progress or no progress. But he sees remarkably well. And he has not lost his sense of humor. Grateful that he no longer must put the newspaper on the floor, he recently thanked his doctor. Then he added, "Bending over to read was bad, Doc, but I was having a heck of a time licking my big toe to get those pages turned!" ■

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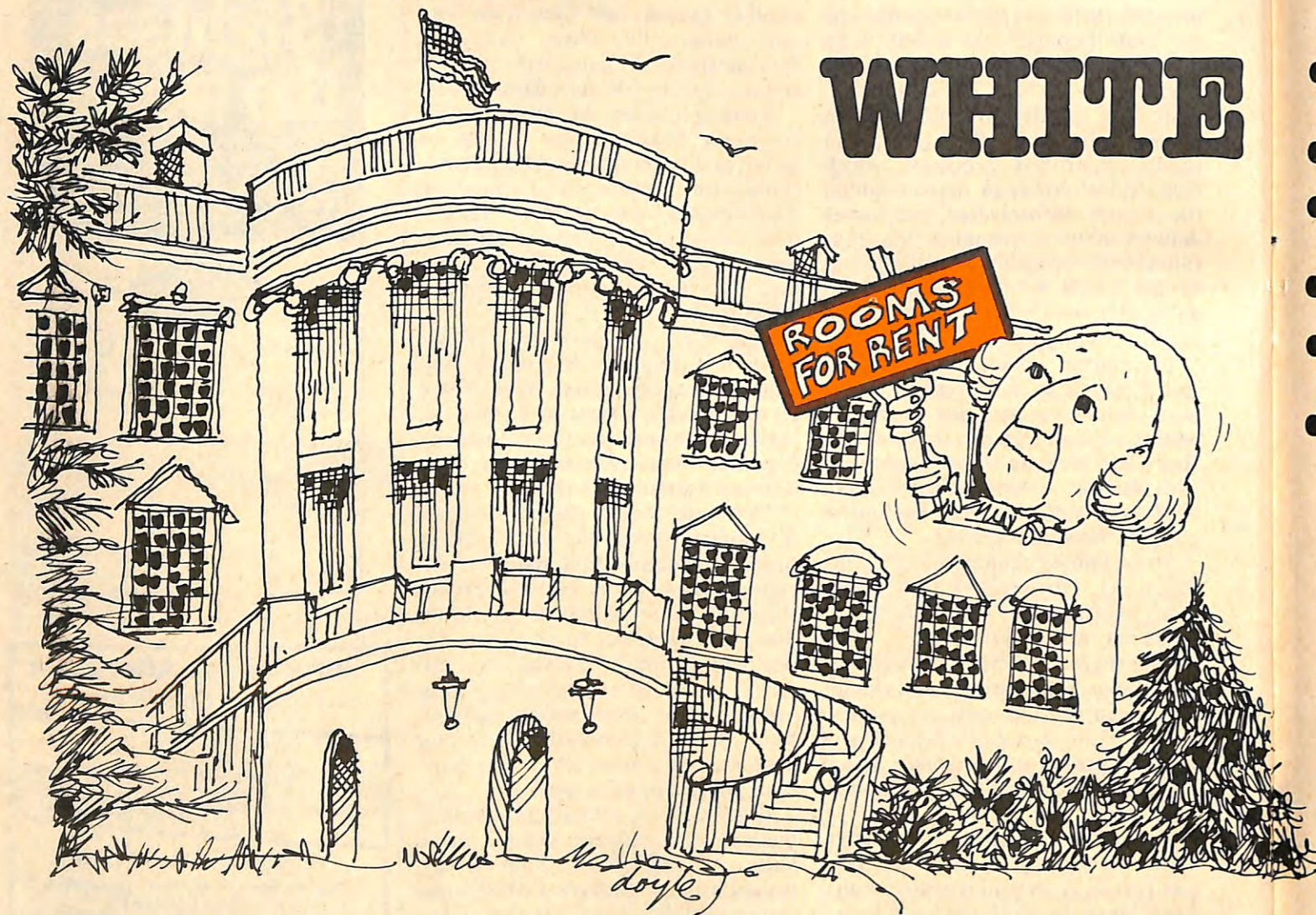
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# WHITE HOUSE Budget Blues

by Duane Valentry

A great address and a respected name doesn't necessarily mean freedom from worry about making ends meet. George Washington had to pinch pennies and budget. Servants trembled when the Father of the Nation demanded a weekly accounting of every penny spent.

Once, so the story goes, he enjoyed a fish dinner and asked the steward what it was. Told it was the first shad of the season, he asked the price. When told it was \$3 he lost his famous temper.

"Take it away! It shall never be said that my table sets such an example of luxury and extravagance," he shouted.

Perhaps the nation appreciated his thrift, but not his household. A strict household manager, he was meticulously organized and described porcelain and stoneware he bought for gifts and homes in Philadelphia and New York, while Martha wore homemade cotton dresses with stripes made from ravellings of brown silk stockings and

old red chair covers. As he wrote a friend:

"Mrs. Washington's ideas coincide with my own as to simplicity of dress, and everything which can tend to support propriety of character without partaking of the follies of luxury and ostentation."

In his first inaugural address he refused his official pay and told his children to "cherish public credit" and "one method of preserving it is to use it as sparingly as possible."

Abe Lincoln had a much harder time keeping tabs on White House monies, with little help from his wildly extravagant wife. Probably to impress her husband, at first Mary Lincoln was careful, but after he became president she went on buying sprees, once spending \$3,000 for earrings and buying two shawls for \$1,000 and \$5,000, and running up huge bills for house decoration. Her extravagance soon used up money allowed by Congress, and easy-going Abe, always tolerant of his wife, was furious.

"It can never have my approval," he said of one bill. "I'll pay it out of my own pocket first. It would stink in the nostrils of the American people to have it said the President had approved a bill over-running an appropriation of \$20,000 for flub dubs, for this damned old house, when the soldiers cannot have blankets."

After Lincoln's assassination, poor Mary, nearly crazy with grief, continued spending wildly although her widow's pension was less than \$2,000.

Writing Congress pleading for more money she was turned down coldly. Destitute, she slipped into President Grant's hand at the White House a note: "In memory of my great and good husband will not President Grant exert his great influence with the Senate Committee and others in order that an immediate pension may be granted me?" Most respectfully, Mrs. A. Lincoln, March 27, 1869.

Her continued pleas finally gained

her a slight increase but, owing money to many merchants, it was finally decided her lack of financial stability was part of a deteriorating mental state, for which her son Robert had her committed to an asylum. During some of her outbursts when he was trying to cope with her, Lincoln had predicted if she didn't get hold of herself, she would end up in such a place.

A wallet belonging to old Abe was sealed in a box maintained at the Smithsonian Institute. When it was opened during the bicentennial celebration with great interest—inside was found five dollars, in Confederate money.

So pinched for money was General Grant and his household after his presidency, that he entered into one losing money-making scheme after another until everything was gone on poor stock market investments. Accused by enemies of incompetence, the truth was he was innocently duped by people he trusted.

As the result of a bank failure U.S. Grant owed W. H. Vanderbilt \$250,000 he could not pay. A friend, Samuel Clemens (Mark Twain), came to his rescue, offering to publish his memoirs if he would write them. Though dying of cancer Grant took the offer and feebly wrote what would be a historic masterpiece.

Hearing of his financial troubles, showman P. T. Barnum wrote Grant offering \$100,000 cash and a portion of the profits "If I may be permitted to exhibit relics bestowed on you by monarchs, princes and people throughout the globe to a grateful public figure. I will give satisfactory bonds of half a million for their safe return."

Though the offer would have meant a far easier last year of his life and must have been very tempting, Grant declined, saying the objects in question were promised to a museum. He painfully finished his memoirs only days before dying, and Clemens gave him a huge check which kept his family from poverty.

Thomas Jefferson was also tormented by ruinous debts and in 1826 owed \$107,274 on his death, including a grocery bill for \$345, which his descendants paid off by 1878.

After serving the nation as President hard times came down on several great men including John Quincy Adams who at the end of his life was strapped for cash and forced to hide from tax collectors. General Washington's aide-de-camp, one Col. Smith, died in 1816 \$200,000 in debt, having involved himself with Francisco de Miranda's plot to liberate Venezuela from Spain from a U.S. base. His prison days were shared by his

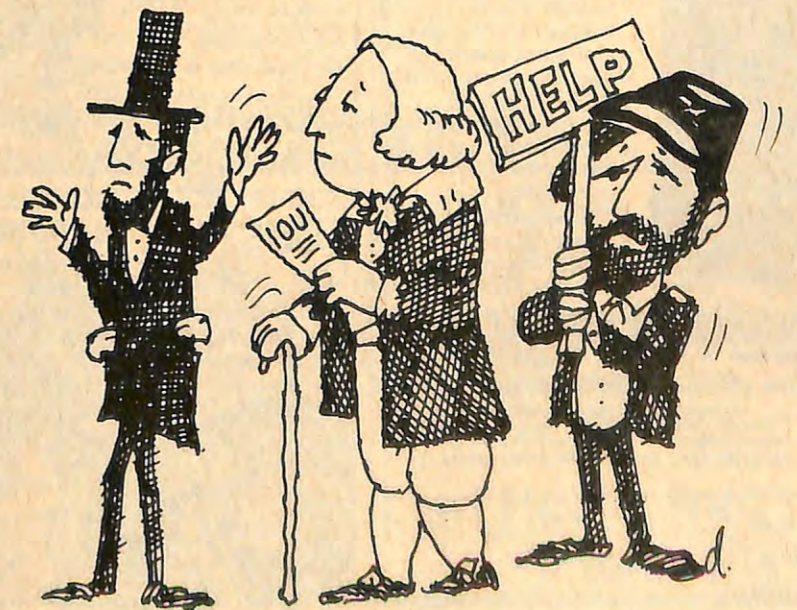
wife Nabby, an Adams offspring, much as Dickens shared his father's prison.

But probably no respected public servant was ever poorer than Andrew Jackson, left penniless after 8 years of serving his country as president. Proud of his fine horses he was forced to part with them one by one, advising his household, "If you can get \$500 for the two in cash—if you can get as much for my riding mare as \$200 let her go..."

Finally he had to sell each for whatever he could get, usually much less than their worth. At 74, feeble, ill, he could not even figure his debts, let alone pay them. The Hermitage, his home, was falling apart, the cotton crop was a failure and the last seven of his best horses had died, cutting off final revenues expected to pay his debts.

Ironically, people showered gifts on the failing ex-president, but not money. Hats, canes, pipes, timber from the frigate Constitution, a wagon of hickory "with the bark on," and a cheese four feet round weighing 1,400 pounds came to the Hermitage. Though he was well-loved and his servants refused to leave him, there never was a man more nearly out of his mind with worrying over money than old Andy Jackson, but few knew of his troubles. If they had they might have donated a dime or quarter apiece and his worries would have been over.

History reveals that even the nation's most respected citizens or the nation's best address sometimes could not keep the wolf from howling at the door.



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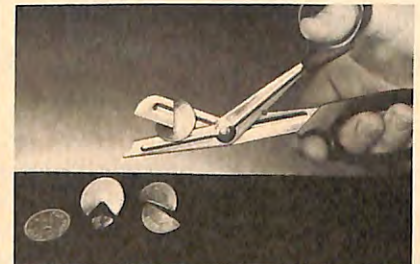
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## Elks Family Shopper consumer/news

**Check your insurance before you check your coat.** When you arrived at the restaurant, you handed over your wool coat to the checkroom attendant and went into the dining room where you enjoyed your dinner. Now it's time to go home, and the attendant can't find your coat. You're upset. It's cold outside and your coat is nearly new. You make a fuss, the attendant gets upset, but he still can't find your coat.

Nancy Golonka, the Insurance Information Institute affairs director, suggests that if you ever get into a situation like this, stay calm. Situations like this are rare, but they've happened often enough, so there is a procedure for settling the matter.

"You should realize," Golonka says, "that the restaurant isn't responsible for your coat unless it's been negligent. But you don't have to prove that the restaurant has been negligent. Instead, the restaurant has to show that the person who checked your coat was not incompetent and did not pirate your coat away. It also has to show that the room in which the coat was kept was not left unattended and that the method for handing out chits and receiving them back was safe."

If the restaurant was negligent, it will have to pay you the money to buy a coat to replace the one that was lost.

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(Continued on page 44)



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 <p><b>TEMPTING AND TASTEFUL</b></p> <p>96 full-color pages featuring over 400 beautiful gifts, perfect for holiday giving, parties or yourself. Tangy Wisconsin cheeses, old-world sausage, tempting pastries, candies, fruit, crunchy nuts and much, much more. <b>Wisconsin Cheeseman</b> packages each for giving. No shipping, wrapping or shopping worries for you. Free cheese offer with the catalogue. <b>111</b></p>	 <p><b>Vita Mix® MAKES IT EASY</b></p> <p>It freezes ice cream in seconds, makes yogurt, peanut butter, grinds grains, mixes &amp; kneads bread dough all in 1 simple 3-minute operation. Juices fruits and vegetables, &amp; cooks by friction, soups, sauces &amp; gravies with no lumping, scorching or burning. Info. <b>130</b></p>	<p>CATALOGUE REVUE: DEPT. EL-01, 144 S. 1st. ST., P.O. BOX 4035, BURBANK, CA 91503</p> <p>When You Request catalogues through Catalogue Revue, you use only one envelope and one postage stamp, and you save the \$1.00 to \$3.00 many companies otherwise charge for their catalogues. All you pay is \$1.00 for postage and handling. Simply use the coupon below to request your 1-10 catalogues.</p> <table border="1"> <tr> <td>HTC</td> <td>028</td> <td>055</td> <td>095</td> <td>111</td> <td>113</td> <td>181</td> <td>225</td> <td>310</td> <td>423</td> </tr> <tr> <td></td> <td>047</td> <td>080</td> <td>109</td> <td>112</td> <td>130</td> <td>197</td> <td>301</td> <td>312</td> <td>939</td> </tr> </table> <p>Please request 1-10 Catalogues for me. Enclosed is \$1.00 to help cover P.&amp;H. <input type="checkbox"/> CASH <input type="checkbox"/> CHECK <input type="checkbox"/> MONEY ORDER</p> <p>NAME _____</p> <p>ADDRESS _____</p> <p>CITY _____ ST. _____ ZIP _____</p> <p>CATALOGUE REVUE HTC-EL-01 DEPT. EL-01, 144 S. FIRST ST., P.O. BOX 4035, BURBANK, CA 91503</p> <p>BE SURE TO REVIEW THESE GREAT CATALOGUES AND REQUEST YOURS TODAY!</p>		HTC	028	055	095	111	113	181	225	310	423		047	080	109	112	130	197	301	312	939
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## Elks Family Shopper consumer/news

from home as well as at home, Golonka says, your policy will probably cover the cost of a new coat, minus the amount of the deductible, that is, the amount of loss that you agreed to pay when you purchased your policy.

Note that the coat used in the example is a garden-variety wool coat. Homeowners policies set limits of \$500 or \$1,000 for furs and other expensive items. If you own a fur that's worth more than that amount, you'd better buy a personal articles floater to protect it.

For a free copy of "Home Insurance Basics," "Tenants' Insurance Basics," and "Taking Inventory" and for quick answers to auto and homeowners questions that have stumped you, call the Insurance Information Institute's toll-free hotline: 800-221-4954.

**FAST FOODS** are very much a part of our active lifestyle these days. As we hurry about our schedules, they may be the only practical way to stave off a hunger attack. Fast foods may keep our stomachs content, but are they really good for us?

As long as fast foods are not all you consume, they can make a reasonable

(Continued on page 46)

### See Advertisement Inside Front Cover

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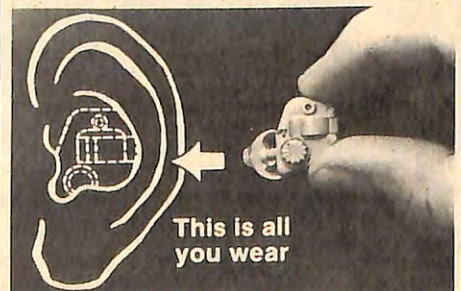
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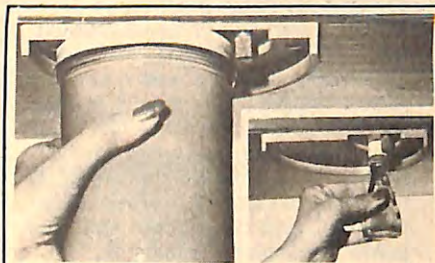


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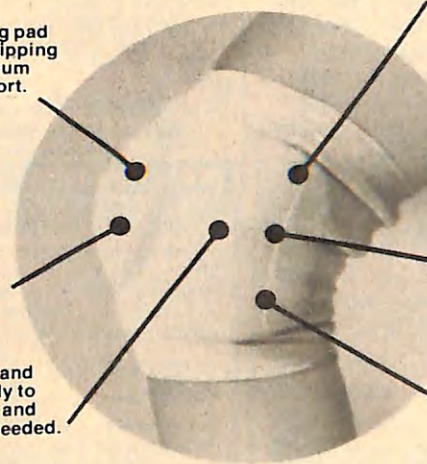
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Absorbs shock that is continually applied to the front, sides and back of the joint.

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

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

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



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

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

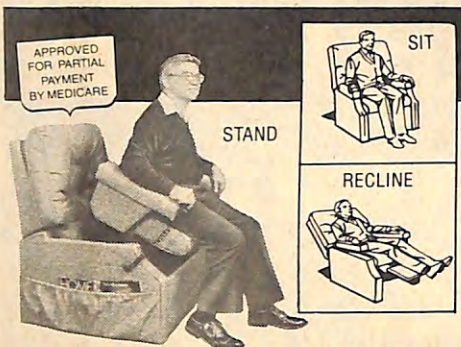
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(SM under 15") (MED 15" to under 17") (LG 17" to under 19") (XL 19" to under 21") (XXL 21" and over).  
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## Elks Family Shopper

### consumer/news

contribution to your nourishment. To give you an idea of what nutrients are in fast foods so you can balance them with the rest of your diet, the Food and Drug Administration has a pamphlet entitled *What About Nutrients in Fast Foods*. For your free copy write to the Consumer Information Center, Department 529M, Pueblo, Colorado 81009.

The typical fast food meal of a burger, fries, and a milkshake contains elements from all four food groups: meat, milk, vegetables, and bread. But the other side of fast foods is that they can be concentrated sources of sodium, fat, and calories. For example, one fast food milkshake packs a hefty 400 to 800 calories. Add a burger and fries and not only do the calories rise, but so does the amount of sodium—to more than the minimum necessary for an entire day. So, if you have fast food for lunch, broil, foil, or steam your dinner, don't add butter to your vegetables, and skip the salt (try garlic powder instead—it's a great substitute and has no sodium). Since fast foods in general tend to be low in vitamins C and A, be sure to add foods rich in these vitamins, such as citrus fruits for vitamin C and deep green leaf, and yellow vegetables of vitamin A.

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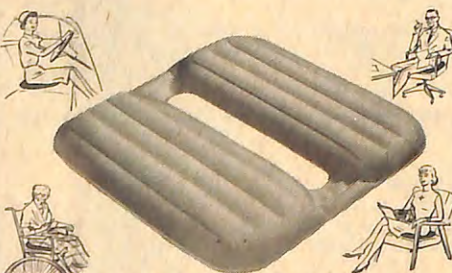
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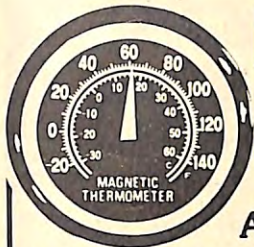
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This precision temperature gauge is the ideal easy to read size of 3/4" across. Gives extremely accurate readings from -20° to +140° Fahrenheit (and yes, there is a dual Celsius scale).

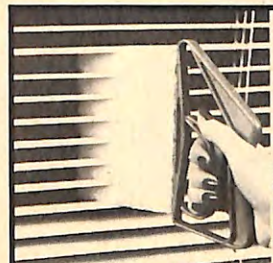
Our regular price for the Magni-Temp is \$4.25 but we'd like to send you one free - asking only a contribution for postage, packing & insurance. Send us just two \$1 bills (please, no checks - our bank just won't handle a mountain of little ones). We'll send you your Magni-Temp and you'll never guess again. Or, if you wish, you may order three at the give away price of just \$1.00 each (plus \$2.00 total for post/pack/ins). Your \$5.00 check will cover it. But please, no more than three per family at this price.

Why are we doing this? To introduce ourselves to you. And from time to time we'll send you our nifty catalog - considered by many to be one of the most intriguing in the country.

**Anden's**

Our 8th  
Year

ANDEN BUILDING DEPT. TE49  
HEMPSTEAD RD.  
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**A WHIZ  
AT  
BLIND  
CLEANING!**

This unique new tool solves the problem of how to clean venetian blinds and shutters. This seven finger tool is a must for all your blinds,

mini, vertical or venetian blinds. Great for cleaning heating vents, fans, any hard to get at dust catcher. Just pull the trigger and the synthetic lambswool rollers, all seven will slip in and whisk away dust and dirt, from six individual blinds with one single motion, like magic! Soiled rollers can be removed and washed. Only \$9.95 + \$1 p&h; two for \$18.00 + \$1.45 p&h.

Send Check or M.O. 20 day money back guarantee.

HOLST, Inc. Dept. EKB-984, 1118 W. Lake  
Box 370, Tawas City, MI 48763

**NOW! HERNIA RELIEF  
SUPPORTO/TRUSS™**

Elasto-  
Band™

two pads.  
fits left, right  
and double



ONLY  
**\$14.95**

plus \$1.75  
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PAT. NO. 4,416,272

All-In-One garment is a pair of shorts, an abdominal and scrotal support, as well as an unsurpassed truss for reducible inguinal hernia. "Elasto-Band" wraps around body at point of hernia for secure and comfortable protection. Washable. Buy two for \$28.00 plus \$2.50 postage. Send hip measure and check to:

Piper Brace Co., 811 Wyandotte, P.O. Box 807,  
Dept. EK94ST, Kansas City, Mo. 64141.

# FREE COLD WAR CATALOG

**CHOOSE EVERYTHING YOU  
NEED TO BEAT THE DAMP  
AND BITTER COLD.**

Why bury yourself under layers of sweaters and scarves, bulky down coats, and scratchy wool pants? They restrict your movements, cost a small fortune, and don't really keep you all that warm.

The current Damart Thermolactyl catalog shows how to beat the cold from your head to your toes.

Without excess weight, without bulky clothing, without overheating.

**FROM SLIPS TO SOCKS TO CAPS  
TO GLOVE LINERS  
TO GOOD OLD  
JOHNS IN  
EVERY SIZE.**



Sleek, sup-  
ple, oh-so-warm

Damart Thermolactyl is the perfect winter wardrobe. It keeps you warm on your way to the office without perspiring once you're there. It even lets you turn your thermostat way down and still be comfortably warm at home. Helps older folks prevent nagging aches associated with cold and dampness.

**OUNCE FOR OUNCE - FAR  
WARMER THAN COTTON OR  
WOOL!**

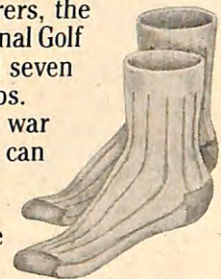
The secret of Damart's incredible warmth without weight is Thermolactyl, a machine-washable fiber that uses your own body heat to keep you



warm. At the same time, you won't overheat because Thermolactyl b-r-e-a-t-h-e-s, allowing clammy perspiration to evaporate immediately from both your skin and clothing.

Satisfied Damart wearers include the U.S. Bobsled and Luge Teams, mountain climbers and polar explorers, the Ladies Professional Golf Association, and seven NFL football clubs.

They won the war against cold. You can too. Fight back today. Send for your colorful free catalog now.



VISIT OUR STORES IN ALBANY, N.Y. AND  
PORTSMOUTH, N.H. (603) 431-4700

**LAUGH AT THE COLD** **Damart**



Mail to: DAMART, Dept. 10614  
1811 Woodbury Avenue, Portsmouth, NH 03805

**FREE CATALOG** Yes - I want the Damart secret to warmth without weight. Please rush me your catalog without obligation.

LIMITED WARRANTY TO CONSUMER  
★ **Good Housekeeping** PROMISES  
REPLACEMENT OR REFUND IF DEFECTIVE

Name \_\_\_\_\_ (please print)

Address \_\_\_\_\_

City \_\_\_\_\_

State \_\_\_\_\_

Zip \_\_\_\_\_

**WARMTH WITHOUT  
WEIGHT OR WETNESS.**

© 1984, Damart

## 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. 154  
P.O. Box 5387, Akron, Ohio 44313  
(216) 864-8100

- One pair Cushi-Heel Pillows \$6.50 p.p.d.
- Save! Two pairs for only \$11.00 p.p.d.
- Save more! Three pairs for only \$15.00 p.p.d.

**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 \_\_\_\_\_



## GIANT CAST IRON PIGGY BANK

only \$9<sup>99</sup>

plus \$2.50 shipping

An inspiration for savers — and collectors! A most unusual door stop or hearth decoration too, as this hog is made from 100 year old antique foundry moulds. Not your everyday, run-of-the-mill piggy bank — he weighs a hefty 4 pounds and is nearly a foot long. With his voracious appetite this amazingly realistic porker can hold hundreds of dollars, MC, VISA.

Special: two for \$19.00 + \$3.50 shpg.

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### THE HANDY HOME HELPER ALL-STEEL STEP STOOL

Folds to 1 1/2" Thin!

Really husky (tested 200 lbs.) Folds to 1 1/2" slim for almost invisible storage between appliances, under sink, in closets — Handy for instant use.

ALSO use it as a Tote Seat — for picnics, camping... "TrimStep" weighs just 10 lbs. It's 16" high, has 2 non-skid steps 15" wide. Safety latch locks legs. Carrying handle. Almond Color.

(Compare with others selling for \$19)

\$9<sup>95</sup> EA

SAVE! Additional \*Stool ONLY \$8.95\*

\* Add \$3 per stool

handling & UPS. VA, MD res. add 4% or 5% tax.

**ALL ORDERS SHIPPED IN 48 HOURS!**  
Send check, M.O., or use MC/VISA (Give account number and expiration date)

**NO RISK 30 DAY MONEY-BACK GUARANTEE!**

**J.C. Marketing**

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Columbia, MD. 21046



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-0984, 4001 E. 138th St., P.O. Box B  
Grandview, MO 64030

See Advertisement Inside Back Cover

**SATISFACTION GUARANTEED — MAIL TODAY!**

**OLD VILLAGE SHOP, Dept. VM-5076**  
340 Poplar Street, Hanover, Pa. 17331

Please rush \_\_\_ Pair(s) of "Romeo" Genuine Leather Shoes as indicated below.

Single-pair price: \$17.88 plus \$1.90 postage & handling.

Two-pair price: \$33.00 plus \$3.50 postage & handling.

\_\_\_ pr(s) Brown (M281634B)

Size(s) \_\_\_\_\_ Width(s) \_\_\_\_\_

\_\_\_ pr(s) Black (M281642B)

Size(s) \_\_\_\_\_ Width(s) \_\_\_\_\_

**CHARGE IT:**  American Express  Visa

Carte Blanche  Diners Club

MasterCard

Acc't No. \_\_\_\_\_ Exp. date \_\_\_\_\_

Enclosed is \$\_\_\_\_\_ (check or money order)

Print Name \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_

State \_\_\_\_\_ Zip \_\_\_\_\_

Check here and send 50¢ for a year's subscription to our catalog of shoe values for men and women (M28982X). Our policy is to process all orders promptly. Credit card orders are processed upon credit approval. Delays notified promptly. Shipment guaranteed within 60 days.

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See Advertisement Outside Back Cover

**2 Pairs of LIFETIME SLACKS 21<sup>95</sup>** 3 for 32.50  
4 for 43.25  
5 for 53.50

### HABAND

265 North 9th Street, Paterson, New Jersey 07530

Yes Rush me \_\_\_ pairs of these Lifetime Slacks for which I enclose \$\_\_\_\_\_ and \$1.75 postage.

Or Charge:  Visa  MasterCard

72J-06K

Acct. # \_\_\_\_\_

EXP. DATE: \_\_\_\_\_

Check here & add \$7.95 for Reversible Leather Belt  
Color: BLACK/BROWN  
(70S) Even sizes, 30 to 54" A  
Size: \_\_\_\_\_ (\*46 to 54 please add \$1)

\*LIFETIME GUARANTEE: I understand that if I don't like the slacks, I can return them at any time for a full refund of every penny I paid you!

Name \_\_\_\_\_

Street \_\_\_\_\_ Apt # \_\_\_\_\_

City/State \_\_\_\_\_ Zip \_\_\_\_\_

Waist Sizes: 30-32-34-35-36-37-38-39-40-41-42-43-44-

46"-48"-50"-52"-54"

Inseams: 27-28-29-30-31-32-33-34

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

QK.	COLOR	HOW MANY?	WHAT WAIST?	WHAT INSEAM?
Q	CHARCOAL GREY			
B	HAVY			
C	BROWN			
D	LODEN			
R	COGNAC			
E	BLACK			

Charcoal Grey

# LIFETIME SLACKS

WITH A LIFETIME GUARANTEE\*

**2** Pair for **21<sup>95</sup>** **SAVE A FORTUNE!**

**LIFETIME LOOKS!** Gentlemen, your favorite comfort cut Executive Slacks, the style you've been wearing all along, are front-page fashion news, now headlined across America as the "Latest Design Look" at \$35, \$55, even \$75 per pair! So Haband, the mail order people from Paterson, N.J., shout "CASH IN NOW ON OUR EXTRAORDINARY SAVINGS!! We sell beautifully made slacks in the latest fashion cut and colors at 2 pairs for \$21.95. That's only \$10.97 1/2 per pair, and they'll never go out of style!"

**LIFETIME QUALITY!** Haband sells 100,000 pairs of pants per week to busy Americans all over the U.S.A. We stress made-in-U.S.A. quality, extra long wear, and good full cut in waist, seat, knees, crotch & thighs. Plus, complete e-a-s-y comfort Two-Way S-T-R-E-T-C-H throughout. They'll fit you fine and do you proud the rest of your life!\*

Now get it all at our **Once-in-a-Lifetime LOW PRICE!**

Think about how a good supply of better looking, better fitting slacks could improve your appearance. And let Haband help. We will be proud to send you any 2 pair direct to your door in your exact size, your favorite colors. See how nice you look. Show your wife and family before you decide. **BUT DON'T MISS OUT!**

Just check your choice on the **NO-RISK ORDER FORM.** We promise fast, reliable service & the buy of a lifetime!

**Superb Quality!**

- Talon® zipper
- Hookflex® closure
- BanRo!® No-Roll Waistband
- Fortrel® 100% Polyester
- No Hole Lifetime Pockets
- 100% NO-IRON Automatic Wash & Wear

**6 Great Colors to Choose!**

Black

Cognac

Navy

Loden

Brown

**AND LOOK! Lifetime Guarantee!**

**2** Pairs of LIFETIME SLACKS **21<sup>95</sup>**  
 3 for 32.50  
 4 for 43.25  
 5 for 53.50

**HABAND** 265 North 9th Street, Paterson, New Jersey 07530

YES! Rush me..... pairs of these Lifetime Slacks for which I enclose \$.....and \$1.75 postage. \*Please add \$1.50 per pair for sizes 46-54.

Waist Sizes: 30-32-34-35-36-37-38-39-40-41-42-43-44-46\*-48\*-50\*-52\*-54\*  
 Inseams: 27-28-29-30-31-32-33-34

Or Charge:  Visa  MasterCard

Color	HOW MANY?	WHAT WAIST?	WHAT INSEAM?
CHARCOAL GREY			
NAVY			
BROWN			
LODEN			
COGNAC			
BLACK			

Acct. # ..... Q  
 Exp. Date: ..... / ..... B  
 Check here & add \$7.95 for Reversible Leather Belt C  
 Color: BLACK/BROWN D  
 State ..... R  
 Size: ..... A (\*46 to 54 please add \$1)  
 (70S) Even sizes, 30 to 54\*

**\* LIFETIME GUARANTEE:**

I understand that if I don't like the slacks, I can return them at any time for a full refund of every penny I paid you!

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



**HABAND**

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