

the  
**Elks**  
magazine  
April 1985



Elkdom's All-American  
Lodge  
Santa Maria, CA No. 1538

# Sale!

**WE CANNOT HOLD  
THIS PRICE  
MUCH LONGER!**

Due to the soaring cost of  
GENUINE LEATHER, we  
cannot hold this price  
much longer Order now!

## The World's Most Comfortable Shoe!

# CosmoPedic

Don't Pay \$50

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## Genuine Leather Smooth or Sueded

NOW! BLISSFUL COMFORT MORNING TO NIGHT! The closest thing to going barefoot! Handsomely-styled CosmoPedic shoes are the ultimate in comfort... and quality-crafted with features you'd expect to find in a \$50 or \$25 shoe! Luxurious genuine leather uppers in deer-tanned smooth or sueded leather are incredibly soft, yet amazingly shape-holding. The unique CosmoPedic arch support assures comfort thru long hours of standing or walking. A stitched collar prevents annoying chafing around the ankles. And for that walking-on-air feeling... comfort insoles and crepe soles pamper your feet from heel to toe! In Tan or Black smooth leather. Brown or Sand sueded leather... just \$14.88.



Tan Smooth  
Leather

### for Men and Women

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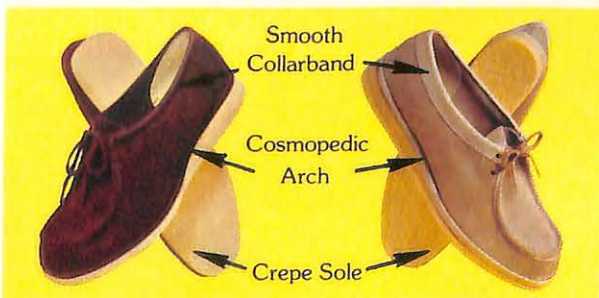
6½, 7, 7½, 8, 8½, 9, 9½, 10, 10½, 11, 11½, 12, also 13.  
WIDTHS: C, D, fits medium width.  
E, EE, EEE fits wide width.

#### WOMEN'S SIZES

5, 5½, 6, 6½, 7, 7½, 8, 8½, 9, 9½, 10, also 11.  
WIDTHS: B, C, D fits medium width.  
E, EE, EEE fits wide width.

#### FAMOUS 30 DAY COSMOPEDIC GUARANTEE

If these CosmoPedic shoes are not the most comfortable, the finest quality pair of shoes you've ever owned, simply return them within 30 days for a full refund of purchase price (except postage & handling), no questions asked. Now that's a guarantee in writing.



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Sand Sueded Leather



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**WOMEN'S SHOE** \_\_\_\_\_ prs. Women's Tan Leather (M203562B) Size \_\_\_\_\_ Width \_\_\_\_\_  
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 \_\_\_\_\_ prs. Women's Brown Sueded (M223784B) Size \_\_\_\_\_ Width \_\_\_\_\_

for just \$14.88 pr., plus \$2.90 per pr. postage and handling.  
**SAVE MORE!** Order TWO pair for just \$28.99 plus \$5.00 postage and handling.  
**CHARGE**  American Express  MasterCard (Please add \$2.00 for wide width.)  
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**GABARDINE**  
**SLACKS**

100% "Dacron®" Polyester  
 NO-IRON WASH and WEAR

Slate Blue

Khaki Tan

Brown

Grey Heather

2 pairs 100% Polyester  
**GABARDINE SLACKS** ~~29<sup>95</sup>~~

3 for \$44.50  
 4 for \$68.90  
 5 for \$73.00

**Haband Executive Division**  
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 Paterson, NJ 07530

Gentlemen: Please send at once  
 pairs of Gabardine Slacks for  
 which I enclose \$ plus \$2.40  
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\*Add \$1.75 per pair for these sizes.

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 L(31-32), XL(33-34)**

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Haband sells 100,000 pairs of slacks per week. A group of our own executives and an inner circle of our best customers decided to make some "Top-of-the-Line" deluxe trousers for our own personal use. If you would like to get in on this one-time special offer and "something better," cash in on this extraordinary insider's buy right now.

Yes, it is true! Our Deluxe Woven Gabardines give you the best of both worlds: The luxurious look and feel of crisp 46° fine line twill Gabardine weave — plus the long wearing comfort and easy care of 100% Polyester. You get a neat, dressy, slimmer appearance perfect for the office; in fact, perfectly proper for any dressy occasion.

**EARLY RESPONSE  
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 Take **\$3<sup>00</sup>**  
 OFF

Order now in time for the first "Inner Circle" cutting. Keep this coupon attached to order form and deduct \$3 from your remittance.

**NOW 2 for 26<sup>95</sup>**

	COLOR	HOW MANY?	WHAT WAIST?	INSEAM SIZE?
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G	Slate Blue			
R	Khaki Tan			
C	Black			
T	Brown			

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

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**NOW 2 for 26<sup>95</sup>**

Plus FREE 16-Piece TOOL KIT

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A MESSAGE FROM THE GRAND EXALTED RULER

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## Elkdom's Eyes Are On Indianapolis . . .

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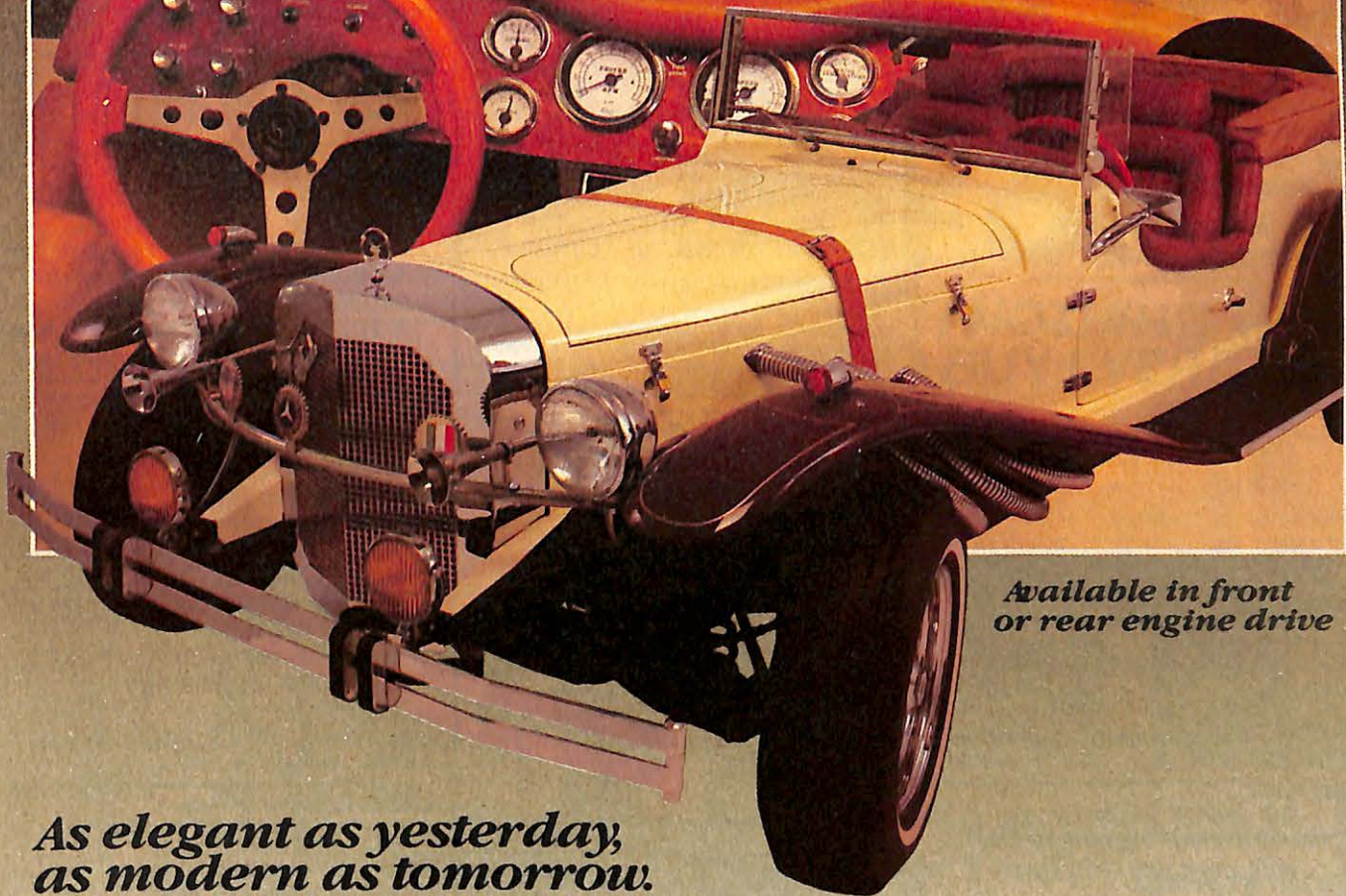
**N**owhere is our commitment to youth more evident than in the Elks' "Hoop Shoot" Program. More than three million participants from throughout the United States will have competed this year for the opportunity to become national champions. Countless contestants, their families, friends and spectators will have been involved throughout the local, district, state, and regional competitions. Extensive media coverage further focuses on the Elks' efforts to provide positive motivation through a worthwhile activity for the young people of our country.

The culmination of this year's contest will be the National Elks "Hoop Shoot" Free Throw Finals at Market Square Arena, Indianapolis, on April 27. Three boys and three girls will emerge from a group of 72 area winners as champions of their age groups. Following the contest, competitors and their families will see the second annual Elks/Basketball Hall of Fame Classic, featuring 20 outstanding college senior players. Well-known former U.S. Olympic coaches, Bob Knight of Indiana and Dean Smith of North Carolina, will each lead a team in this premier all-star game.

On hand for the "Hoop Shoot" Finals and the Classic will be one of the most respected sportscasters of all time, Curt Gowdy. As the game will be telecast to many parts of the country, it will further demonstrate to millions of viewers our dedication to youth and our commitment that "Elks Care - Elks Share."

Frank O. Garland

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8 Elkdom's All-American Lodge

Visit Santa Maria, CA, Lodge No. 1538, Elkdom's second annual All-American Lodge.

Staff Report

24 OH... My Aching Back!

A look at back pain and what you can do to avoid or treat it!

Jean Laird

34 "Home on the Range"

Learn the sense of serenity and contentment that the composer discovered "...where the deer and antelope play."

Bob Karolevitz

40 Those Important "Pieces of Paper"

A little creative organization can save you a lot of grief and cash.

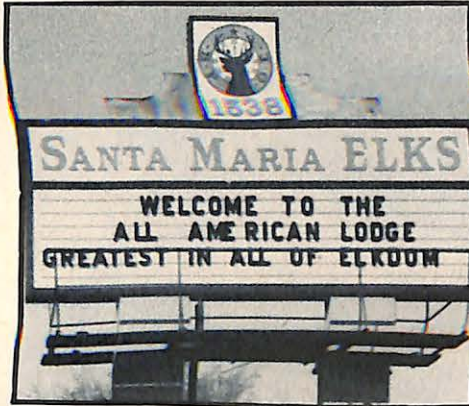
Emilee Hines

Departments

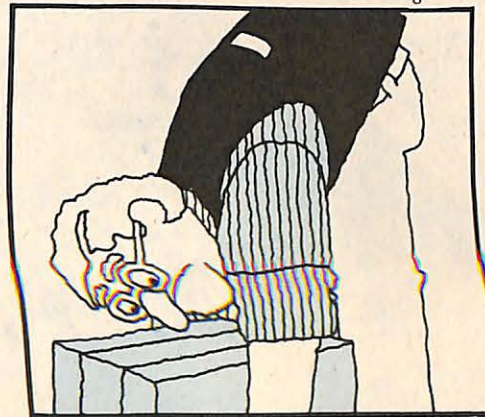
- 6 Letters
- 12 News of the Lodges
- 14 It's Your Business: Hiring Practices
- 16 For Elks Who Travel: Notes on New Orleans
- 18 Retirement and You: Retirement Living
- 20 Candidates for Grand Lodge Office
- 22 Elks Drug Awareness Education Update
- 26 On Tour with Frank O. Garland
- 28 Elks National Foundation/ Joy of Giving
- 30 Elks Statue of Liberty Restoration Update
- 38 Elks National Service Commission

Cover:

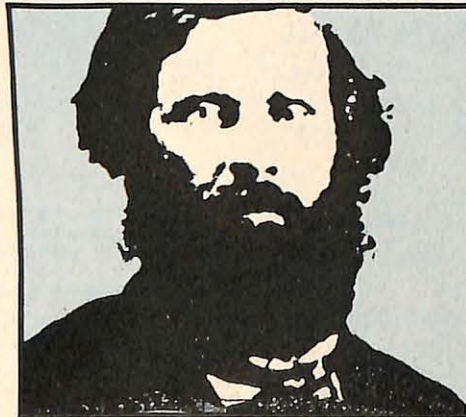
A tribute to this year's All-American Lodge.



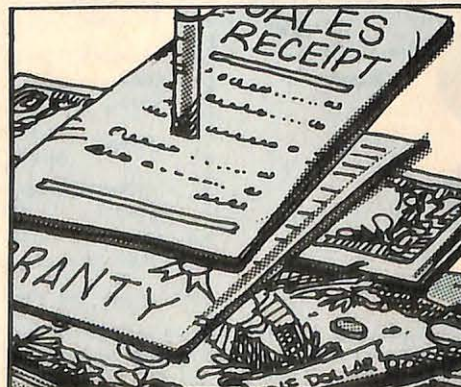
8



24



34



40

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KENNY ROGERS WHAT ABOUT ME?	7 4 3 8 8	RCA
BRYAN ADAMS RECKLESS	5 1 5 4 0	AM
STEVE WONDER THE WOMAN IN RED	4 3 5 7 4	MOTOWN
*1984 ORIGINAL SOUNDTRACK	1 4 7 4 8	RCA
*THE KINKS WORD OF MOUTH	2 4 6 8 0	ARISTA
DEBORAH ALLEN LET ME BE THE FIRST	6 1 9 9 7	RCA
THE CARS HEARTBEAT CITY	4 3 6 5 0	ELECTRA
LEADERS OF THE PACK Vol. 1—Hits of '50s & '60s	6 3 6 0 7	LAUREL
ALABAMA ROLL ON	4 4 5 4 7	RCA
GALWAY & MANCINI IN THE PINK	5 1 7 5 8	RCA
PRINCE PURPLE RAIN	6 0 1 7 5	WARNER BROS.

PAT BENATAR TROPICO	5 3 7 4 9	CHRYSALIS
DAVID BOWIE TONIGHT	4 4 4 1 8	EMI-AMERICA
OAK RIDGE BOYS GREATEST HITS 2	5 2 2 6 1	MCA
PAVARTI & MANCINI MAMMA	1 5 3 1 0	LONDON
*MADONNA	6 4 2 8 8	SIRE
*RATT OUT OF THE CELLAR	7 2 0 3 8	ATLANTIC
HUEY LEWIS & The News SPORTS	4 4 4 4 8	CHRYSALIS
*JOHN WAITE NO BRAKES	3 2 8 5 1	EMI-AMERICA
THE FIXX PHANTOMS	5 3 3 5 3	MCA
*ANNE MURRAY HEART OVER MIND	3 4 3 7 4	CAPITOL
VAN HALEN 1984	6 0 0 1 8	WARNER BROS.
THE BEST OF MICHAEL JACKSON	2 4 1 4 8	MOTOWN
NEIL DIAMOND LOVE SONGS	4 4 2 8 9	MCA
SCORPIONS LOVE AT FIRST STING	1 4 7 2 8	MERCURY
DURAN DURAN RIO	6 3 4 5 2	CAPITOL
*KISS ANIMALIZE	6 3 4 8 0	MERCURY
JAMES GALWAY VIVALDI: THE FOUR SEASONS	2 4 5 4 5	RCA
LINDA RONSTADT WHAT'S NEW	4 4 3 1 7	ASYLUM
TWIN SETS	Double the music Count as one!	
Motown Superstars 25 #1 Hits	5 4 3 1 0	MOTOWN
STYX CAUGHT IN THE ACT	5 3 8 2 7	AM
ELVIS' WORLDWIDE GOLD AWARD HITS 1&2	1 3 6 9 0	RCA
VARIOUS ARTISTS This Is The Big Band Era	2 2 5 1 4	RCA
PRINCE 1999	5 2 4 8 3	WARNER BROS.

HALL & OATES BIG BAM BOOM	1 4 7 0 2	RCA
ALABAMA 40 HOUR WEEK	4 4 5 5 9	RCA
BARRY MANILOW 2 A.M. Paradise Cafe	6 1 4 8 9	ARISTA
*TINA TURNER PRIVATE DANCER	4 3 5 8 3	CAPITOL
BILLY SQUIER SIGNS OF LIFE	4 0 3 1 1	CAPITOL
GEORGE STRAIT DOES FORT WORTH...	3 4 2 7 3	MCA
DIANA ROSS SWEEP AWAY	3 0 0 2 1	RCA
BILLY IDOL REBEL YELL	2 4 6 7 4	CHRYSALIS
JOHN DENVER GREATEST HITS, Vol. 3	6 1 6 6 4	RCA
NIGHT RANGER MIDNIGHT MADNESS	5 3 3 4 5	MCA/CAMEL
AIR SUPPLY GREATEST HITS	3 4 2 4 4	ARISTA
KENNY ROGERS 20 GREATEST HITS	4 4 5 2 3	LIBERTY
*POINTER SISTERS BREAK OUT	4 3 8 3 3	PLANET
ZZ TOP ELIMINATOR	3 4 1 2 9	WARNER BROS.
LIONEL RICHIE CAN'T SLOW DOWN	1 0 7 6 7	MOTOWN

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## Don't Miss These Smash Hits!

- Merle Haggard: Gt. Hits . . . 54116
- Mike Post: "The A-Team" . . . 14714
- Hank Williams, Jr.: Major Moves . . . 73828
- Best Of Bill Cosby . . . 12015
- Perlman: Virtuoso Violinist . . . 50752
- Alabama: Closer You Get . . . 33563
- The Big Chill (Soundtrack) . . . 33970
- Chicago 17 . . . 20763
- Hall & Oates: Gt. Hits . . . 13313
- Lee Greenwood: Good Love . . . 44275
- Flashdance (Soundtrack) . . . 33912
- E.T. Conley: Treadin' Water . . . 50043
- Eddie Rabbit: Best Year . . . 50640
- Ghostbusters (Soundtrack) . . . 43604
- Elton John: Breaking Hearts . . . 24655
- Two Of A Kind (Soundtrack) . . . 44646
- Eurythmics: Touch . . . 63879
- Barbara Mandrell: Spin Gold . . . 73391
- Alabama: Mountain Music . . . 60229
- Oak Ridge Boys: Deliver . . . 43993
- Dolly Parton: Gt. Hits . . . 14090
- Anne Murray: Gt. Hits . . . 63530
- Ronnie Milsap: One More Try . . . 33472
- Waylon: Toe The Mark . . . 23791
- Commodores: All Gt. Hits . . . 13622
- Best Of The Beach Boys . . . 23946
- Jackson 5: Gt. Hits . . . 44149
- Go-Go's: Talk Show . . . 51667
- John Cougar: Uh-Huh . . . 44117
- Krokus: The Blitz . . . 33615
- John Conlee: Blue Highway . . . 24189
- The Judds: Why Not Me . . . 53640
- Reba McEntire: My Kind . . . 44269
- Gary Morris: Faded Blue . . . 33541
- Urban Chipmunk . . . 44391
- Alabama: Feels So Right . . . 53632
- Conway Twitty: By Heart . . . 23966
- Statlers: Atlanta Blue . . . 44206
- Kenny Rogers: Duets . . . 63268
- John Schneider: Too Good . . . 33756

NEIL DIAMOND LOVE SONGS	4 4 2 8 9	MCA
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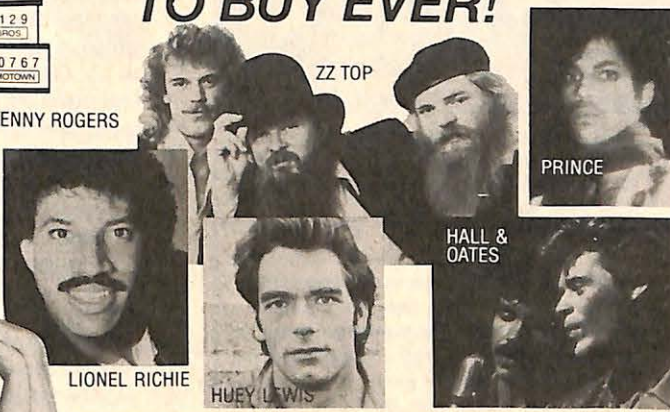
KENNY ROGERS



LIONEL RICHIE



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Then get **1** bonus album of your choice.  
Enjoy **6** albums for the price of one.  
**Nothing more to buy...EVER!**

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**It's Easy to Get Your Favorite Hits!** If you want the "Selection of the Month," do nothing. It will be sent to you automatically. If you want other selections, or none, just indicate your preference on the card always provided... and mail it back to us by the date specified. You'll always have at least 10 days to decide. But if you don't, you may return your "Selection of the Month" at our expense for full credit. As a member in good standing, send no money when you order, we'll bill you later. A shipping and handling charge is added to each shipment.

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CITY \_\_\_\_\_ STATE \_\_\_\_\_ ZIP \_\_\_\_\_

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**6** Have you bought anything else by mail in  last 6 months  year  never

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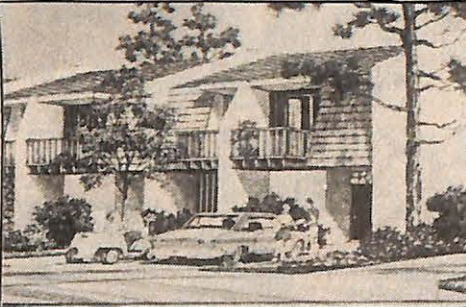
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# LETTERS

• Membership growth and membership retention have been labeled as two of our most pressing problems facing the Order of Elks. Each year goals are set and plans made to solve these problems.

With this in mind I was most dismayed with the caption describing the photo at the top of page 20 in the February issue of *The Elks Magazine*. This photo showing various Elk officers including GER Frank O. Garland was excellent, showing the bumper stickers with our Motto. However, the young gentleman on GER Garland's left was mentioned in the photo caption as "an unidentified new lodge member."

Perhaps this caption points out our lack of concern for the most important asset of our Order, "THE NEW MEMBER." The aforementioned young man shown in this photo must be disappointed in that we would not consider him worthy of identification.

Each Brother should take the time and make the effort to welcome our new Brothers and let them know just how important they are to the future of our Great Order. *The Elks Magazine* should also be dedicated to this resolve.

Les Cummings, PER  
Edmond Lodge #2578  
Edmond, OK

• As the editor of the New York Recreation and Park Society's quarterly publication, *The Voice*, I found Grace Weinstein's Dec. '84/Jan. '85 column, "Tax Reform Act of 1984" to be most informative. I commend the author for her crisp, analytical presentation of a complex issue.

Lauren Martelli  
Albany, NY

• John Behrens' Dec. '84/Jan. '85 column titled, "How Attitude Colors Your Business Viewpoint" was refreshing, uplifting and in keeping with the generally fine editorial content of *The Elks Magazine*.

I plan to share this column with my colleagues and business associates. Keep up the good work!

Bob Gregorchuk  
Ventura, CA

• The fine article, "Midlife Reshuffle" (Dec./Jan. issue) by Gerald Paul has had a profoundly positive effect on my

life. Thank you sincerely for publishing this article.

Anne C. Vitelle  
Riverside, CA

• Gerald Paul's "Midlife Reshuffle" was indeed timely for my wife and myself as we had decided upon a reshuffle of our own.

Mr. Paul certainly covered the topic well and offered some excellent suggestions for which we are most appreciative.

Our friends notice that our lifestyle is changing; when they ask us questions, we will refer them to this fine article to find the answers for themselves...just as we did.

David V. Aldrich  
Fairfax, VA

• As an Elk and a regular reader of *The Elks Magazine* I hasten to compliment you on a well-written and informative magazine. Please keep your standards high.

Also, as a retiree, I find the columns and articles for older people most informative and helpful. I might also add that the travel articles by Jerry Hulse are truly superb.

Cecil S. Swanson  
Bellingham, WA

• Just a note to tell you how much I enjoyed Gerald Paul's "Midlife Reshuffle." I share Mr. Paul's optimism for the future and the quality of his writing should prove for him, that optimism to be well-founded.

The author made some excellent points and I felt that his brother's deathbed advice was both poignant and valuable. I was reminded of a line from a play (whose title escapes me) where the not-too-prosperous family man asks, "What would we think, if we were young, of what we've been willing to settle for?"

Thanks again for the ideas in this fine article.

Roger Shoumacher  
Fort Collins, CO

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



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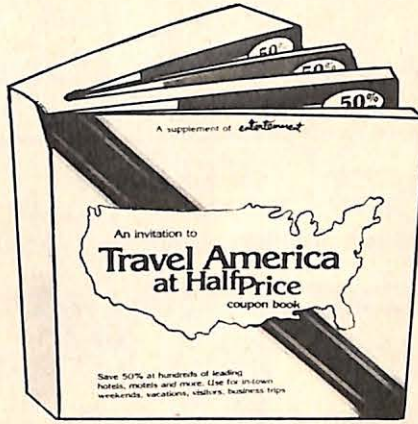
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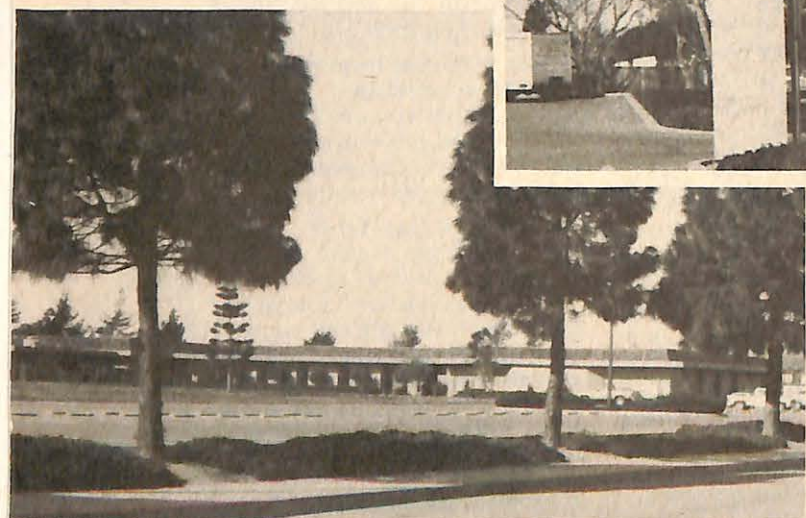
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# ELKDOM'S ALL-AMERICAN LODGE



## SANTA MARIA, CALIFORNIA LODGE NO. 1538



Low, modern architecture, spacious parking and an illuminated display welcome you to Elkdom's All-American Lodge.

Gathered at the Lodge's conference table are (left to right): Lodge Trustee Ben Del Mastro; Est. Lead. Kt. Niles Jacklin; PER Allen Sorensen; ER Bill Sloan; Secretary Glenn Struble and PSP Leland "Butch" Simas.

Amid the lush valleys, croplands, pastures and vineyards of California's Central Coast, some 168 miles north of teeming Los Angeles, lies Santa Maria, home of the second annual All-American Lodge.

A recent visit by members of *The Elks Magazine's* staff yielded an insight into the dynamics involved in winning the coveted All-American Lodge award. The visit, hosted by Santa Maria, CA, Lodge No. 1538, revealed a lodge deeply committed to benevolence, community service and involvement, clearly a model upon

which the motto, "Elks Care - Elks Share" may be based.

Chartered in 1927, Santa Maria lodge began in the second-floor auditorium of the Houk building in Santa Maria, and remained in these quarters until 1935. The lodge's second home was designed by its very first ER, Louis N. Crawford, an architect by profession. The lodge remained in this building until 1968 when the move to newer, larger and more modern facilities was made. Today's lodge is a low, rambling building of simple, contemporary design

surrounded by spacious parking facilities and attractive landscaping, a far cry from the original Houk building quarters over the local Chevrolet dealership.

Perhaps, before we continue our description of this year's All-American Lodge, we should review the details of the contest itself. The contest was instituted at the 1982 Grand Lodge Sessions held in Chicago. Competition is based first on district, then state and finally, national levels. Points are earned by the competing lodges based upon the degree of their



Cords of Central Valley red oak, cut by the lodge members, are cured and stored for future use in the lodge's famous barbecues.

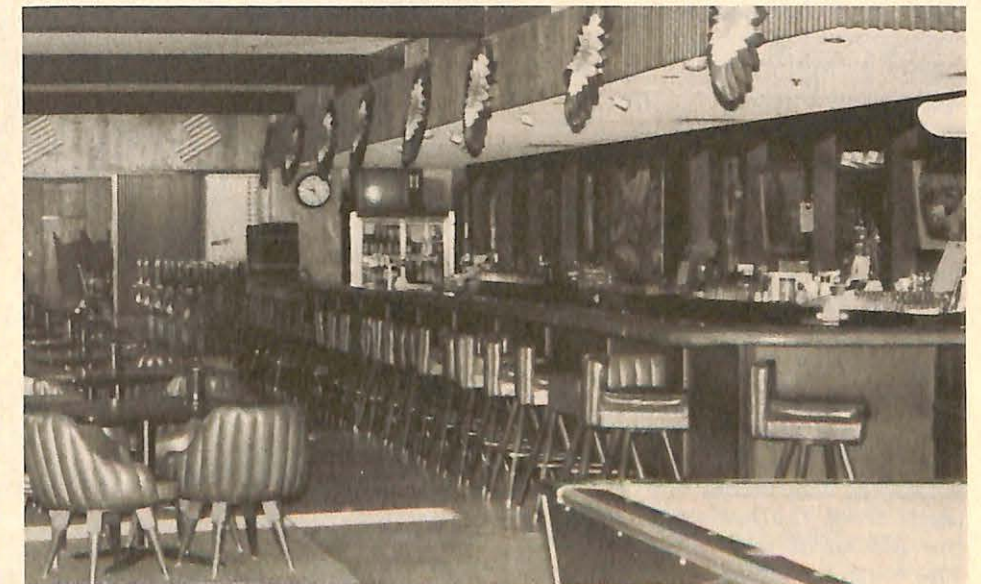
PER Allen Sorensen and ER Bill Sloan flank a hand-hooked banner proudly proclaiming Lodge No. 1538 as Elkdom's All-American Lodge.

participation in 32 categories of endeavor ranging from the sponsoring of a new lodge through posting a specified net gain in membership, and including participation in Grand Lodge contests and programs such as the Elks National Foundation, "Hoop Shoot" Free Throw Contest, Elks Rose Parade Float Committee, GER Award Pin and Youth Scholarship Programs. Entries achieving the national level are verified and tabulated by the Grand Lodge Activities Committee, this year chaired by Joseph Russo. When the dust settled after this year's tabulation, Santa Maria Lodge No. 1538 had become the second annual All-American Lodge. ER Bill Sloan was on hand in Houston to accept the award from Joseph Russo and then-GER Kenneth V. Cantoli.

On-hand to greet us on behalf of Santa Maria Lodge's 3,200 members were lodge trustee Ben Del Mastro, Est. Lead. Kt. Niles Jacklin, PER Allen Sorensen, ER Bill Sloan, Secretary Glenn Struble and PSP Butch Simas.

During a tour of the immaculately kept facilities, we noted an impressive lodge room, handsome clubroom, banquet area, airy offices, spic-and-span kitchen, a sauna and a unique barbeque area that we'll describe in greater detail a little later.

Of course, the real heart of the lodge is its membership and the measure, in this case, of Santa Maria's membership is easily seen in its support for lodge activities, be they local, state or national in origin. For example, the lodge's per capita donation to



A handsome clubroom, comfortably appointed, is a part of the facilities.

the Elks National Foundation is well in excess of the national average. Support for veterans' programs is demonstrated through contributions to the Elks National Service Commission and through efforts on the community level such as lodge-sponsored parties and seasonal gifts for vets, gifts of color TVs and clothing as well as support for a vets' out-patient clinic in Santa Barbara.

Youth programs such as the "Hoop Shoot" Free Throw contest receive strong support and volunteer effort. The lodge's Drug Awareness Program is comprised of film presentations and seminars in area schools. The information officer is a member

of the Santa Maria Police Department as well as being a lodge member. The lodge supplies this officer with all educational materials.

Another youth program is the annual Santa Maria Elks Rodeo and Parade, a three-day celebration of wild-west action and thrills that literally takes over the town during early June. Begun during the Depression, the Rodeo has raised over \$2-million to date, over \$137,000 last year alone, for youth recreation programs city-wide.

The lodge sponsors scout troops of all descriptions, even one for retarded children. Baseball, softball and basketball teams throughout the Santa

Maria area receive support and sponsorship through the lodge. The lodge hosts open parties for community children at Halloween and Christmas, as well as playing host to the annual Rotary exchange student banquet.

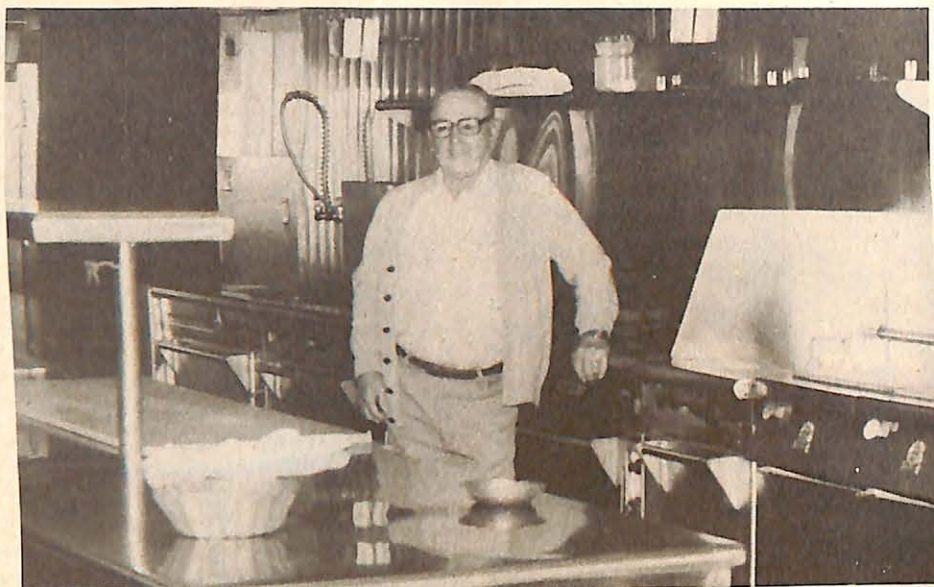
Support for the California/Hawaii major project, aid to physically handicapped children, is strong at Santa Maria. Last year alone, over \$32,000 was generated for the project through game-nights, pancake breakfasts, raffles and bingo nights. The major project manifests itself in the community through the skills of three therapists who have handled over thirty referrals from the lodge in their Fresno office.

Another lodge activity involves the barbeque facility that was mentioned earlier. The "Santa Maria-style Barbeque" has become synonymous with good food cooked and served in bang-up fashion by the Brothers of the lodge. During our visit we were privileged to attend a dinner in honor of local firefighters, featuring delicious barbequed top sirloin of beef. The lodge served a total of 500 dinners, sit-down style, and managed to have everyone fed and happy in less than an hour's time due to the efficiency of the cooks and waiters drawn from the ranks of the membership. The Santa Maria barbeque travels across the state, bringing their unique portable barbeque pits and handcut stacks of California red oak. Proceeds from the barbeques help support the lodge's charitable activities. The hard-working cooks and waiters donate their time and labor to make each barbeque an event to remember.

Santa Maria lodge prides itself as a family-oriented lodge. Because of this and because of the lodge's high visibility and attractive charitable activities, it does not need to pursue new members.

Being surrounded by farming interests yet being only 168 miles from Los Angeles, Santa Maria, as a community, combines the best of both worlds. In turn, the lodge membership reflects the hearty mix of successful agricultural men, businessmen and professionals, some from nearby Vandenberg, AFB, the West Coast home of the Space Shuttle.

The result, in terms of membership, is an involved, prideful sort of person. These are members who are interested in making a difference in their community, members who vol-



*A spic-and-span kitchen serves up food for members and guests.*



*Part of the cooking crew of the locally famous "Santa Maria-Style Barbeque." Three-inch cuts of prime top sirloin are gently seasoned then slowly lowered into the pit which has been laid with glowing coals of Central Valley red oak. Cooks and waiters are volunteers who can feed hungry crowds in a jiffy.*



*A small office staff keeps the books for club operations and charitable activities.*

unteer for committees and follow-through on their duties.

The lodge boasts over 50 committees with membership ranging from 5 to 10 members on each. Stable committee membership is assured because members benefit from good planning and strong organization. Each committee has a definite plan of action and goals that are high yet attainable. There is a definite sense that each member is proud to be working for his lodge; it is a uniting and motivating spirit.

It is precisely this spirit that helps hold Santa Maria lodge's lapsation

rate to the lowest level in the district and state. Because the lodge represents a vital and driving force in its community, members tend to stay involved. Those who do begin to drop away are not ignored; instead they receive letters or personal calls that remind them of the good things that are going on down at the lodge. They are encouraged to remain active members of their community's number one service organization.

The unique and wonderful intermingling of community and lodge shows itself in many ways that some  
*(Continued on page 27)*

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## THE HARMONICATS

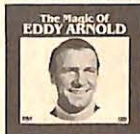
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### "The Magic of Eddy Arnold."



Eddy Arnold is one of those artists who can truly be described as a living legend! This magnificent collection is one you and yours will always treasure.  
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## VAUGHN MONROE "A Magnificent New Album!"



The golden voice of Vaughn Monroe on a great new double-length collection.  
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## SPIKE JONES "The Wacky World Of Spike Jones."



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## EDDY DUCHIN "His Best-Loved Recordings!"



From a time when life was slower, and the songs were more romantic, come the vintage recordings of the great Eddy Duchin.  
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## FRANKIE CARLE "His Golden Touch!"



Here is the fantastic new double-length album just recorded by one of the greatest pianists of all time. He's better than ever!  
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## NAT "KING" COLE

### "Unforgettable!"



Here is the one and only Nat 'King' Cole singing all his greatest hits in one magnificent 2-record collection.  
STARBUCK • DARLING, JE VOUS AIME BEAUCOUP • WHEN I FALL IN LOVE • PRE-TEND • ANSWER ME, MY LOVE • WALKIN' MY BABY BACK HOME • TODD YOUNG • RED SAILS IN THE SUNSET • NATURE BOY • MONA LISA • FOR ALL WE KNOW • THIS IS ALL I ASK • SMILE • BALLERINA • THERE GOES MY HEART • THOSE LAZY, HAZY, CRAZY DAYS OF SUMMER • FASCINATION • IF I GIVE MY HEART TO YOU • THERE! I'VE SAID IT AGAIN • (I LOVE YOU) FOR SENTIMENTAL REASONS • RAMBLIN' ROSE • SOMEWHERE ALONG THE WAY • NON DIMENTICAR • UNFORGETTABLE.

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The fabulous Mills Brothers have made generations of music lovers happy for over four decades. Hear all their greatest hits in their new collection.  
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All of your favorites are here, all the original recordings, in this brand new collection entitled "Swing And Sway With Sammy Kaye."  
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## DEAN MARTIN

### "His Vintage Recordings!"



Memories are made of songs by Dean Martin. Here are 20 of his greatest, best-loved hits.  
RETURN TO ME • MEMORIES ARE MADE OF THIS • YOU'RE NOBODY TILL SOMEBODY LOVES YOU • DREAM A LITTLE DREAM OF ME • DREAM • WHEN YOU'RE SMILING • THAT'S AMORE • I'VE GROWN ACCUSTOMED TO HER FACE • JUST IN TIME • JUST SAY I LOVE HER (Dicitencello Vuie) • SWAY (Quien Sera) • YOU BELONG TO ME • ALL I DO IS DREAM OF YOU • I'LL ALWAYS LOVE YOU • SOMEDAY (YOU'LL WANT ME TO WANT YOU) • ANGEL BABY • IT'S EASY TO REMEMBER (AND SO HARD TO FORGET) • CHA CHA CHA D'AMOUR (Melodie D'Amour) • STANDING ON THE CORNER • VOLARE.

## MARTY ROBBINS

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# NEWS OF THE LODGES

**PIERRE, SD.** Everything was all smiles at Pierre Lodge after more than 10 tons of clothing were collected for the VA Medical Center and the South Dakota Veterans Home, both located in Hot Springs, SD. The assistance of the state National Guard and the state Board of Charities and Corrections resulted in every pound being delivered in time for Christmas.

This project was part of the lodge's annual Veterans Remembrance Program. A pickup truckload of books, magazines, and presents was also distributed.

Pictured from left are Curt Cameron, Dan Johnston, Glen Merrington, Robert Richards, Howard Schill, Bob Oliva, George Lingle, and Don Anderson.

**PALO ALTO, CA.** Brother Robert Reaves and ER Ernest Saxon of Palo Alto Lodge presented a check for \$1,000 to Fr Martin Avila of St. Anthony's Church in Menlo Park. The money is to be used in the church's Padua Kitchen for food to help feed needy persons. The donation by Brother Reaves was presented through the lodge to the church.

**POTSDAM, NY.** Lodge has established a scholarship program in memory of Thomas L. Pryme, a departed Brother and former lodge officer. Recently four \$400 scholarships were awarded to outstanding youths of the area to be used for the spring semester. Money for the program has been raised by private

donations and from the proceeds of a slo-pitch softball tournament.

**ROEBUCK (BIRMINGHAM), AL.** Lodge recently celebrated its 25th anniversary with a dinner-dance sponsored by the PER Association. Seven charter members had their names permanently inscribed on a plaque which hangs in the lodge hall. As other members reach the 25-year milestone, their names will be added.

**ENGLEWOOD, FL.** The Golf Committee of Englewood Lodge held a golf outing and dinner which raised \$1,900 for the benefit of the Florida Elks Harry-Anna Crippled Children's Hospital.



Pierre, SD.

**PASADENA, CA.** The Elks Float in the 1985 Rose Parade, depicting the famous photograph of the raising of the American flag on Iwo Jima during World War II, was a tribute to the nation's veterans. Prior to the parade, the float was dedicated to the veterans.

Among those present for the ceremony were eight Medal of Honor winners and retired AP photographer Joe Rosenthal, who took the original photograph of the flag-raising in 1945. In the background of this picture can be seen the float before the flowers were attached.

Standing from left are Raymond Dooley, USMC (ret); Bill Ranous, Capt, USMC (ret); Dave Severance, Col, USMC (ret), commander of the company that raised the flag at Mt. Suribachi, Iwo Jima; Mitchell Paige, Col, USMC (ret); Walter Ehlers, Sgt, USA; John Morgan, 1st Lt, USAF; Jimmy Howard, Sgt, USMC (ret); Jay Vargas, Col, USMC; and PDD Bernard McCune, state trustee.

Seated from left are William McGonagle, Capt, USN (ret); John Finn, Lt, USN (ret); Cpl Thomas Pope (WWI veteran); photographer Joe Rosenthal; and SP Robert McLain.



Pasadena, CA.

**GARDEN GROVE, CA.** Lodge contributed \$2,000 to the American Riding Club for the Handicapped for the purchase of safety equipment. This club helps handicapped children and adults learn to enjoy horseback riding.

In photo, Gary Brozowski, one of the younger riders, holds the check presented by ER Joe Farquhar (right). Also pictured are (from left) Gary's grandfather Harry Brozowski; Dutch Schultz, chm. of the lodge's Social and Community Welfare Committee; and Frosty Kaiser, director of the riding club.



Garden Grove, CA.

**JAMESTOWN, NY.** When SP H. Gordon Burleigh (second from right) visited Jamestown Lodge, he made a memorial visit to the gravesite of Jerome B. Fisher, who served as Grand Exalted Ruler in 1900-01. Also pictured are (from left) Est. Lead. Kt. Robert Bailey, PSP Raymond Barnum, ER Michael Johnston, and VP Arthur Price.

**OWATONNA, MN.** Lodge gives Eagle Scout kits to all young men in the area who achieve this rank. Recently, the eighth kit was awarded to the eighth son, Theodore VonRuden, of Brother Ray VonRuden. All of Theodore's older brothers were present for the occasion, as was Scoutmaster and Brother Tom Kingsley, who has guided all eight of the VonRudens through the program to the Eagle Scout rank.



Jamestown, NY.

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# IT'S YOUR BUSINESS

## HIRING POLICIES VITAL TO PRODUCTIVITY

Are your employment policies based on getting good, reliable employees or simply filling a vacancy with a warm body and getting on with the more "important" things?

The overwhelming majority of proprietors and personnel directors who seem to like the more exotic title "human resources" rather than "personnel," I find, insist that getting good people is a real problem. Some management people see the dilemma as important as the priority given to finding ways to increase profit-making.

Yet, employers certainly need to take a closer look at their policies, goals for workers and the real world of the worker rather than the world of OZ, I believe.

"I have never hired a person with less than a 3 point or B average," a computer firm executive boasted to me not long ago.

I pursued the subject, curious about how he found guaranteed-quality workers by looking at point averages. "It's just easier for me," he confided. "We don't have so many applicants once we dispose of those who don't qualify and we can make the 'best of the best' decisions a lot faster."

But why, I asked, did he have such a rapid turnover of his staff?

"Kids coming out of college these days lack the motivation to stay with it," he complained. "Bright, nice kids—like my own—but they don't know what they really want to do...and I'm getting the best of what the colleges' graduate, too."

But I'm not sure about that. His employment philosophy suggests he isn't. It suggests that he's trying to fit the wrong kind of person with the wrong kind of job. It suggests that he's creating a superficial image that may harm the productivity within his enterprise let alone the morale. It suggests that he has little idea of building a future even though he is an acknowledged hard worker; a bright person who has been extremely successful.

Granted, bright students are in demand these days; both by colleges and employers. The assumption is that they are motivated and others aren't.

Generalizations, however, are not the reality I see. Motivation, enthusiasm for

work and goal-orientation traits need serious person-by-person review. Academic motivation has far less to do with entering or succeeding in the "real world" than many realize, I believe.

At the college and university level what's needed are frank exchanges about the marketplace, employee/employer relations and expectations, self-worth and productivity. In recent years, for example, I've devoted a course to the subject where I teach. And class discussions sometimes leave me shell-shocked. Trying to change hardened attitudes about inflated self-worth, lack of confidence, job satisfaction and the value of ambition as a positive not a negative goal can be like running a non-smoking clinic for four-pack-a-day smokers.

A few years ago, I watched an outstanding student (she excelled in virtually every class and earned a 3.9 grade point average—4.0 is perfect) end her college days with the defiant comment that she certainly would not start as a cub reporter like some of her classmates. Nor would she work on small town papers. "I earned the right to expect more and I won't settle for less," she said.

Nearly eight years later, she works part-time as a sales clerk hating every minute and most of those around her. But, she said sourly, she is confident she made the right decision. She insists she didn't fail, "the system failed me" she told me not long ago with more bitterness than you like to hear.

You can't overlook the fact that changes have occurred on many campuses. At some institutions today there are less rigorous grade standards than there used to be, I'm sorry to say. There is grade inflation and, probably just as bad, there are faculty, hopefully a minority, who are willing to give students so many chances to make up late or poor work that good grades are the norm not really earned. Grades, in other words, may not be what they used to be or what employers think they are.

"To focus on grades is a little myopic," says Victor R. Lindquist, director of placement for Northwestern University  
(Continued on page 29)

# NEWS OF THE LODGES

(Continued from page 13)



**WAYNE, NJ.** The Association for Retarded Citizens (ARC) of Bergen-Passaic Counties recognized the Handicapped Children's Committee of Wayne Lodge for its outstanding service to retarded citizens in the area. The ARC honored the committee with its "Humanitarian Award for Community Service" and named George Roemlein, co-chm. of the committee, "Man of the Year." In photo, ARC Secy. Dorothea Abbott presents a plaque to Brother Roemlein as ER James Randazzo looks on.



**MANNINGTON, WV,** Lodge recently honored S. Nelson "Doc" Elliott, Sr. (seated), age 104 and a member of the lodge for 72 years. Three generations of the Elliott family are shown in this picture. Standing are S. Nelson Elliott III (grandson), PER and trustee, and S. Nelson Elliott, Jr. (son), PER. Another grandson, Terry McLain, is the current ER of the lodge.



**LYNBROOK, NY,** Lodge contributed \$500 to purchase a motorized wheelchair for a local child afflicted with cerebral palsy. From left are PER Anthony Kenny; Village Trustee Eugene Scarpato; ER Joseph Caggiano; lodge Major Project Chm. Francis Becker, Jr.; and PER Edward Kolman, lodge Social and Community Welfare chm.



**GOVERNEUR, NY.** Immediate PER K. James Burt, representing Gouverneur Lodge, presented a memorial American flag to Scoutmaster Ronald Thomas. The flag was given in memory of the late Brother Gregory Foy, a longtime Scoutmaster and supporter of youth activities. Brother Foy, a recipient of the Silver Beaver, Scouting's highest award, was held in high esteem by his lodge and the community.



**POMPANO BEACH, FL,** Lodge received a Beautification Award from Mayor Emma Lou Olson, shown in the photo presenting the award to ER Henry Krieg. The award commended the Pompano Beach Elks "for their efforts in making our community a better place in which to live, by enhancing the appearance of their lodge home by the planting of tropical palm trees, colorful flowers, and rich green grass."



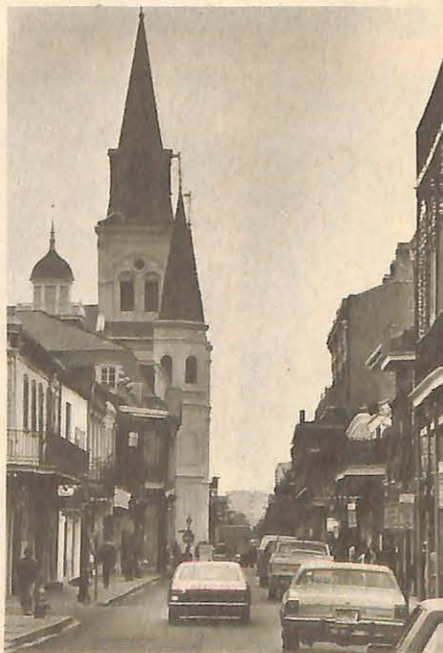
The Preservation Hall Jazz Band entertains visitors with authentic New Orleans jazz.

# NOTES ON NEW ORLEANS

by Jerry Hulse

The hot notes of a trumpet echo down Bourbon Street, announcing that all's well in New Orleans. Now that the Louisiana World Exposition is history, the town that stirs beside the Mississippi is returning to normal. While the fair failed to draw the number of visitors the organizers had expected, it was responsible for improvements throughout this city where jazz was born and food is worshipped.

New Orleans spent \$50 million sprucing up streets and repairing sidewalks for the fair. Twenty-seven old warehouses along the Mississippi were restored and the old Jackson Brewery was refurbished. For legions of tourists, the French Quarter is what New Orleans is all about: those 90 square blocks bounded by Canal, Rampart, Decatur and Esplanade. New Orleans is a town that spins on 24 hours a day.



Street life in the French Quarter goes on day and night.

At Preservation Hall the sweet, hot notes of jazz rise to the rafters. Early risers still run off to Cafe du Monde down on Decatur Street, ordering chicory-laden coffee and *beignets*, those square-cut doughnuts that are buried in powdered sugar. Later they stroll down to the levee to watch barges and tugs and river boats moving down the muddy ol' Mississippi.

Heavenly aromas drift out of the carriageway of Brennan's and onto Royal Street. Diners crowd Arnaud's, K-Paul's, the Commander's Palace, Galatoire's and the Caribbean Room at the Pontchartrain Hotel.

Just as it satisfies the appetite, New Orleans satisfies the soul. Jazz was born here, off in that sinful section called Storeville. New Orleans is a mixture of sights and sounds: paddle-wheelers along the Mississippi, magnolia trees, banana boats being unloaded, chicory roasting in cafes all

over town. Come morning, the night people are replaced by the day people in the Quarter. They roam through St. Louis Cathedral and the Cabildo. Artists display oils and watercolors in Pirate's Alley while tourists pose for portraits. Old buildings laced with wrought iron look down on carriage gates, gardens and courtyards with their musical fountains.

Even a streetcar is an adventure in New Orleans. There's the St. Charles that rattles off to the Garden District, a peaceful enclave that's a contrast to the upbeat, around-the-clock rhythm of the Vieux Carre. It's also a cheap ride, only pennies. The St. Charles trolley line is New Orleans' answer to San Francisco's cable cars. It's a symbol, a fixture, a trademark. Once it reaches the end of the line, the conductor merely reverses the seat backs and the trolley rattles off in the opposite direction.

Meanwhile, back in the French Quarter, Joe Cahn, a 36-year-old native with a shiny bald head and mutton-chop sideburns, coaches tourists in the art of creole cooking in the old building that once housed the New Orleans Jazz Museum. Fare the likes of gumbo, jambalaya, bread pudding laced with whiskey and pralines covered with pecans. The tab comes to \$15 for the 2½-hour lesson along with lunch, a handful of recipes and a diploma.

Cahn, who spreads joy and calories throughout the Quarter, left New Orleans a few years ago to live in Los Angeles. But he got homesick. Twice a month he drove to Disneyland to listen to jazz and eat red beans and rice. Then one day he saw a TV program titled "Do you know what it means to miss New Orleans?" Of course he did. Cahn booked the next flight home and swears he'll never leave. You can catch his act daily except Sunday at 835 Conti St., or just ring him up by dialing 525-COOK.

New Orleans is a combination of the old and the new: towering skyscrapers, ancient buildings, noisy oyster bars and horse-drawn carriages. Visitors pack the Hilton, Marriott, the Inter-Continental and other major New Orleans hotels. But a small cadre will seek out several 18th- and 19th-century inns deep in the French Quarter itself. Maison de Ville at 727 Toulouse St. certainly leads the list. Built in 1742, Maison de Ville is

(Continued on page 21)

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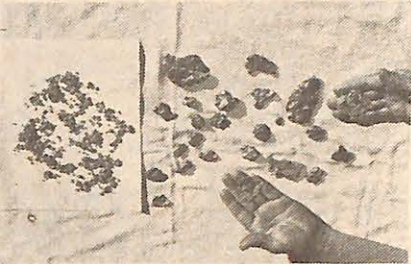
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# YOU & RETIREMENT

by Grace W. Weinstein

## RETIREMENT LIVING

The retirement years lie ahead. Perhaps they are just two or three years away; maybe you plan to work for ten or fifteen more years. And maybe you're already retired, but not yet sure whether you're living in the place you want to remain. In any of these circumstances, now is the time to think about where you'll spend your retirement years.

Most people never do move in retirement. They're content to live out their lives in the same places they've been, close to family and friends, in familiar surroundings. Of those who do move, we tend to believe that the majority head south, to warmer climates. In fact, according to a University of Michigan study, other parts of the country are increasingly popular as well.

Where do you want to live in retirement?

Here are some factors to consider:

- **Climate.** While the "ideal" climate, as Peter Dickinson puts it in his *Sunbelt Retirement*, may be an average temperature of 66 degrees and humidity of 55 percent, you may prefer a different pattern. If you like crisp fall air and changing leaves, the sunbelt may be entirely wrong.

- **Living costs.** Here there's a trade-off. City living can be costly, but you may not need a car where public transportation is convenient. Rural areas can be more expensive than you expect, because shipping of merchandise is costly and competitive pricing may not exist.

- **Medical facilities.** Along with aging, often, goes the need for medical care. It's extremely important to choose a retirement location with medical care that is both good and accessible.

- **Activities.** Call it leisure, call it entertainment, but you are going to want a community where it's easy to do the things you want to do. That can mean golf and tennis, it can mean libraries and universities, it can mean park benches in the sunshine. Pick the community that will suit your personal interests.

Once you decide where you want to live, you'll want to look at the economic aspects of a move. Will it make more sense to buy or to rent? If you buy, should you pay cash, if you have the choice, or take a mortgage? What about

owning a condominium? Electing to live in an "adult" community? Buying a vacation home for later use as a retirement residence?

Owners have more control over housing costs than renters do. But the disadvantage of staying in the family home, just because you own it (even if you own it free and clear), is that you may not be making the best use of your assets. If you sell the house, you can take advantage of the \$125,000 once-in-a-lifetime exclusion from capital gains tax, and put your money to work. Investment yield, coupled with your other retirement income, can permit comfortable retirement living in rental housing. Just bear in mind, before you make this decision, that (1) rents can be raised, sometimes significantly, and (2) more and more rental units are being converted to condominiums or cooperatives; although seniors are sometimes protected in such conversions (depending on state law), it can still be disruptive.

Another alternative: selling a big house, if you own one, and buying a smaller house or a condominium unit. You'll still be an owner, so you'll be somewhat protected against price jumps, and you'll have an asset you can still sell later on. Carefully evaluate housing costs and current mortgage rates before you make this decision. Or, if you want to remain in your house but could use some cash, consider tapping the equity you have built up; a number of ways to do so are described in "You and Retirement" in the February, 1984, issue of *The Elks Magazine*.

If you do buy, should you pay cash? Many older people want to do so, partly because they may have the cash from the sale of a previous residence and partly because it's reassuring to own a home without debt. But paying cash, especially if inflation recurs, may not be wise. The money that you tie up in bricks could otherwise produce investment income, making it possible to buy other things that you need and want.

Condominium units are popular among older folk, as they are among younger ones, because they eliminate a lot of the worry from ownership. With a condominium—which may be an apart-

ment or a townhouse or a detached house—you own your own individual unit but have joint title, with the other owners, to the “common elements”—the walkways, recreational facilities, etc. You have your own mortgage and you also pay maintenance fees. For those fees, the homeowners’ association takes care of exterior painting and maintenance, gardening, snow and trash removal, and so on. You don’t have to worry about retaining the strength to do outside chores. And you don’t have to be concerned about leaving a vacant home with untrimmed grass should you want to travel.

Many “empty-nesters” move to condominium units once the children are grown. They may be years from retirement, but they like the freedom and carefree nature of condominium living. Other older people decide to try “adult” communities, some of which have entry ages as low as age 48. Here, too (and the adult community may, in fact, be in the condominium form of ownership), it’s a matter of shedding large houses and maintenance responsibilities for a more carefree way of life.

Would an adult community be right for you? Well, one of the first questions to ask yourself is whether you would relish the peace and quiet of a community without children and young adults, or whether you prefer the stimulation of mixing with people of all ages. In my book, *Life Plans: Looking Forward to Retirement* (see the December-January issue for ordering information), I discuss the pros and cons of adult community living. On the plus side: A good value in housing, often plus planned activities, congenial companions, and security. Among the negatives: Community rules and regulations which may seem restrictive, a summer camp atmosphere which can be undesirable if you don’t care to join in many of the planned activities, a sameness of people and interests. As you can tell, one person’s negative is another’s positive. As you know, too, adult communities differ. Some are large complexes of thousands of people, some are relatively small. Some offer planned activities in what seems like every moment of every day, while others are low-key. It’s important to evaluate your own preferences and then to com-

pare various communities.

What about buying a vacation retreat with an eye to later retirement living? This approach has worked well for many retirees but, again, it doesn’t work well for everyone. The rural retreat that may be ideal for a few summer weeks may be too isolated for year-round living. If the idea appeals to you, pick your location carefully. Keep potential resale value in mind. Make sure, too, that the home will be truly comfortable for year-round living. Some summer cottages that have been winterized are drafty as well as expensive to heat. Be sure to visit the home during the off season, and to see what community services are like when the tourists are gone.

You’ll find more information on choosing a place to live, and on paying for it, in *Planning Your Retirement Housing*, a paperback book available for \$8.95 plus \$1.45 for shipping from AARP Books, Dept. LAW, 400 South Edward St., Mount Prospect, IL 60056. This is a newly updated version of *Where Will You Live Tomorrow?*, a book I recommended several years ago. ■

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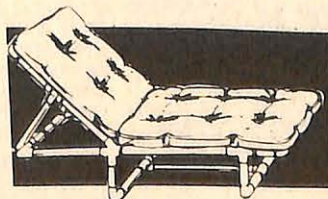
I found the most enjoyable and profitable business working with my hands and the only tools I use are a hack saw and measuring tape. The really nice thing about it is any man, woman or ten-year-old can do it.

### What Do I Do?

I make beautiful indoor/outdoor P.V.C. pipe furniture. Such as chairs, lounges, tables, swings, and all kinds of baby furniture out of P.V.C. pipe; even birdhouses and feeders. P.V.C. pipe furniture is the hottest selling furniture on the market today, because it is unique and beautiful and will not rot or rust and it will virtually last a life time.

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The fantastic part of this business is the profit.



Just go look at some of this furniture in the stores and see some of the unbelievable prices it is selling for.

A chaise lounge that costs \$62.25 in material and three

hours of work is selling for over \$189 in the stores. I can sell my chaise lounge for anything I think my labor is worth.

### Where can you buy the P.V.C. Pipe?

You can buy the P.V.C. pipe from any local hardware store to start. Plus I will supply you with the name and address of one of the largest manufacturers of pipe, fitting, cushions, and table tops who will sell to you at wholesale prices and you do not have to buy a minimum amount. You can buy one cushion or 50 plus I will supply you with my shop manual and six detailed shop drawings with pictures and measurements of six different designs.

### Do you need my shop drawings?

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

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

### I will pay you!

Yes, I will pay you \$25 for any unique design shop drawing that I can use in my collection and workshop manual.

### How do you start?

1) Decide if you like to work with your hands to create things and want to make money.

2) Can you afford \$12.00 for my shop manual and six drawings.

3) Send me your name and address along with your check for \$12.00 to:

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# Candidates For Grand Lodge Office

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



*Whereas:* The officers and members of East Chicago, Indiana, Lodge No. 981 of the Benevolent and Protective Order of Elks of the United States of America appreciate the many years of outstanding service given their Lodge by Stanley F. Kocur; and

*Whereas:* He has served East Chicago, Indiana, Lodge unstintingly in many capacities, especially in every office in the Lodge, and as

their Exalted Ruler in 1949-50, and in a distinctive manner as Secretary for 13 years; and

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

*Whereas:* He has served the Indiana Northwest District as its District Deputy Grand Exalted Ruler in 1958-59, and as District Secretary-Treasurer for 25 years; and

*Whereas:* He has taken leadership roles in community charity drives, and serves his church as Commentator-Lector, and in business affairs served as President of the Central Wooden Box Association; Chairman of the Zoning Board of Appeals, and now as a

Commissioner of the Zoning Board, and

*Whereas:* He has always demonstrated his love and devotion to the Order and his managerial and administrative ability; and

*Whereas:* Brother Kocur has, since July, 1977, served with diligence, prudence and distinction as Grand Secretary of the Benevolent and Protective Order of Elks of the U.S.A.; and

*Now therefore be it resolved* that East Chicago Lodge No. 981 is honored and proud to present to the 1985 Grand Lodge Convention in Seattle the name of Brother Stanley F. Kocur as a candidate for reelection to the office of Grand Secretary of the Benevolent and Protective Order of Elks of the United States of America.

Michael J. Kelly, Exalted Ruler  
Leo J. Pusch, Secretary

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



*Whereas:* The officers and members of Rifle, Colorado, Lodge No. 2195 do recognize as one of their outstanding members Leonard E. Bennett, a Charter Member and an Honorary Life Member, and do appreciate the 23

years of outstanding service he has given to his own Lodge, the Colorado Elks Association, and the Grand Lodge of the Benevolent and Protective Order of Elks; and

*Whereas:* He has served his own lodge on most committees and as an elected officer for 22 years, being Exalted Ruler in 1968-69 and 1979-80; and

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

*Whereas:* He has served the Grand Lodge as District Deputy Grand Exalted Ruler in 1973-74 and as a member of the Grand

Lodge Youth Activities Committee and the Grand Lodge Lodge Development Committee and as Grand Treasurer; and

*Whereas:* Brother Bennett has actively assisted the fellow members of his profession by serving as the Treasurer/Manager of its credit union for 26 years;

*Now therefore be it resolved* that Rifle, Colorado, Lodge No. 2195 is honored and proud to present to the Grand Lodge Convention in Seattle, Washington, in July, 1985, Brother Leonard E. Bennett as a candidate for reelection to the office of Grand Treasurer of the Benevolent and Protective Order of Elks of the United States of America.

Robert Walker, Exalted Ruler  
Brian Harvey, Secretary

**Ishpeming, MI,  
Lodge Presents  
Calvin C. Bjerne  
for Grand Trustee**



*Whereas:* Brother Calvin C. Bjerne has served our Order with dedication and distinction at the Lodge, District, State Association, and Grand Lodge levels for the past 35 years; and

*Whereas:* Brother Bjerne has served the Michigan Elks Association with distinction as a District Vice President in 1962-63, as a member of various committees from 1963-68, as a member of the Board of Trustees for 6 years, the last three years as Chairman, and as President of the Michigan Elks Association in 1975-76, and is currently serving the Association as its Treasurer; and

*Whereas:* He has served our Order on the Grand Lodge level as District Deputy Grand Exalted Ruler in 1963-64, as Special Deputy Grand Exalted Ruler in 1980-82, and since 1982 has served as a member of the Lodge Activities Committee; and

*Whereas:* Brother Bjerne has served his country with pride in both the European and

Pacific Theatres of conflict from 1943 to 1946, and on his return home he obtained his B.S. degree in Metallurgical Engineering from Michigan Technological University in 1949, and since has served 33 years in a management position with an iron ore producing company in Michigan, and whereas he has taken active leadership roles in his community and his profession;

*Now therefore be it resolved* that the officers and members of Ishpeming, Michigan, Lodge No. 447 are privileged and honored to present to the 1985 Grand Lodge Convention the name of Calvin C. Bjerne as a candidate for Grand Trustee.

Robert J. Chard, Exalted Ruler  
Patrick J. Rice, Secretary

**Coalinga, CA,  
Lodge Presents  
Donald D. Dapelo  
for Grand Trustee**



*Whereas:* The officers and brothers of Coalinga, California, Lodge 1613 do recognize as one of their outstanding members Donald D. Dapelo, a member of 32 years and an Honorary Life Member, and do appreciate the years of service that he has given to his own Lodge, the East Central District of California, the California-Hawaii Elks Association and the Grand Lodge of the Benevolent and Protective Order of Elks; and

*Whereas:* he has served his own Lodge with distinction on many committees and in appointed and elected offices, serving as Exalted Ruler in 1963-64 and as a Trustee for five years commencing in 1964; and

*Whereas:* Brother Don has served the State Association since 1972 in many capacities, being State Youth Activities Chairman in 1972-73, State Association Trustee in 1973-76, Trustee for the California-Hawaii Elks Major Project 1976-79, and as President of the Association in 1979-80; and

*Whereas:* He has served the Grand Lodge as District Deputy in 1970-71, the Grand Lodge State Association Committee 1980-83, and as the first Coordinator of the Grand Lodge Rose Float Committee from 1983 to the present time; and

*Whereas:* Brother Don has served the

business community and the citizens of Coalinga with enthusiasm and dedication, having served on the Board of Directors of the Chamber of Commerce and being recognized by that Chamber of Commerce with the Community Service Award of 1981, and as a councilman for the City of Coalinga, presently serving the city as its Mayor; and

*Whereas:* He is a member of the Veterans of Foreign Wars and a Life Member of the American Legion and the Navy League.

*Now therefore be it resolved* that Coalinga, California, Lodge 1613 is privileged and honored to present to the 1985 Grand Lodge Convention in Seattle, Washington, Brother Donald D. Dapelo as a candidate for Grand Trustee.

Mike Haines, Exalted Ruler  
Al MacIsaac, Secretary

# New Orleans...

(Continued from page 17)

the oldest structure operating as a hotel in the French Quarter. Previously a private residence, it overlooks a flowered patio directly behind the Court of the Two Sisters. *Architectural Digest* described Maison de Ville as "one of the finest small hotels in America." Former guests agree, among them Julie Harris, Dick Cavett and Woody Allen. Because it is special, it is understandably expensive: upward of \$100 a night, including a continental breakfast consisting of freshly squeezed orange juice, croissants and chicory coffee served either in the guest's room or beside a musical fountain in its flowered patio. It is a lover's choice, a small hotel with huge warmth. For honeymooners or couples celebrating an anniversary, the management brightens the occasion with champagne and flowers.

Only a block away at 505 Rue Dauphine the same owners operate the Audubon Cottages where James Audubon, the celebrated naturalist, set up his easel in the 19th century. Each of the six cottages faces individual private courtyards, complete with fountains and fragrant gardens. Behind the same 100-year-old walls, guests share a peaceful courtyard and a swimming pool that proves particularly inviting during the steamy summer months.

The latest raves have to do with the charming Soniat House, which is hidden away in a quiet section of the French Quarter at 1133 Chartres St. Its neighbor is the Ursuline Convent but the action of Bourbon Street is only blocks away. The proprietor of Soniat House poured \$1 million into the restoration. Furniture is from the owner's personal collection, mostly French/English antiques, including four-posters and elaborately carved tables and chairs. At dusk, the houseman places candles alongside the bricked courtyard with its fountain, water lilies, potted plants, carriage lamps and honor bar where guests queue up to pour their own spirits. None of the 25 guests rooms is alike, and they come in various shapes and sizes.

Breakfast at Soniat House—fresh orange juice, hot biscuits and home-

made strawberry jam—is served on Villeroy & Boch porcelain and bath soaps are by Roger & Gallet. A spiral staircase curls upstairs to a porch with rocking chairs where guests relax as gas lamps flicker on across the street. Here, at dusk, the world seems sane again.

Soniat House faces Mrs. Junius Underwood's French Quarter Mai-

sonettes, a cluster of seven rooms occupying another old mansion at 1130 Chartres St. What with rates ranging from \$36 to \$42, single or double, it is without argument the best buy for the money in the French Quarter. Silver-haired Underwood declares, "I don't think we should invite people to New Orleans then gouge them, do you?"

(Continued on next page)

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Hey Senor!

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## Drug Awareness Education Program



### Noted Drug Expert Addresses CHEA Mid-Term Meeting

Dr. Forest S. Tennant, Jr. was guest speaker at the California-Hawaii mid-term meeting held recently in Redding, CA. Dr. Tennant is Executive Director, Community Health Projects, Inc.; Assoc. Prof., UCLA School of Public Health; and drug abuse consultant for the LA Dodgers. He addressed the issues of biological addiction to drugs, drug use in sports and drug abuse prevention.

One of the largest drug prevention studies done by the Federal government several years ago, in which Dr. Tennant participated, involved several thousand young army soldiers. Three areas surfaced as prominent influences in the early lives of the soldiers who were not involved in drugs. They were: discipline in the home, a religious upbringing, and not smoking until after the age of fifteen, if at all.

Dr. Tennant stated, "The government spent about \$750,000 of taxpayers' money to find out that you really ought to spank your child, send him to church and don't let him smoke."

The need to equip young children with such things as motivation, self-esteem, and the tools to resist peer pressure was stressed by Dr. Tennant. He pointed out that prevention was the most important key in the fight against drug use by our youth.

Following are comments made by Dr. Tennant concerning the Elks Drug Awareness Education Program:

"I am so pleased that the Elks have chosen to make drug abuse awareness their number one concern. I have often-times felt lonely in this business because we haven't had the kind of organization you represent: a national organization, involved to this extent. You'll be able to help out the churches, schools, parent groups and medical groups who also deal with this problem.

"If you haven't seen this little book titled: DRUG AWARENESS PROGRAM, let me tell you something; this is

a dynamite book. Everybody should read it before they go to bed tonight. I highly recommend it to laymen as well as to those who are therapists or physicians. It has an immense store of information in it. I'm impressed; truly impressed.

"I'd like to comment on a couple of other things about your program. I think one of the most interesting things I have seen lately is the poster that reads, 'Pot Messes Up Thinking, Learning and Remembering.'" I am aware that this was prepared by the Escondido, CA, Elks lodge.

"Ten or twelve years ago, when we really started to try to do something about drug addiction in the United States, we had a lot of trepidation. We were not certain whether we should try to educate children in schools, for example. We felt if we talked a lot about drugs, that the kids would either rebel or they wouldn't believe us, and that we might even make things worse.

"It turns out that our fears were somewhat unfounded. During the 1970's when we essentially shunned trying to educate kids about marijuana and cocaine, the problem got worse. However, about three or four years ago, drug use among teenagers began to drop. Four years ago, by national survey, twelve percent of high school seniors used marijuana every day. That figure is now down to about six percent; we have made some progress. Today, high school seniors on a national basis, say that thirty percent have used marijuana or cocaine in the one month prior to the survey. So we've still got at least a third of our high school seniors using illegal drugs on at least a monthly basis.

"I want to say one more thing about these posters. They may look a little strange to you, but they apparently work. In fact, the one tool that does seem to work in preventing use of marijuana and cocaine is simply a lot of people going around saying 'Don't do it!' Use of those drugs is best prevented by people from all walks of life telling the young folks, 'If you use marijuana, it messes up your thinking, learning and remembering.' I could give you a lecture the rest of the day on marijuana and I can't say it any better than this poster.

"The point is that your organization can do a great deal and there is plenty of evidence to indicate now that your efforts work, at least to some extent. Heaven knows we've got to do something."

## New Orleans...

(Continued from previous page)

Instead, she counsels her guests on where to shop, dine and go sightseeing. With her cat Charlie Brown snoozing nearby, Underwood plays the role of the perfect Southern hostess. Dating from 1825, her small hotel looks down on a peaceful patio just two blocks from the Mississippi where, on occasion, one can hear the calliope on the river boat *Natchez* as it moves away downriver and into the night.

Among the small hotels in the French Quarter, the Lafitte Guest House at 1003 Bourbon St. gets high marks for its cleanliness, its antiques and its warmth. Doing business inside a 133-year-old mansion, the Lafitte is more like a charming little museum than a hotel, featuring framed tapestries, paintings, potted plants and an ornate fireplace that glows whenever the weather is cold. One gets the idea that Rhett Butler might swagger in at any moment. Deeper into the Quarter, Place d'Armes occupies the site of the first schoolhouse in the Mississippi Valley at 625 St. Ann Street. While guests sunbathe in the garden with its swimming pool and magnolia trees, river boats sound their whistles close by on the Mississippi.

...

Visitors to New Orleans should rent a car and visit the slumbering countryside that unfolds only a few miles away—the bayous and antebellum mansions that give way to rural villages and huge helpings of Southern hospitality. It's time well spent, exploring this lineup of magnificent plantations, coastal marshes, cotton and cane fields, rolling pine hills and alluvial plains. Here are several one- and two-day tours:

Plantation Homes and Old River Road Tour: Follow Airline Highway (U.S. 61) from New Orleans to its junction with Louisiana 44 at La Place, taking Louisiana 44 west to San Francisco Plantation. This famous old home rising on the east bank of the Mississippi, 35 miles upriver from New Orleans, was built in 1849. It stands half-hidden in a grove of huge oaks, its great rooms filled with antiques.

Leaving the San Francisco, cross the Mississippi on the Lutch-

Vacherie ferry, making a right turn on River Road (Louisiana 18) for about five miles to Oak Alley Plantation. Surrounded by 28 Doric columns, Oak Alley has stood since 1854, a classic example of Greek Revival architecture, a landmark easily recognized by the double row of oak trees leading to its entrance. After this, retrace your route along Highway 18 to the Vacherie-Lutcher ferry for a visit to Evergreen, one of the loveliest mansions on the west bank of River Road. Later, re-cross the river to the east bank, continuing along Louisiana 44 to Jefferson College (established in 1831 for the sons of wealthy planters) and beyond to Tezcuco Plantation, a raised-cottage-style mansion built in 1855.

From Tezcuco Plantation turn left, taking the gravel road beside the levee for about two miles to Houmas House, a 200-year-old restored antebellum mansion. Few Southern homes have been restored so graciously and authentically as Houmas House. Its furnishings—museum pieces of early Louisiana craftsmanship—were gathered by a previous owner who devoted the final years of his life to this wonderful old relic. Movie fans will recall Houmas House from the film, "Hush, Hush, Sweet Charlotte."

Two miles beyond Houmas House stands Bocage, another showplace mansion along River Road. From there it is a short drive to hauntingly beautiful Belle Helene at Ashland. Watch carefully, as Belle Helene is barely visible from the road. Built in 1841, it stands alone in a wilderness setting, an inspiring sight and one you shouldn't miss.

After this, retrace the same route back to the junction with Louisiana 22 at Darrow, making a left turn onto Louisiana 22, which leads to Airline Highway (U.S.61) for your return to New Orleans. This is a leisurely one-day tour. About 80 miles altogether. If you have the time you may wish to view ruins of other great mansions along River Road between the restored plantations.

Should you extend your tour to two days (including Baton Rouge) turn left, rather than right, on Airline Highway after leaving Darrow. At Baton Rouge take half an hour or so to visit the Louisiana State Capitol complex. Then lock onto U.S. 61 to

*(Continued on page 37)*

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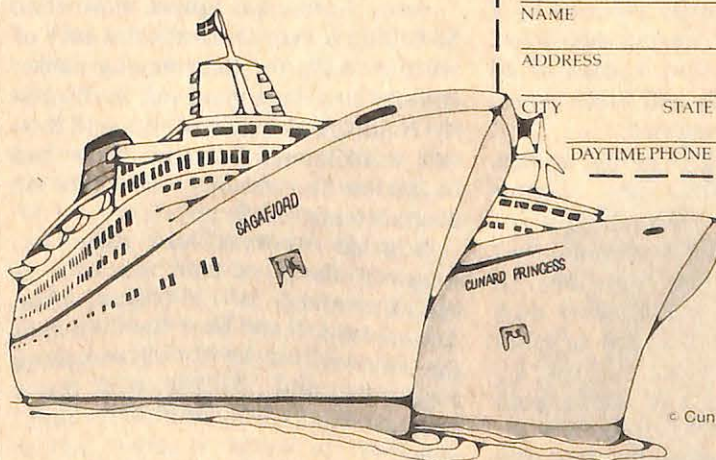
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# CUNARD / NAC

# Oh... My Aching Back!

by Jean Laird

If you see a six-foot tall, strapping, burly man carrying nothing heavier than his hat, while his pint-size female companion puffs under the weight of a bag of groceries, be slow to condemn him for his lack of chivalry. Perhaps he is a frightened member of the Bad Back Club! And if you, too, have already been initiated into this club, you probably live in constant terror.

Back problems can really get out of hand. Did you know that eight out of ten people are seriously affected by it at one time or other during their lives, and it afflicts men and women of all races, colors, creeds and body types, regardless of professions?

In the United States alone, studies show seven million *new* victims emerge annually, two million of whom will be in such severe pain they will be unable to attend their jobs. (It is estimated that 93 million work days are lost each year because of back pain.)

Almost anything can make your back go awry—sudden stops in a vehicle, athletic exertions, bending over to tie a shoelace, even routine reflex actions like coughing and sneezing.

Backaches strike young and old,

people in all occupations. Did you know Ernest Hemingway had a nagging back problem so severe he often wrote standing up? More recent victims include Elizabeth Taylor and Lee Trevino.

Only the victim of a backache can truly understand or describe the sudden complete helplessness of this devastating, if unusually temporary, ailment. Work and ordinary daily duties are totally ignored since every movement is accompanied by pain. Even getting dressed in the morning can be torturous.

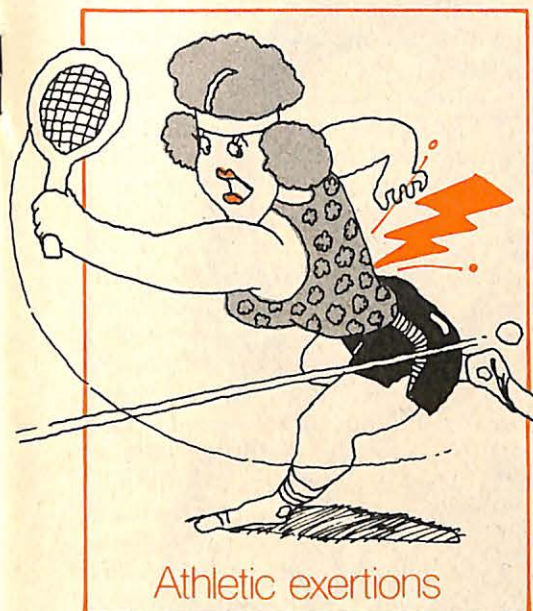
And, Americans spend more than \$5 billion a year for tests and care of various kinds for their aching backs. Billions more are paid out in disability claims, sick-pay benefits and lawsuit settlements. Statistics show bad backs are the number one claim on disability insurance policies.

**Why do we have back pain?** Dr. Kenneth Casey, a pain specialist at the University of Michigan, Ann Arbor, says "Low-back pain is due to the way we live. As work grows more sedentary and people add extra pounds, backs become more vulnerable."

The back is very elastic, but any damage in one area can disrupt the whole intricate machinery. For instance, if one leg during the growing



Lifting



Athletic exertions



Sneezing



Overweight

years, grows even a half inch longer than the other, it puts unequal pressures on the spine. And, if certain vertebrae fail to form properly, the result may be the painful sideways curve called scoliosis. In rheumatoid arthritis, the cushioning discs between vertebrae prematurely degenerate.

**Basic information about the spine:** The spine is made up of 24 spool-like bones plus a spade-shaped seat bone and an insignificant tailbone. The units are separated by pads of connective tissue with soft center, the "discs," and held together by an intricate lacing of flexible ligaments.

The human backbone ranks among the world's better engineering jobs, say the experts. It will flex so you can disco, and will take a half-ton strain when you lift a 60-pound child awkwardly. It will cushion the shock of jogging on concrete, and will still remain rigid when you push a car out of a snowbank. Thus, the wonder of it all is not that it fails once in awhile, but rather that it functions so well so often!

**Possible causes of backache run into the hundreds.** Arthritis is a major factor. Prostate difficulties in men and uterine ailments in women may cause backache. Primary bone cancer in the spine is quite rare, but

tumors in other organs can become back problems.

"A potbelly puts staggering pressure on the spine," adds Dr. Ronald Taylor of William Beaumont Hospital in Real Oak, Michigan. "Ten pounds of extra weight on the abdomen equals 100 pounds of stress at the disc."

And, a "slipped disc" is not really a disc that has slipped but herniated, or ruptured. Its gelatinous core bulges out, and often pushes painfully against the spinal nerve.

**Here are the four basic reasons for adult backache:**

1. The muscles and ligaments are too weak. Your back muscles can be strengthened through exercise prescribed by a doctor, as well as by an active lifestyle—but even the strongest have their limits. They can't be forced to do what they weren't designed to do. Remember a single back muscle is about the size of your little finger, whereas a leg muscle can be as big as your forearm. Therefore, when you lift a heavy object, you should use your legs rather than your back. Keep your back as straight as possible as you reach for the object and pull it close to your body before you try raising it. Keep your lowered back as straight as possible and lift by straightening your legs, not your

back. A heavy load should never be lifted higher than your waist, and a light one no higher than the shoulders. Set heavy objects down the same way, never reaching out or twisting when you go to put them down.

Especially beware of heavy luggage. Never stretch to snatch a bag off the revolving rack at the airport, and don't reach into the trunk or back seat for a heavy suitcase. It could mean instant trouble.

Careful lifting eliminates most backaches since studies show most occur from minor injuries.

2. The deterioration of discs. Between each vertebra we all have rubbery discs that help cushion the constant shocks the spine endures. With every step we take, for instance, the discs are momentarily compressed. As we get older, they become more compressed, stiffer and less flexible. A worn disc that can no longer give under the strain may produce a nagging backache. When stressed even further, a disc can rupture or break, which results in that "slipped disc." When a broken piece presses on a nearby nerve, it causes the pain we know as "sciatica."

The aging of the discs is quite inevitable, but a strong back and sensible habits minimize the stress to which

they are subjected.

3. Aging bones and joints. "Osteoporosis" is the medical term for it. As we age, the bones become thinner and weaker so vertebra may become weak enough to collapse under normal pressure. Such compression fractures are especially common in older women, studies show.

Even if the vertebrae don't break, the joints between the vertebrae can become rough, which causes pain  
(Continued on page 31)



Bending

ON  
TOUR  
WITH



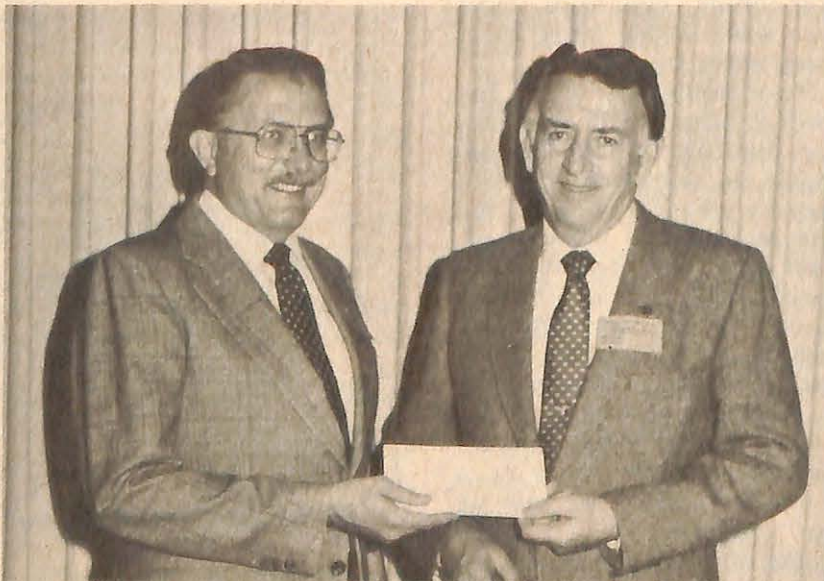
# FRANK O. GARLAND



Dignitaries attending the 100th anniversary celebration of Wheeling, WV, Lodge included (from left) ER George Krelis, GER Frank O. Garland, PGER Wade H. Kepner, SP Oral Sisson, and Grand Trustee Lester C. Hess, Jr.



GER Frank O. Garland (left) attended a banquet and dance at Long Beach, WA, Lodge, held to celebrate the 30th anniversary of both the lodge and the Washington State Elks Therapy Program, the state Major project. The event raised more than \$15,000, which was divided among the Elks National Foundation, the Major Project, and Christmas baskets for over 200 needy families. In photo, Irene Birt Master of the Long Beach Grange presents a check for \$3,000 for Christmas baskets to ER Claire Beeler. Looking on is PER Sol Sharin, 30th anniversary chm.



At Pasadena, CA, Don Dapelo (left), Elks float coordinator, returned to GER Frank O. Garland the money advanced by the Grand Lodge for the construction of the 1985 Rose Parade float. Once again the fund-raising campaign for the float was most successful.



# All-American...

(Continued from page 10)

lodge members have grown to take for granted. For example, Santa Maria lodge decorates the streets at Christmas time; the local semi-pro baseball team, coincidentally sponsored by the lodge, plays their home games in a facility named "Elks Field" because it was constructed with funds from the lodge. The ballfield is located in Simas Park, named in honor of Leland "Butch" Simas, PSP and the community's most distinguished Elk. Mayor George Hobbs, Santa Maria's first citizen, is proud to be a lodge member.

The community benefits from this relationship in many ways, some of which we have already discussed, but even beyond those programs that have their origin in the Order of Elks, Santa Maria lodge extends itself even further. Kidney patients at the community's Marian Hospital have one more dialysis unit thanks to the lodge. A local retreat for battered women regularly receives surplus food and other supplies from the lodge. Indigent, stranded or destitute travelers need look no further than Santa Maria lodge to find aid and a sympathetic ear. The lodge's 3-member Social and Community Welfare Committee investigates and acts upon these and numerous other charitable requests.

In the end, after the points are counted and tallied, Santa Maria, CA, Lodge No. 1538 did, indeed, earn the right to be hailed as Elkdom's All-American Lodge for the 1983-84 lodge year. But, mere statistics cannot possibly reflect the enormous good work, dedication, and commitment that make the figures add up. California PGERs Horace R. Wisely, R. Leonard Bush, Gerald Strohm and Marvin M. Lewis can point with justifiable pride to Santa Maria Lodge as being one that exemplifies all that is positive in this great Benevolent and Protective Order of Elks. ■

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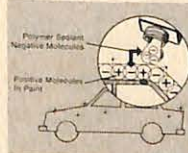
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The Major Project of the Montana State Elks Association is the purchase of specialized hospital equipment for patients' use without charge. Donations are made to 30 to 35 hospitals per year, according to requests and funds available.

In photo, members of Glasgow, MT, Lodge, representing the state association, present a check for \$1,650 to staff members of Glasgow's Deaconess Hospital. The money is to be used to purchase a telemetry

unit for heart monitoring in the intensive care unit. PER Robert Berrisford (second from left) gives the check to Rose Scoville, head of the unit. Also pictured are (from left) Toni Nicholas; James Kruzich, state Major Project chm.; Alpha Martin; Est. Lead. Kt. Lee Palin; and Chap. Kenneth James. In the past five years, over \$6,000 has been donated to the Deaconess Hospital. This project is funded in part by the Elks National Foundation.



The Major Project of the New Mexico Elks Association is its statewide Cerebral Palsy Treatment Program, conducted by a full-time professional program director who coordinates the activities of the CP Commission and the CP Committees of the state's 20 lodges. Special grants are made to universities and other organizations for CP-related work.

Dr. Dolores Butt (in photo, right), now an associate professor of Communicative Disorders at the University of New Mexico, Albuquerque, in 1955 was the first student to receive grant-in-aid from the New Mexico Elks Major Project. Since then UNM has received more than \$100,000 from the program. Twenty-five professionals in Communicative Disorders now helping children in the state received their graduate training in part through Elks stipends.

The Elks' 1984 contribution of \$15,000 was \$9,000 above the usual annual donation, and was intended especially for the purchase of nonverbal communication computers, voice synthesizers, and support equipment. In photo, Dr. Butt demonstrates to Elks CP Executive Board Chm. Bob Van Driel how a nonverbal child can "speak" by touching or directing a light beam on a particular square of the "picture keyboard" illustrating a wide range of the child's desires or needs. The device is programmed to say what the child can't, such as "I want a drink of water," "I want something to eat," etc. This project is funded in part by the Elks National Foundation.

## Business...

(Continued from page 14)

and author of the *Endicott Report*. He told the Associated Press recently that employers who place too much emphasis on grades ignore so many otherwise qualified candidates.

"I think it's a cop-out. It's easy. You can say 'Well, I only want to talk to people who have a 3.2 or better...' The view is that if you've done well in school, you'll do well on the job," he told the AP.

According to Lindquist, his research shows that the top three factors executives use to decide who to hire in an entry-level position are a person's major, grades and work experience. The emphasis on grades has become a greater factor in the past five years than ever before, he adds.

Though I have no evidence it is a trend, his disclosures are certainly on target with what I've found and they should be considered disturbing to employers and educators. It perpetuates a myth, I think. The myth, of course, is that higher education provides far more quality in the evaluation process than it actually does whether the degree is from a prestigious liberal arts college or a state university.

And he's right; employers are copping-out if they lean too heavily on transcripts. Frankly, it permits the employer, as a number privately concede, to shift the burden to the college or university when things don't work out. Colleges today are hearing more and more about graduates who flunk on-the-job tests and common sense decision making.

Expectations on both sides are simply out of touch with reality, in my opinion. Attitudes toward work, the importance of quality and the satisfaction that accompanies (or should) doing a good job have to be reinforced today as they were in past decades.

At the same time, earned qualifications have to be reinforced, too. "Americans have always been at their best when confronted with a major challenge—whether that meant pushing a railroad across an untamed continent, putting a man on the moon, or seeking to aid war-torn Europe after World War II. It is absolutely essential that the recent gains that have been made in U.S. productivity be maintained and, in fact, increased. A rise in the rate of productivity is in the best interest of all Americans," said the *Christian Science Monitor* in an editorial.

Elitist hiring practices are not the answer, nor is a college education that doesn't demand standards, self-discipline and motivation for more knowledge and better opportunities.

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# Statue of Liberty Restoration Update



Stephen Wirth (left), ER of Lincoln, NE, Lodge, was recently presented with a substantial check, raised by the Chamber of Commerce Junior Achievement Liberty/Ellis Island Fund Drive. Shown making the presentation are Christie Perkins, Junior Achievement project chairman, and Ken Carlson, director of Junior Achievement.

## BURLEIGH KS ASSOC.



Huntington, NY, ER James Vaughn (left) is shown presenting SP Gordon Burleigh a check in the amount of \$3,400 for the New York State Elks Association's Statue of Liberty Restoration Fund. On hand for the presentation were PDD Jack Egozcue (second from right), state Americanism Committee chm., and VP Carl Eckerle of Huntington Lodge.

**Hugh Moore, ER of Deer Lodge, MT,** set a goal of \$1,737 for the Restoration Fund. During the Montana State Elks Association mid-winter meeting, ER Moore reported there was over \$2,000 in the Fund and the 430 lodge members were still working on increasing the total!

**Lyndhurst, NJ,** Lodge recently presented a check in the amount of \$7,500 to the New Jersey State Elks Statue of Liberty Restoration committee.



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# Aching Back...

(Continued from page 25)

when they rub together. Aging, of course, cannot be avoided but the effects can be delayed. Bones, like muscles, become heavier and stronger the more they are used—and weaken rapidly when they are not used.

Weak muscles and ligaments, deterioration of the discs, and aging bones and joints are responsible for most low-back pain. Kidney problems are often mistakenly blamed—but kidney pain is felt in the mid-back, not lower down.

4. Sciatica is felt at the back of the thigh. And, in many instances, this crippling pain is due to a herniated (slipped) lumbar disc; a tear in the lower spine, occurring when an aging or deteriorating disc flattens and protrudes.

**Is there a backache personality?** "Yes," say medical observers like U.C.L.A. psychiatrist Charles Wahl. "People in this category tend to be hard-driving but lacking in self-confidence. They are also likely to repress anger and avoid conflicts."

A spokesman for Canada's McMaster University echoes this opinion when he says, "Back pain is a tension headache that has slipped down the back."

**Lower-back pain can also be psychological, say the experts.** It can be a definite byproduct of stress and worry, of difficulties on the job, or of grief over the death of a loved one. New York osteopath Richard Bachrach says, "Such 'masked depression' can go on for years. A lot of my patients use back trouble as an excuse for their behavior. If they are not getting on with their wives or husbands, they say 'My back is bothering me.'"

**Preventing back problems with sleeping habits:** Always sleep on a firm mattress that doesn't sag. Almost any mattress can be made firm by putting a board under it. Orthopedic beds or special mattresses should not be necessary unless a specialist recommends them.

Sleep in a relaxing position. The most recommended position is lying on your side with legs slightly bent and your head supported on a pillow. Lying on your back won't do any harm as long as your knees are bent to relax the spine. A good way to do this, if you prefer to lie on your back,

(Continued on next page)

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# Aching Back...

(Continued from previous page)

is to put a large cushion or pillow under your knees. It is unwise to sleep on your stomach, as this increases swayback and strains the muscles and ligaments.

Do not prop yourself up with pillows to read. This puts a strain on your back. If you do a lot of reading in bed, use a headboard that raises the upper half of your body by a 30-degree angle. This, plus a small pillow under your head and a cushion under your knees, should do the trick.

When driving, adjust the seat so you can reach the pedals without stretching your legs. This generation spends more time in cars than anybody before us. That leaves us more exposed to vehicle accidents, which account for about a third of all back injuries.

Watch the furniture you sit upon. Contour chairs are all right if they will allow you to sit properly, but not if they put you into a swayback position. Also avoid overstuffed furniture and old chairs that have developed hollows so you can't sit erect.

Watch your posture. Walk and stand correctly. Slouchers usually pay the penalty with back pain. The best way to stand is with your head up, chin in, and buttocks tucked under. (Military rigidity with shoulders thrown back, is sometimes just as bad as slouching.) You want to straighten the spine to its most natural curve, which is never perfectly straight—as with the military stance.

**Lead an active life:** participating regularly in sports and other forms of exercise. This will strengthen your back while conditioning the rest of your body. However, if you have back trouble, take certain precautions:

Work your way slowly into new sports. Be especially careful of back-packing, racketball, tennis and horseback riding, which can be hard on your back.

Avoid sports that require sudden back twisting and arching—an improper golf swing or a hard service in tennis can mean real trouble.

Warm up before a workout—*without* doing any vigorous twisting. Sit-ups with legs straight, straight-leg raises and toe-touches are recommended, but do them gently or with

legs bent as warm-up exercises, never pushing yourself.

If you are out of condition or have back trouble, avoid downhill skiing, weight lifting, squash, volley-ball, trampoline work and all contact sports.

Even toting a shoulder bag or *attache'* case can be risky. Occasionally switch it from side to side to relieve the lopsided pressure.

Avoid unnecessary bending. Do not place objects on the floor if you know you will have to lift them up again. Instead, place them on a table, bench or chair.

Avoid unnecessary twisting. When handling an object, it is much better to turn your feet than to twist your trunk. And, don't twist and bend at the same time.

### **When to call the doctor:**

- If the backache persists or gets worse instead of better.
- If you get backaches with increasing frequency or severity.
- If you have other symptoms along with the backache—such as urinary problems, fever, genital problems.
- If pain radiates down a leg or arm.
- If the pain wakes you up at night.
- If you have a numbness or tingling in an arm or leg, or feeling of weakness.
- If you have more than two seriously-painful attacks in a year.
- If you were injured at work or had an accident such as a fall.

**Treatment for backache:** Studies show up to 90 percent of all backaches go away within a few weeks no matter what therapy is used. However, it is not a good idea to ignore an injury, since active treatment for injuries will speed healing.

How much do Americans pay out for various medications for forms of back pain? Studies show this exceeds five billion dollars per year! And, many of these sufferers are becoming dependent on painkillers and muscle relaxants like Demerol, Darvon, Seconal, Codeine, Valium and Dalmane.

Rest is the most commonly prescribed therapy for acute back pain. Pain is nature's warning to avoid using the part of the body that hurts. And, international back pain expert, Dr. Alf Nachemson of Sweden, points out at a recent back pain symposium sponsored by Liberty Mutual Insurance Company, "70 percent of back pain patients will improve by themselves within three weeks, and 90 percent will improve within two months."

In desperation, some patients turn

to the growing number of pain clinics popping up throughout the country. Some of these centers use methods which are unconventional—including hypnosis, biofeedback, acupuncture and a pocket-size electrical stimulator that the patients carry around with them to provide a little shock that temporarily blocks the pain.

Try heat; most doctors feel that heat is useful in easing discomfort and promoting relaxation. Almost any form of heat will do—hot bath, hot water bottle, heating pad, heat lamp, hot towels wrapped in a dry towel to prevent scalding. However, some doctors take the opposite stand—they feel heat is a mistake, that the inflamed muscles are already congested and heat brings more blood and congestion to the muscles. Test yourself and see which works best for you.

If there is a muscle spasm, ice might work better, and an ice rub-down can be effective by returning the muscle to its relaxed state, eliminating the spasm.

Other methods of treatment include steroid blocking (injecting an anesthetic and a steroid into different structures related to the disc), prescription painkillers, muscle relaxants and physical therapy. Even exercises should be done under medical supervision, since they can cause more injury if not done properly.

Treatment for herniated lumbar discs usually consists of conservative measures such as bed rest and exercise, as well as the use of hard mattresses or bed boards, braces and a variety of medications to relax the muscles and reduce inflammation.

And, today there is a new treatment that holds hope of relieving both stubborn sciatica and low back pain without surgery. A single injection of the enzyme collagenase into the affected area can partially dissolve the abnormal disc, reducing the pressure that causes the pain. (Although this kind of therapy was first proposed in 1968 by Bernard J. Sussman, M.D., of Howard University College of Medicine in Washington, DC, it was not until the past year that the first experiments were performed on human patients.)

However, collagenase injections are still highly experimental. But, scientists hope that eventually at least 70 percent of the many people who suffer from long-term back pain and sciatica will be relieved of a severe chronic disability via this medication without surgery.

Another latest treatment for herniated discs is a form of traction called the Gravity Lumbar Reduction Therapy Program, developed by neurosurgeon Charles Burton at the Sister Kenny Institute in Minneapolis. This relieves nerve-pinching by stretching open the spaces between the vertebrae. Patients are strapped to a tilting bed, and rotated to an almost standing position. It seems to work for many people, in addition to the fact it enforces rest, which they all agree is a prime necessity for back pain.

Operations are a common way of dealing with back pain. The surgical removal of a herniated disc is performed nearly 150,000 times a year in the United States. And, a third of the patients have additional surgery to immobilize the painful spinal segment. This follow-up operation is called a fusion—wherein bone chips, taken from the pelvis, are linked up like little splints across adjoining vertebrae and that section of the spine becomes rigid forever more.

The experts tell us that operations for painful spines should be regarded as a *last resort*. And, Dr. Ernest Johnson, a psychiatrist at Ohio State University says the fusion operation "is like killing a fly on the windowpane with a sledgehammer."

**Latest approach to slipped discs:** A new, more accurate method of diagnosing slipped discs is now available that doctors hope will prevent thousands of needless back operations. This has been developed by a neurosurgeon at Loyola University Medical School, in Chicago. The procedure, which has been tested on patients at Loyola and Hines Veterans Administration Hospital in Maywood, IL, could help an estimated 56,000 Americans each year avoid unsuccessful surgery for slipped discs, according to Dr. Timothy B. Scarff. Doctor Scarff says, "The reason so many operations fail to bring relief from the disorder is that back problems frequently are misdiagnosed as slipped discs."

This new procedure, called Dermatome Somato Sensory Evoked Potentials, involves *painless* electrical stimulation of a patient's skin. Individuals with slipped discs respond by showing an abnormal electrical response. The test has been found to be 93 percent accurate so far, Doctor Scarff said.

**What about chiropractic treatment?** Increasing numbers of back pain sufferers are resorting to chiro-

practic treatment, although the medical community considers this with supreme scorn. However, there is a recent breakthrough that could nudge the drugless healing of the chiropractor into medical respectability. It's something called "motion palpation." According to the chiropractors, the reason the rest-drugs-exercise program isn't too successful is because it focuses on the muscles when the original cause of the pain is oftentimes malfunctioning joints or vertebrae, with muscles becoming tight and spastic to compensate for those locked joints, and to protect them from further damage.

"Motion Palpation" is a way of feeling the spine as it moves to see exactly where it is free and where it is locking. And, some chiropractors are attending the Motion Palpation Institute in Huntington Beach, California, to learn more about it. Motion palpation is a method of determining in which of the six ways a vertebrae is failing to move—or determining how the spine doesn't function properly. Sitting directly behind a patient who is seated, the chiropractor moves the patient's body with one hand, pressing against the vertebrae with the other to determine which areas of the spine are not moving as freely as they should. The most immobile area is then treated by manipulation.

Warren Hammer, D.C., a chiropractor at the Norwalk Chiropractic Center in Connecticut, adds "The real problem for the doctor is to locate the place along the spine that has the primary fixation. Some times when the neck area hurts, the real problem is in the pelvis, and vice versa. The root of the pain must first be determined before motion palpation is going to work." In cases where two or three areas feel equally fixed, the doctor's experience and skill are important in determining where to start, because some of the immobile areas are protective or compensatory and not primary.

However, we must remember that the American Medical Association does *not* approve of chiropractic, and has said so officially and repeatedly. In 1979, they added that "describing chiropractic as an 'unscientific cult' does not necessarily mean that everything a chiropractor may do when acting within the scope of his or her license granted by the state is without therapeutic value, nor does it mean that all chiropractors should be equated with cultists."

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# HOME ON THE RANGE

by Bob Karolevitz

*"Oh! give me a home  
Where the buffalo roam,  
Where the deer  
And the antelope play..."*

When Dr. Brewster M. Higley penned those immortal words at his remote Kansas homestead in 1872, he had no idea he was creating one of the best known and most enduring western songs of all time.

As a matter of fact, the lonely, reclusive physician apparently had nothing more in mind than to express in poetry the sense of relief and contentment he had found on the banks of Beaver Creek. Alcoholism, overwork and the intense pressures of an engulfing medical practice had cost him his marriage, and he desperately needed to make a new start.

Doctor Higley had heard his share of "discouraging words" (as another line of his original verse indicated), so he headed west to escape the burdens which almost destroyed him. Filing a claim on Section 17 of Pleasant Township some 14 miles northwest of Smith Center, he reshaped his life, tended what few patients who needed him on the frontier and unknowingly carved a niche in musical history for himself with his pen.

His American classic, which ultimately became known as "Home on the Range," brought him no monetary gain and little recognition during his lifetime. Later it was to become the subject of disputed claims of authorship and legal battles over the copyright, all of which would un-

doubtedly have given Doctor Higley a new set of pangs had he lived to witness the scramble over his creation.

He was born on November 30, 1823, in Meigs County, Ohio, not far from the West Virginia border. When he was old enough for school, he left his log cabin birthplace for the village of Rutland where he lived with a doctor. The medical books in the physician's library fascinated the youngster from the backwoods and ignited a desire to pursue a career in medicine.

To pay his tuition at Ohio State University, young Higley raised and sold a crop of tobacco. At Columbus he cut wood and tended stoves to earn his room and board. Additional tobacco farming financed three terms at the State Medical College of Indiana from which he was graduated in the spring of 1848.

Because of his special abilities and intense dedication, he was assigned as demonstrator of anatomy at the college. Later he became instructor in surgery at the University of Michigan in Ann Arbor. In time, however, he established his own practice at LaPorte in northwestern Indiana.

As a typical horse-and-buggy doctor of the Civil War era, he worked seemingly endless hours and traveled countless miles in the region between Gary and South Bend. As the physical and mental strain grew greater, he turned to the bottle for solace and support. The result was the gradual disintegration of both his health and his marriage; and when he was in his late forties, his wife left him and his

practice collapsed. That was when he joined the tide of immigration westward.

Those who remembered him when he arrived at Gaylord—where Beaver Creek empties into the north fork of the Solomon River—described him as "a man nearing fifty years of age, of medium height and weight, neatly dressed in a buckskin jacket, new trousers tucked into the top of shiny boots and a nearly new black felt hat set at a slight angle on his head." He wore a mustache, and his graying beard was in a carefully clipped Van Dyke. His luggage included his medical satchel and a violin.

After selecting his 160-acre homestead on the middle branch of the Beaver in September of 1871, Doctor Higley returned to Gaylord where he wintered at Matt Gilman's lodging house. There the quiet, courteous physician made numerous friends who enjoyed listening to him play violin duets with young Dan Kelley, a homesteader from Rhode Island. Even then, though, folks said that he occasionally drank too much, becoming moody and melancholy in the process.

He apparently never hung his medical shingle that winter, if at all; and there seems to be no record of his establishing a practice, as such. On one occasion, however, it was reported that he successfully amputated the frozen fingers and toes of a young boy, using a homemade saw fashioned by filing teeth in a hunting knife blade.

The next day—after traveling 25

miles by horseback through deep snow and bitter cold—he cut off the gangrenous feet of a man found seemingly lifeless in the blizzard. The doctor used the same knife-saw, sterilizing it with whiskey—but saving enough of the booze to fortify himself and his inexperienced helpers as they worked in the light of twelve flickering candles. Miraculously, the man survived, and the doctor's fame as a surgeon spread throughout the region.

But that was not why he had come to the fringes of civilization. In the spring of 1872 he returned to his homestead with just enough provisions to keep him and his pony until his new house was built. During the day he cut and stripped cottonwood logs, periodically interrupting his work to fish for his supper in the small stream or to go hunting for rabbits or prairie hens.

In the evenings he sat contentedly at his campsite, playing his violin or watching the deer and the antelope as they came to the creek to drink. He still saw an occasional small herd of majestic buffalo which had escaped the market hunters' slaughter, and gradually the memories of his unhappy past were forgotten in the pleasant surroundings of his new environment.

On the Fourth of July he invited his neighbors to a traditional house-raising, and almost twenty men showed up to build his log cabin—and to drink the keg of beer which had been cooling in the stream. By nightfall the work was done; a buffalo roast had been eaten; most of the beer was gone; and Doc Higley tipsily entertained his benefactors until the last ones departed for their own crude prairie domiciles.

That summer the doctor made some rough-hewn furniture and built shelves for his books which finally arrived by freight wagon. With that, the scene was set for the event which was to perpetuate his memory.

One evening in autumn—the exact date was never recorded—Doc Higley was so moved by the beauties of his adopted land that he was compelled to express himself in verse. He titled his poem "My Western Home," and he wrote not only the words which were to become familiar to millions but additional forgotten stanzas which included:

*Oh! give me a land where the bright  
diamond sand*

*Throws its light from the glittering  
streams;*

*Where glideth along the graceful  
white swan*

*Like the maid in her heavenly  
dreams.*

*I love the wild flowers in this bright  
land of ours,*

*I love the wild curlew's shrill  
scream;*

*The bluffs and white rocks, and  
antelope flocks,*

*That graze on the mountains so  
green.*

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#### PLAGIARISM.

The editorial the *Stockton Times* has allowed himself to become the victim of an ambitious aspirant for poetical fame. In his issue of Feb. 24, 1874, he publishes under the head of "My home in the West" a poem, purporting to have been written by Mrs. Emma H. Rice, of Beechburg, Hanks county, Kansas. The poem is question with the exception of two words, was written by Dr. B. Higley, of Beaver Creek, Smith county, Kansas, and first published in the *Kirwin Chief*, March 21st, 1874. We re-publish the article as written by Dr. Higley, and ask our readers to compare it with the stolen article from *Beechburg*. Bro. Newell must look to his laurels, as he will find plenty of people who are willing to profit by the brain work of others.

#### Western Home.

BY DR. HIGLEY.

Oh! give me a home where the Buffalo  
roam,  
Where the Deer and the Antelope play;  
Where never is heard a discouraging  
word.

And the sky is not clouded all day.  
[Chorus] A home! A home!  
Where the Deer and the Antelope play,  
Where seldom is heard a discouraging  
word.

And the sky is not clouded all day  
Oh! give me land where the bright  
diamond sand,  
Throws its light from the glittering  
streams.

Where glideth along the graceful white  
swan,  
Like the maid in her heavenly dreams.  
[Chorus] A home! A home!

Oh! give me a gale of the Solomon  
vale,  
Where the life streams with buoyancy  
flow;  
On the banks of the Beaver, where  
seldom is ever.

Any poisonous herbage e'er grow.  
[Chorus] A home! A home!

How often at night, when the heavens  
were bright,  
With the light of the twinkling stars,  
Have I stood here amazed, and asked as  
I gazed,

If their glory exceed that of ours.  
[Chorus] A home! A home!

I love the wild flowers in this bright  
land of ours,  
I love the wild curlew's shrill scream;  
The bluffs and white rocks, and antelope  
flocks,  
That graze on the mountains so green.  
[Chorus] A home! A home!

The air is so pure and the breezes so  
free,  
The replies so timely and light,  
That I would not exchange my home  
here for range,  
Forever in azure so bright.  
[Chorus] A home! A home!

His literary effort completed, the physician apparently folded the sheets of foolscap, stuck them between two books and promptly forgot about them. It wasn't until the following spring when he returned to his cabin from the winter sojourn in Gaylord that he accidentally pulled the sheets down when he reached for a book to quote something to a visitor. He also read "My Western Home," and the acceptance was so exuberant that Doc Higley decided to take his poem to Dan Kelley to see if he would compose a tune for it.

The next time they saw each other, the young musician accepted the doctor's challenge. According to local lore, Kelley conceived the tune as he was riding home from that meeting. Not wishing to forget a single note, he spurred his pony into a gallop until he reached his cabin. Hurriedly, he grabbed his violin and a sheet of wrapping paper, transcribing the entire song before he stopped to fix himself a very late supper.

In April of 1873 the words and music were introduced at a dance in the largest home in the Beaver Creek valley, a house which even boasted a board floor. Doc Higley was pleased, the song's reception was enthusiastic, and thereafter it spread throughout north central Kansas like a musical brushfire. That fall when Smith Center became the official county seat, "My Western Home" was featured at the gala celebration held in recognition of the event.

One day in December, Leonidas Troubedor Reece—the young man who first heard Doc Higley read the words when the poem had been rediscovered on the book shelf—convinced Levi Morrill, editor of the *Smith County Pioneer*, to include the verses in his paper. The following week the song was printed for the first time.

A few copies of the *Pioneer* carried the words of "My Western Home" back east. Other Kansas homesteaders clipped the article and tacked it to sod house walls or saved it between pages of the family Bible. More than half a century later yellowed copies thus preserved were to prove Doc Higley's authorship.

According to legend, the song got an additional boost shortly afterwards when Dan Kelley and several other musicians from Gaylord went to Fort Hays to play for a dance in a hotel there. At the time Fort Hays was a roisterous shipping hub for the

(Continued on next page)



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## Home On The Range...

(Continued from previous page)

entire Southwest, with a transient population of government troops, bullwhackers, cowboys and various frontier opportunists. During the dance a young lady (supposedly protecting her honor) pulled out a small pistol and shot a drunken annoyer.

The hotel proprietor rushed over to Kelley and told him to "play anything" to calm the crowd, whereupon the band responded with Doc Higley's song. As Kelley sang, the dancers gathered around to listen. The words and music apparently had the desired quieting effect, and as the result of that incident, "My Western Home" was memorized and repeated until it became a favorite around most campfires and at every hoe-down from Kansas to Mexico.

Other newspapers published the words—and that's when the contro-

publish the article as written by Dr. Higley, and ask our readers to compare it with the stolen article from Raceburgh. Bro. Newell must look to his laurels as he will find plenty of people who are willing to profit by the brain work of others.

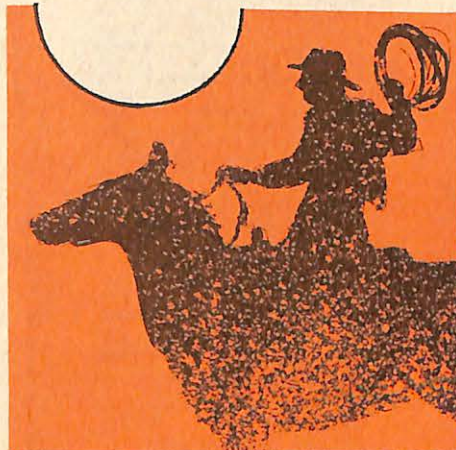
There is no indication that Doc Higley concerned himself about the false claims others made to his song. As the Beaver Creek Valley grew more populated and the buffalo finally disappeared completely, he remarried. In 1886 he moved his new family to the Ozark country of Arkansas, and in later years he lived with a son in Shawnee, Oklahoma, where he died in 1909 at the age of 86.

His poem, however—printed in anonymity in John Lomax's book, *Songs of the Cattle Camp and Cow Trail*—was destined to live on. Somehow it had gotten a new title—"Home on the Range"—but except for the word "seldom" instead of "never is" and "cloudy" instead of "clouded," the Higley lyrics remained unchanged.

With the coming of radio, "Home on the Range" moved from the cattle trail to the city. Recordings by Bing Crosby and other singers broadened its popularity, and President Franklin D. Roosevelt gave it added publicity by naming it his favorite song. Then in 1934 William Goodwin of Tempe, Arizona, sued a long list of singers, movie producers, radio networks and publishers, claiming that he and his wife had written the song in 1905, copyrighting it under the title "My Arizona Home."

Attorney Samuel Moanfeldt, representing the Music Publishers' Protective Association, began a sleuthing job to trace the original authorship, and through his diligence the trail ultimately led to Gaylord, Kansas. There he found the yellowed copies from the *Smith County Pioneer* and even a few octogenarians who could remember Doc Higley and Dan Kelley teaming together to produce the classic.

Although so-called modern western songs have changed considerably (some lyrics almost qualify for an X rating), "Home on the Range" continues to be sung at reunions, family gatherings, sing-a-longs and service club meetings. More than a century later it still carries the message of serenity which its author had found "where the deer and the antelope play."



versy began to emerge. On February 26, 1876, for instance, the *Kirwin* (Kans.) *Chief* printed the following front page item:

### PLAGIARISM.

*The editor of the Stockton News has allowed himself to become the victim of an ambitious aspirant for poetical fame. In his issue of Feb. 3d., 1876, he publishes under the head of "My home in the West" a poem purporting to have been written by Mrs. Emma Race, of Raceburgh, Rooks county, Kansas.*

*The poem in question, with the exception of two words, was written by Dr. B. Higley, of Beaver Creek, Smith county, Kansas, and first published in the Kirwin Chief, March 21st, 1874. We re-*

## New Orleans...

(Continued from page 23)

Oakley Plantation, the old residence of the famed naturalist John James Audubon, the grounds of which are a sanctuary for wildlife. (Look for signs directing you to the Audubon State Commemorative Area.) Returning to Highway 61, make a right turn to St. Francisville for a visit to famed Rosedown Plantation and Gardens. Rosedown is perhaps the most imposing of them all. For a breathtaking view (as well as a fine camera shot) stop on the gravel road leading to the front gate. There, framed by a long avenue of moss-draped oaks, stands Rosedown.

Rosedown was the home of Martha Turnbull, who created gardens fashioned after those at Versailles. The gardens are breathtaking, unrivaled in their beauty. Entering the old home is a step back into the extravagant times of the 19th century that featured black marble mantels, porcelain and china, exquisite chandeliers, antique furniture and wallpaper created expressly for Rosedown.

From Rosedown, it's only a short drive to Cottage Plantation, an antebellum home between Natchez, MS., and New Orleans, where overnight guests are welcomed. Andrew Jackson slept here on his return from Natchez after the Battle of New Orleans. Cottage Plantation, dating from 1795, is complete with slave cabins, milk house, smokehouse, carriage house—even a small schoolhouse. Overnight accommodations include a huge Southern breakfast of juice, bacon and eggs, grits and the best biscuits in the South. (Wakefield Plantation on U.S. 61, eight miles north of St. Francisville, also offers shelter for guests.)

Next, return to St. Francisville, to visit Grace Episcopal Church with its old monuments, tombs and headstones. (You may wish to continue from here to Natchez, about a two-hour drive.) From Grace Episcopal Church take Louisiana 10 to St. Francisville Ferry, crossing the Mississippi to the town of New Roads, proceeding on Louisiana 1 to Randall Oak, one of the world's biggest oaks, then beyond to Olivia and Parlange Plan-

tation. Finally, take Louisiana 1 to the junction with U.S. 190, turning left on 190 to Baton Rouge and a connection with U.S. 61 back to New Orleans. This trip can be made comfortably in two days.

Cajun Country: From Baton Rouge you may wish to continue on to the Cajun country of Lafayette and St. Martinville, rather than returning to New Orleans. Otherwise, if you are starting the journey from New Orleans this is an easy one-day trip via Highway 61 to Baton Rouge, then across the Mississippi to New Iberia, St. Martinville and Lafayette.

While the region is noted for its crayfish stew, jambalaya and other Cajun cooking, St. Martinville is best known as the final meeting place of the tragic lovers, Evangeline and Gabriel, after their flight from Nova Scotia when they were expelled by Protestant Englishmen along with thousands of other Catholic Acadians.

Bayou Lafourche Tour: This is an easy one-day tour. Cross the Mississippi in New Orleans and drive south on U.S. 90 west to Raceland, then turn northwestward to Donaldsonville, returning via the same road, Louisiana 1. This trip could be modified by returning via the east bank on the Old River Road. Another modification: Turn south at Raceland, going all the way to Grand Isle (good bathing and fishing). The Grand Isle extension would require another day.

One-day Mississippi Gulf Coast Tour: Here is a motoring adventure involving 85 miles of scenery and historical landmarks between New Orleans and Biloxi. Take U.S. 90 the entire way. Roughly 30 miles from New Orleans travelers reach Fort Pike where the British camped before the attack in 1814 on New Orleans. After this, U.S. 90 soon parallels a 300-foot-wide beach. From Bay St. Louis to Gulfport and Biloxi the highway passes a number of resort areas. (In Biloxi visit the home of Jefferson Davis.)

A short, short tour: Board the *Bayous Jean Lafitte* in New Orleans (a replica of the old Mississippi stern-wheelers) for a journey along the river from the foot of Toulouse Street Wharf. You'll sail past moss-covered oaks, shrimp fishermen, oil drillers and riggers, an Indian cemetery, Bayou Baratavia and other river sights. The vessel sails in the morning and returns to New Orleans in the late afternoon.

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# ELKS NATIONAL SERVICE COMMISSION

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



Des Plaines, IL, Lodge presented a 25-inch color TV set and a Brunswick professional pool table as Christmas gifts for the year-round enjoyment of veterans at the North Chicago VA Medical Center. These gifts were made possible from the proceeds of a Veterans Ball that was held in November and the lodge's American flagpole sales program. On hand for the presentation of the TV set were Warren Taylor, chief of volunteer service at the center; Edwin Dahm, lodge National Service chm.; Joseph Burval, Americanism chm.; and Gary Burke, recreational director of the center.



Cohoes-Waterford, NY, Lodge donated to the Albany, NY, VA Medical Center a microwave oven, four lap robes, 200 paperback books, six jigsaw puzzles, and \$200 for the general post fund. Pictured are lodge VAVS Committeemen William Daubney and William Wurthman; Chm. S. Kenneth Wright; Dr. Stephen Price, chief of psychiatry; and Gerald Shook, Sr., Elks VAVS representative at the center.



Members of the National Service Committee of Annapolis, MD, Lodge visited the VA Medical Center in Washington, DC, to deliver clothing, books, playing cards, and toiletry items valued at \$1,543. Pictured from left are Elizabeth Googe, voluntary service specialist at the center; PER James McNamara, chm. of the committee; and committee members Roy Sears, Charles Efford, Henry Segelken, and Milton Ford.

**MADISON, TN,** Lodge, located in suburban Nashville, entered a float in the Nashville Veterans Day Parade. Lodge members also joined an estimated 4,000 other persons who marched in the parade.

Bob Bercik, a member of the Davidson County Veterans Coordinating Committee and also chm. of the lodge National Service Committee, helped arrange the parade. Other members who participated in the parade were ER Jerry Farmer; PERs John Autry and Charles Head; and Brother Robert McGraw, a retired Air Force veteran.

**ENGLEWOOD, FL.** On behalf of Englewood Lodge, National Service Committee Chm.

Walter Crone, Est. Lead. Kt. Harry Pause, and Committeeman Ransome Riggs visited the Bay Pines, FL, VA Medical Center and presented checks totaling \$1,500 to Brother Robert Simonds of St. Petersburg Lodge, district National Service Committee chm., and Lee Brown, director of rehabilitation at the center. The money is to be used for the patients' welfare and recreation.

**RANDOLPH, MA,** Lodge recently held an "Appreciation Night" for John L'Heureux, who was severely injured in October, 1983, when the U.S. Marine headquarters in Beirut, Lebanon, was blown up by a terrorist bomb. At the time of the attack, John was a 19-year-

old lance corporal in the Marines stationed on the roof of the headquarters.

Members of Randolph Lodge have been very supportive of John during his recovery, and, according to his family, "he has come a long way." He attended the appreciation night in uniform. In February of this year he became a lodge member.

**MIDDLETOWN, NJ,** Lodge held a Christmas Party for 30 veterans from the Crest Manor Nursing Facility in Sea Girt, NJ. The veterans were treated to a steak dinner and each received many presents. Entertainment was provided by the Elks' ladies.

# did you know..



mighty proud of Albert First.

He was the first editor of the Dowagiac Elks' *Hi-Lites* newsletter. Al is also the oldest secretary of any lodge in Michigan. He's 85 years young. The lodge recently gave First a first with a testimonial dinner. He is PDDGER and an aide to state president John Jordan. We add our salute to Al First.

...

"Mr. Elk" of Saginaw Lodge No. 47, Frank C. Stobbart, PDDGER, recently retired as lodge secretary. This ended 43 years of continual service to Elkdome.

Bro. Frank served in every office of the lodge, and virtually every committee during these many years. He was Elk of the Year in 1970-71.

In addition to all of his devotion to his home lodge he also served the East Central District of the Michigan Elks Association in many capacities and was DDGER in 1960-61.

No wonder Saginaw Lodge honored Frank Stobbart. We join them with a tip of the chapeau.

...

While the New England Patriots were playing before 75,000 fans in Denver their cheerleaders were at Weymouth, MA, Lodge No. 2232 performing for 300 patients from area veterans hospitals.

Now being an Elk official isn't all that bad. Among those assisting the cheerleaders in bringing happiness to the vets were Diron Avedisian, director, Elks National Service Commission; PGERs Leonard J. Bristol and Robert A. Yothers, and Alfred Mattei, grand esteemed leading knight.

Incidentally, when Veteran Tom McCoy arrived at Circle District's ball he got a super big reception. He was on a stretcher.

Elkdome is going to have a new centurion member come June 25. William A. Courneen, a member of Lyons, NY, Lodge No. 869, will reach his 100th birthday then.

But that's not all. Lyons Lodge already has had a celebration in Brother Courneen's honor. The reason—he marked his 75th anniversary as an Elk on January 31. We add our congratulations and thanks to PER Harold F. Humbert for telling us about it.

...

The Alabama Elks Association has begun publication of a new quarterly magazine, *The Alabama Elk*.

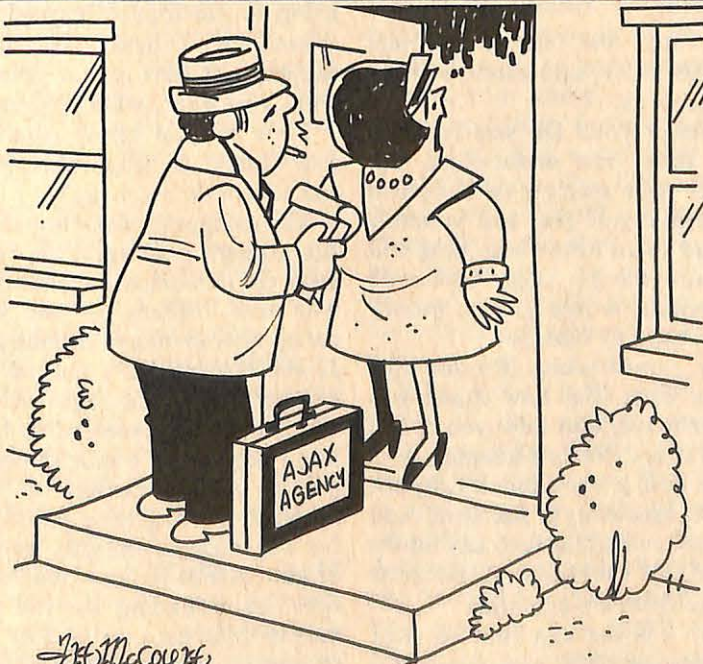
They didn't tell us who the editor is but Archie Short is state president and we suspect he had a hand and a foot in it. Of course, PGER Bob Pruitt is mighty proud of the new effort.

One thing we learned from the new publication is that during the year the Alabama Elks Memorial Center served 295 handicapped persons. The ages ranged from 16 to 63 and six were from out of state.

That's what we mean when we say "Elks Care—Elks Share."

...

While we're on the subject of Elks Newsletters, Dowagiac, MI, No. 889 is



Tom McCorke

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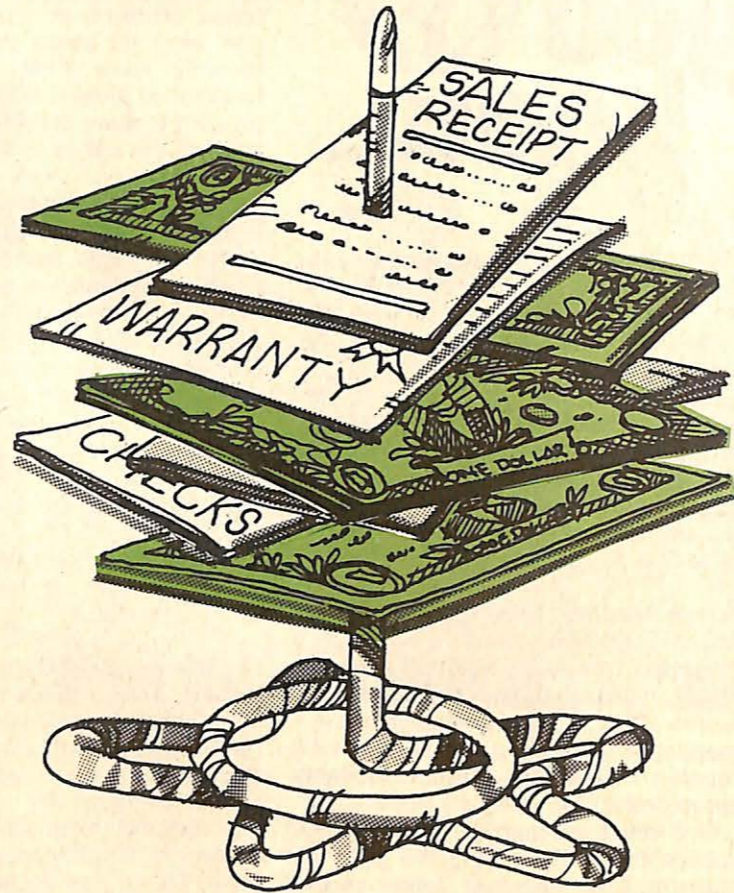
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# THOSE IMPORTANT "PIECES OF PAPER"



## A Little Foresight Can Make A Big Difference

by Emilee Hines



Jim and Kathy A. paid \$247 more in taxes than they should have, and their daughter had to be revaccinated to enter school, because they'd lost her immunization card.

Sally and Bob J. were threatened with a utility cutoff, even though they'd paid the bill. They routinely tossed out canceled checks and bank statements each month after a quick glance.

Andrew S. bought a power saw that broke down the third time he used it. It was still under warranty, but he hadn't filled in the warranty card, and had thrown away his sales

slip and papers that came with the saw.

These are not stupid people. They're just busy, and careless about keeping records.

How about you? Do you feel you are due more tax deductions, but can't find your receipts or cancelled checks? Have you ever lost valuable papers and spent hours searching and more hours having them replaced? Do you wonder where all your money goes? It's time to find out.

To live comfortably, it's not how much you earn, but how much you keep after taxes, and how you spend it, that matters. Record keeping does take time, and it's not much fun, but it pays off, especially at tax time. And in the awful event that your tax return is audited by the Internal Revenue Service, records are essential.

January 1 is the best time to start record keeping, but any time is a good time. It's easier if you have a

file cabinet, but you can start out using a cardboard carton, or one drawer of a desk. The important thing about files is that you can find what you want, when you need it.

How do you know what to save, and almost as important, what you can safely throw away?

The categories you choose for your file folders will vary depending on your circumstances. Most households will need folders for the following categories, arranged alphabetically:

**1. AUTOMOBILE:** This includes the car title—not the registration card, which must be presented by the driver upon request by police in most states and is usually carried in the car—automobile insurance policy, receipt for purchase of the car, and records of automobile repairs. Warranties for tires, batteries and for the car itself may be filed here, or may be kept in a special file with warranties for other items.

**2. BANK:** This folder holds the checkbook (which should always be kept in a locked place when not in use, never carelessly lying about or stuck into a cluttered drawer), the savings passbook and latest bank statements.

**3. BILLS:** Only until they are paid; then they are filed under the proper category, such as 'automobile.'

**4. CHARGE ACCOUNTS:** Charge account slips are filed here, when purchases are made, then matched up with monthly account statements. The due dates are noted on a calendar, to avoid finance charges. Charge records are kept for the entire year, as interest is tax deductible.

**5. GUARANTEES AND WARRANTIES:** In addition to the usual guarantees and warranties for appliances, keep a list of any furs or clothing in summer storage, season tickets, certificates of membership, and contracts for purchase of cemetery plots and perpetual care, and registration and license for pets.

**6. HOUSING:** Schedule of mortgage payments and the policy number and company name of the fire and flood insurance on the house and its contents. (The actual policy is kept in a safe deposit box.) Also in this file are receipts for purchases that become a part of the property, such as storm windows, air conditioning and fencing. These affect the value of the house, and keeping these records may mean lower taxes when the house is sold.

**7. INSTRUCTIONS:** Instructions for operating all household appliances and personal appliances, such as typewriter, camera, hair dryer; and fabric content and care instructions for newly purchased clothing.

**8. LOANS:** This might have been a part of the 'bank' folder, but since interest charges are tax deductible, it's a good idea to have a separate folder for payment books and notes.

**9. MEDICAL:** Names, addresses and telephone numbers of doctors consulted, medical and dental bills, health insurance policies, receipts for prescription drugs, and prescriptions for eyeglasses. Almost all medical items are tax deductible.

**10. PERSONAL PAPERS:** Should contain copies of wills, marriage and birth certificates, naturalization papers. The original will should be left with your bank's will-keeping ser-

vice, for security and easy access. Originals of other papers, as well as passports and powers of attorney should be kept in a safe deposit box or other safe place.

**11. PERSONNEL:** College transcripts, diplomas, citations for good work, resumes, records of applications for jobs, evaluations, and social security numbers.

**12. STOCKS AND SECURITIES:** Since stock certificates are negotiable, they may be stored in a safe deposit box or left with the broker. In your home file keep records of stock purchases and sales, annual reports from companies you own shares in, and information on stocks you are considering buying. Records of stock transactions are crucial at tax-time.

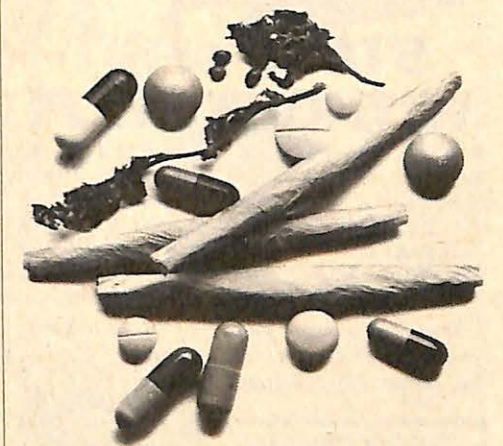
**13. TAX RECORDS:** Almost everything in the files has some relation to taxes, should there be a casualty loss, death, divorce or sale of property. This file, however, is specifically for records of income, dividend statements, the previous year's federal, state and local tax returns, IRA's, wages you paid to others and their social security numbers, and records of any lost or stolen items. Tax records should be saved for three years.

**14. UTILITIES:** Paid bills for electricity, gas, telephone, water, sewage, trash removal are arranged chronologically by type of utility, in envelopes. The tax on utility bills is deductible from taxes in some states. In addition, having an entire year's records of utilities is important in establishing a budget or deciding on whether to make energy-saving additions to your home.

The best filing system in the world won't help if it's not used, and no checkbook can be balanced unless items are entered correctly and promptly on the stub. Saving and filing papers may be boring, but it's quicker and easier than turning the household upside down searching for a lost receipt.

What would it be worth to know where all your records are, whether you've paid for things, what you can deduct on your taxes? You'll be paid in time saved, in peace of mind, and very likely in money too, through tax deductions, no bank charges for bad checks, and lower finance charges for bills paid on time. Start saving and filing those precious pieces of paper.

# Get involved with drugs before your children do.



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

So what can you do? Obviously, the time to talk to your children about drugs is before they have to make a decision on their own.

Which means you have to learn something about drugs.

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

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

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

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

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

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

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

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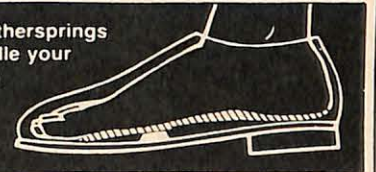
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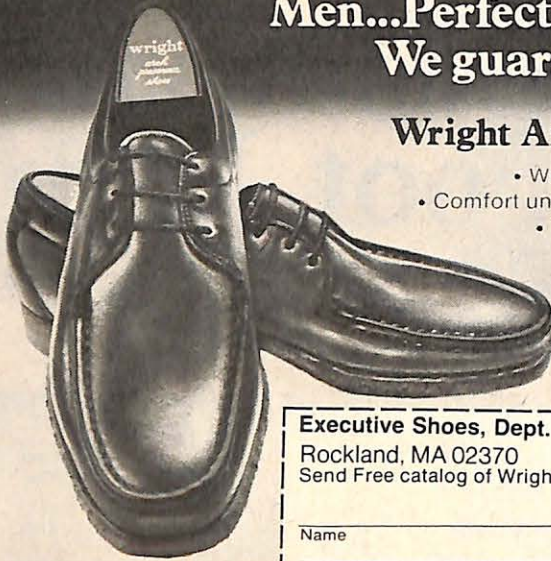
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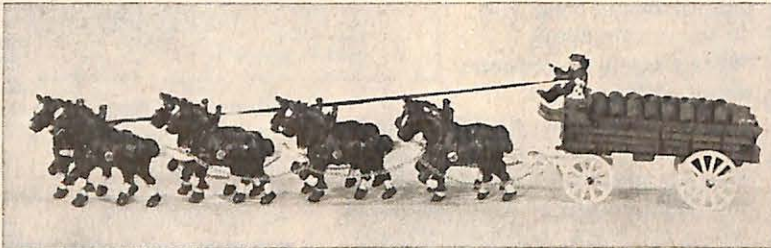
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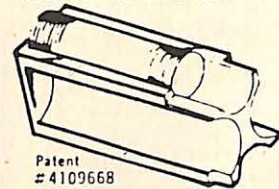
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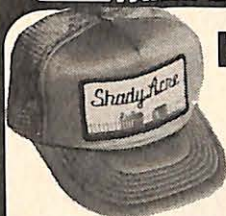
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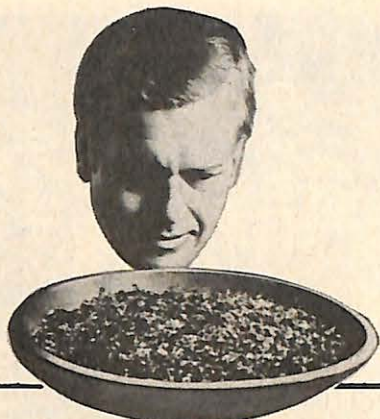
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TOTAL AMT. ENCLOSED	

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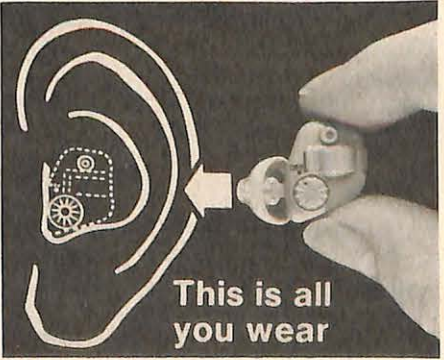


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State	Date	Place	State	Date	Place
AL	6/6 to 6/9	Huntsville	NE	6/7 to 6/9	Kearney
AK	5/16 to 5/18	Kenai	NV	6/20 to 6/22	Sparks
AZ	5/8 to 5/11	Tucson	NH	5/17 to 5/19	North Conway
AR	5/17 to 5/19	Eureka Springs	NJ	6/6 to 6/9	Wildwood
CA & HI	5/15 to 5/18	Long Beach, CA	NY	5/16 to 5/19	Kiamesha Lake
CO	9/5 to 9/7	Boulder	NC	5/17 to 5/19	Raleigh
CT	5/31 to 6/2	Grossinger, NY	ND	6/8 to 6/10	Dickinson
FL	5/23 to 5/26	Tampa	OH	4/25 to 4/28	Columbus
GA	6/6 to 6/8	Jekyll Island	OK	4/26 to 4/28	Oklahoma City
ID	6/25 to 6/27	Lewiston	OR	5/2 to 5/4	Seaside
IL	5/17 to 5/19	Peoria	PA	5/16 to 5/18	Champion
IN	6/7 to 6/9	Fort Wayne	RI	5/3 to 5/4	Misquamicut
IA	5/3 to 5/5	Davenport	SC	6/21 to 6/23	Rock Hill
KS	5/2 to 5/5	Manhattan	SD	6/6 to 6/8	Aberdeen
KY	5/23 to 5/25	Madisonville	TN	5/11 to 5/13	Memphis
ME	5/17 to 5/19	Bangor	TX	6/19 to 6/22	Harlingen
MD, DE & DC	6/21 to 6/23	Glen Burnie, MD	UT	5/16 to 5/19	Price
MA	6/7 to 6/9	Bretton Woods, NH	VT	6/7 to 6/9	Whitefield, NH
MI	5/17 to 5/19	Clawson-Troy	VA	6/21 to 6/23	Lynchburg
MN	6/20 to 6/22	Albert Lea	WA	6/13 to 6/16	Wenatchee
MS	5/3 to 5/5	Greenville	WV	8/8 to 8/10	Charleston
MO	4/19 to 4/21	Lake of the Ozarks	WI	5/3 to 5/5	Wausau
MT	7/24 to 7/27	Miles City	WY	5/17 to 5/18	Casper

## Departed Brothers

**PAST DISTRICT DEPUTY** William B. O'Connell of Albion, NY, Lodge died November 19, 1984. Brother O'Connell served as District Deputy Grand Exalted Ruler for the West Central District of New York in 1951-52.

**PAST DISTRICT DEPUTY** John J. Lynch of Pawtucket, RI, Lodge died November 24, 1984. Brother Lynch served as District Deputy Grand Exalted Ruler for the state of Rhode Island in 1949-50.

**PAST DISTRICT DEPUTY** Robert Bauer of Fort Morgan, CO, Lodge died December 4, 1984. Brother Bauer served as District Deputy Grand Exalted Ruler for the North District of Colorado in 1979-80.

**PAST DISTRICT DEPUTY** Robert B. McKay of Greenville, TX, Lodge died January 7, 1985. Brother McKay served as District Deputy Grand Exalted Ruler for the Northeast District of Texas in 1978-79.

**PAST DISTRICT DEPUTY** W. Gordy Wynne of Sheffield, AL, Lodge died recently. Brother Wynne served as District Deputy Grand Exalted Ruler for the North District of Alabama in 1966-67.

**PAST DISTRICT DEPUTY** H. B. Boothe of Fairhope, AL, Lodge died

recently. Brother Boothe served as District Deputy Grand Exalted Ruler for the South District of Alabama in 1968-69.

**PAST DISTRICT DEPUTY** Harlow M. Stahl of Bellevue, OH, Lodge died January 11, 1985. Brother Stahl served as District Deputy Grand Exalted Ruler for the North Central District of Ohio in 1935-36.



**PAST DISTRICT DEPUTY** Patrick Melillo of Lyndhurst, NJ, Lodge died December 18, 1984. Brother Melillo served as District Deputy Grand Exalted Ruler for the North Central District of New Jersey in 1967-68.

**PAST DISTRICT DEPUTY** Walter S. Wirmusky of Hoosick Falls, NY, Lodge died recently. Brother Wirmusky served as District Deputy Grand Exalted Ruler for the Northeast District of New York in 1972-73.

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72A-43V

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

# CORDLESS ELECTRIC TOOTHBRUSH

Have you seen similar battery-powered toothbrushes selling for \$20 and more? This one is yours FREE with any order! It's scientifically designed to clean your teeth and massage your gums the way Dentists recommend. Lightweight, streamlined, perfect for home or travel. Comes complete with 4 brushes, holder and batteries.



**FREE WITH EVERY ORDER**

Makes a wonderful gift. Just check the box in the order form. Return it with your order and add \$1.00 to cover shipping of your FREE Cordless Electric Toothbrush.

This offer expires April 30, 1985



Bob Lee

Don't buy Vitamins 'til You Check

# MY LOW VITAMIN PRICES!

They're probably lower than you dreamed possible—especially if you have been buying in the store.

But that's only half the story. Most important, you'll also love our high quality and the personal attention you get. Send in your order today while these low prices are in force.

## VITAMINS BY MAIL FROM LEE NUTRITION

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

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

90 for **2.98**  
250 for **6.00**  
500 for **9.85**

SPECIAL OFFER from Bob Lee B229

**400 UNIT VITAMIN E CAPSULES** COMPARE ANYWHERE  
 100 for 1.59  
 500 for 7.89  
 1000 for 15.75  
 LIMIT ONE OF ANY SIZE TO A FAMILY OFFER EXPIRES 4/30/85 MAIL COUPON WITH ORDER

SPECIAL OFFER from Bob Lee B229

**500 MG. VITAMIN C with Rose Hips** COMPARE ANYWHERE  
 100 for 87¢  
 500 for 3.99  
 1000 for 7.59  
 LIMIT ONE OF ANY SIZE TO A FAMILY OFFER EXPIRES 4/30/85 MAIL COUPON WITH ORDER

### NATURAL VITAMIN C Tablets With Rose Hips AT FANTASTICALLY LOW PRICES

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

### VITAMIN E CAPSULES MONEY BACK GUARANTEE—HIGHEST QUALITY

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

<b>ALFALFA TABLETS</b> 100 TABLETS <b>38¢</b> 500 for 1.55	<b>DESICCATED LIVER TABLETS 7½ Grain</b> 100 TABLETS <b>69¢</b> 1000 for 3.50	<b>COD LIVER OIL CAPS</b> 100 CAPSULES <b>88¢</b> 500 for 3.99
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PRICES IN THIS AD GOOD UNTIL APRIL 30, 1985

MAIL YOUR ORDER TO:

Lee Nutrition  
290 MAIN ST.  
CAMBRIDGE, MASS. 02142

MASTER CARD and VISA accepted on orders over \$10.00. Please print card number and expiration date on separate piece of paper. We reserve the right to limit quantities.

QUANTITY	SIZE	NAME OF PRODUCT	TOTAL PRICE

Shipping charge for Electric Toothbrush \$1.00

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

SATISFACTION GUARANTEED TOTAL AMOUNT

FREE Cordless Electric Toothbrush  Just check this box, add \$1.00 for shipping your FREE Cordless Electric Toothbrush and mail your order by April 30, 1985.

B229

PRINT NAME

ADDRESS

APT.

CITY

STATE

ZIP

<b>Herbal Diuretic</b> 100 Tablets <b>1.49</b> 500 for 5.99	<b>Neuramints (ANTI-ACID) TABLETS</b> 100 TABLETS <b>1.25</b> 500 for 5.49	<b>19 GR. 1200 MG. HI-POTENCY LECITHIN</b> 100 CAPSULES <b>1.09</b> 500 for 4.95
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<b>BREWERS YEAST TABLETS 7½ GR.</b> 250 TABLETS <b>79¢</b> 1000 for 1.99	<b>VITAMIN A</b> 25,000 UNITS 100 FOR <b>1.19</b> 500 for 4.75	<b>HIGH FIBER BRAN TABLETS</b> 500 MG. 100 TABLETS <b>69¢</b> 500 for 2.99
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<b>KELP TABLETS</b> 100 Tablets <b>35¢</b> 1000 for 1.50	<b>SUPER ORGANIC IRON TABS</b> 100 TABLETS <b>1.49</b> 500 for 5.49	<b>CHILDREN'S NATURAL CHEWABLE VITAMINS</b> 100 TABLETS <b>1.25</b> 500 for 5.49
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<b>THE MOST WANTED POTENCY</b> 250 mg Capsules <b>GINSENG</b> 100 for <b>\$2.89</b> 500 for <b>\$12.95</b>
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<b>100-B COMPLEX</b> 50 Tabs <b>\$3.35</b> 100 Tabs <b>\$5.49</b>	100 MG. EACH OF B-1, B-2, B-6, NIACINAMIDE, CHOLINE, INOSITOL, PANTOTHENIC ACID & PABA, 100 MCG. EACH OF B-12, BIOTIN & FOLIC ACID.
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<b>Pure LECITHIN GRANULES</b> 1 lb. <b>2.98</b> 2 lbs. <b>5.49</b> 4 lbs. <b>9.99</b>
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<b>BONE MEAL TABLETS</b> 100 Tablets <b>49¢</b> 1000 for 3.69	<b>POTASSIUM GLUCONATE 995 MG.</b> 100 TABLETS <b>95¢</b> 500 for \$4.29 1,000 for \$7.99	<b>L-LYSINE</b> 500 mg 100 Tablets <b>2.98</b> 300 for 8.48
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<b>"S.O.D." Super Oxide Dismutase 2000 Unit Tablets</b> 50 Tablets <b>4.00</b> 100 Tablets <b>6.50</b> 200 Tablets <b>12.50</b>	<b>HIGH POTENCY VITAMIN B6</b> 50 MG. TABLETS 100 MG. TABLETS 100 for <b>89¢</b> 500 for 3.98 100 for 1.49 250 for 3.65
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<b>Papaya Papain Digestant</b> 100 Tablets <b>65¢</b> 500 for \$2.75	<b>100 MCG. VITAMIN B-12</b> 100 FOR <b>65¢</b> 500 FOR 2.50	<b>500 MCG. VITAMIN B-12</b> 100 FOR 1.95 500 FOR 7.50
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<b>BALANCED 50 MG B-COMPLEX</b> HI-POTENCY "LEE-PLEX 50 MG." In 1 cap daily 50 mg. each of Vit B1, B2, B6, Niacinamide; Pantothenic Acid, Choline, Inositol, 30 mg. Para-Aminobenzoic Acid. 50 mcg. each of B12, d-Biotin. 100 mcg. Folic Acid. 50 Caps <b>1.79</b> 100 Caps <b>2.69</b> 500 Caps <b>10.59</b>
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<b>VITAMIN A &amp; D (5000A, 400D)</b> 100 Tablets <b>49¢</b> 500 for \$1.95	<b>9 Vital Minerals Multi-Minerals</b> 100 Tablets <b>98¢</b> 50 tablets <b>\$4.50</b>	<b>DOLOMITE TABLETS</b> Laboratory tested 100 Tablets <b>43¢</b> 1000 for 1.79
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<b>500 MG. TABS BEE POLLEN</b> 100 FOR 2.19 500 FOR 7.50 <b>1000 MG. TABS BEE POLLEN</b> 100 FOR 4.25 500 FOR 14.75	<b>Chelated ZINC 10 MG. TABLETS</b> 100 Tablets <b>37¢</b> 1000 for 3.49	<b>GARLIC OIL CAPSULES</b> 100 CAPSULES <b>79¢</b> 500 for 3.19
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<b>"KEY 4" TABS</b> KELP, VITAMIN B6, LECITHIN & CIDER VINEGAR Highest Quality— Only the low price is different 100 for <b>79¢</b> 500 for <b>2.99</b>	<b>L-Tryptophan</b> 100 MG. Tablets 100- <b>3.49</b> 500- <b>16.50</b> 500 MG. Tablets 30- <b>4.75</b> 60- <b>8.00</b>
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<b>Acidophilus CAPSULES</b> 100 CAPSULES <b>1.79</b> 500 for 8.75	<b>DOLOMITE &amp; BONE MEAL</b> The ideal combination 100 Tablets <b>59¢</b> 500 for 2.49	<b>Therapeutic with Minerals</b> —same potency and formula as Squibb's Theragran M® 100 Tablets <b>1.98</b> 500 for 9.49
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<b>HERBAL LAXATIVE</b> 100 Tablets <b>85¢</b> 500 for 3.49	<b>HI-POTENCY STRESS FORMULA B COMPLEX &amp; Vit. C</b> 100 TABS 1.95 250 TABS 3.89
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<b>"Natural 12" A dozen Supplements in ONE tablet</b> Brewer's Yeast, Lecithin, Alfalfa, Kelp, Rose Hips, Whey, Papaya, Apple Pectin, Wheat Germ, Dolomite, Desiccated Liver, Bone Meal. 250 for 1.85 500 for 2.98 1,000 for 5.49
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<b>GLUCOMANNAN 500 MG.</b> 90 CAPS <b>\$6.95</b> 180 CAPS <b>\$13.50</b>	<b>100 MCG SELENIUM</b> 100 for <b>2.25</b> 500 for \$9.95
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### INDIVIDUAL B-VITAMIN Tablets

100 mg. VITAMIN B1	100 for \$1.25	500 for \$5.50	1,000 for \$9.85
50 mg. VITAMIN B2	\$1.25	\$5.50	\$9.85
50 mg. NIACIN	85¢	\$3.49	\$5.50
100 mg. NIACINAMIDE	\$1.00	\$3.85	\$6.50
400 mcg. FOLIC ACID	65¢	\$2.85	\$4.95
100 mcg. B12	65¢	\$2.50	\$4.35
300 mcg. BIOTIN	\$1.45	\$6.50	\$10.95
250 mg. CHOLINE	\$1.65	\$6.95	\$12.00
250 mg. INOSITOL	\$3.75	\$16.89	\$29.75
100 mg. PANTO. ACID	\$1.69	\$5.75	\$9.75
100 mg. PABA	\$1.00	\$4.50	\$7.85