

the
Elks
magazine
MAY 1985



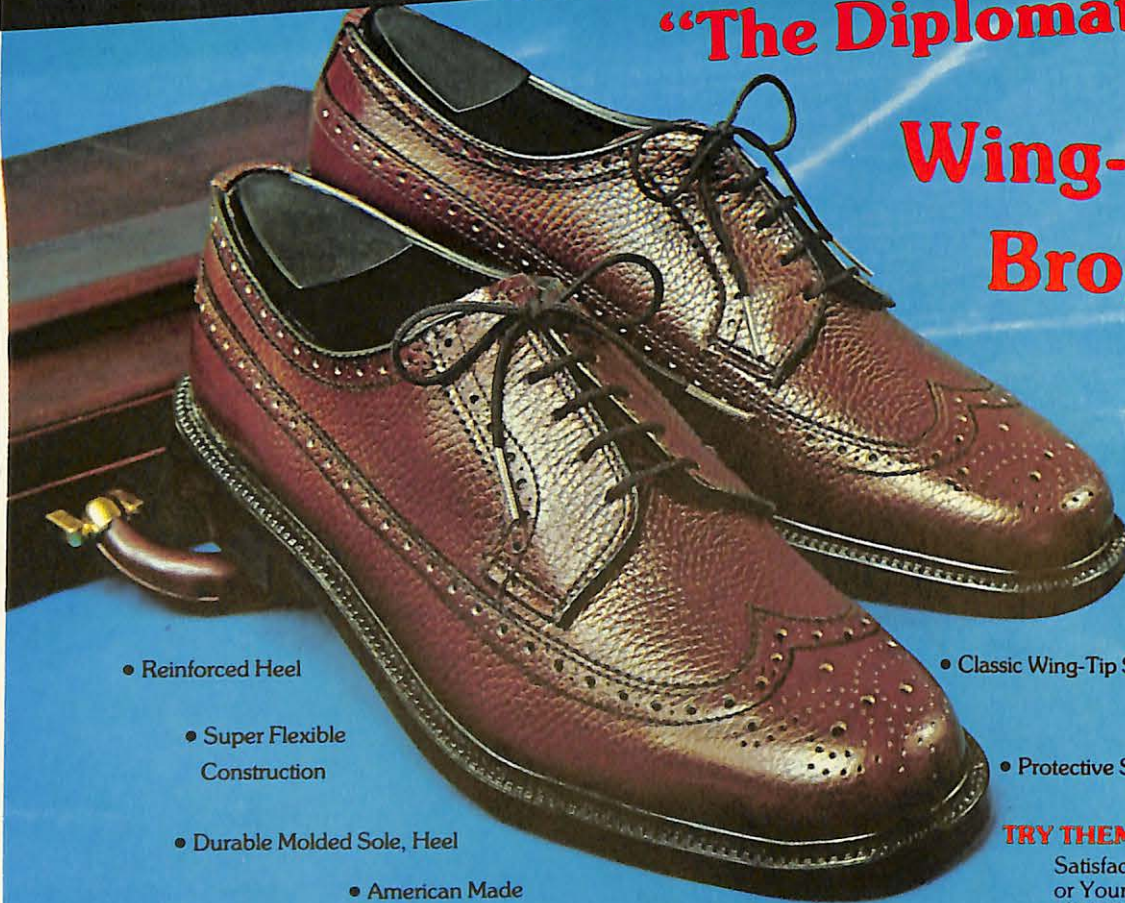
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A MESSAGE FROM THE GRAND EXALTED RULER

A Month for Caring and Sharing

Events in May serve as reminders of the year-round commitment that ELKS CARE - ELKS SHARE. The first week we designate as Elks Youth Week when our dedication to the young people of America is emphasized. It is an opportunity to tell everyone about all of our youth programs: that we are second only to the Federal Government in the amount of scholarships awarded to students of scholastic and financial merit; that more of our Lodges sponsor Boy Scout troops than any other fraternal organization; that our Drug Awareness Program is effectively working with local officials and organizations in thousands of communities, expanding the emphasis to young people of the prevention of drug misuse.

Mother's Day, on May 12, highlights the importance of family to our Order. In our travels around the country this year, Polly and I have been most pleased and impressed by the great success in *all* areas, of the Lodges that include an abundance of family-oriented activities in their programs.

As Elks, we are fervently patriotic and mourn the Nation's departed servicemen and women on Memorial Day. That same patriotism constantly motivates our many and intense endeavors to the benefit of veterans of all conflicts who must be in hospitals.

Be reminded this month and be ever aware of our noble purposes and our continuing accomplishments based on the premise that ELKS CARE - ELKS SHARE.

Frank O. Garland

6 Teen Suicide...The Untimely End

Suicide is the third leading cause of death among young people, and parents need to recognize the signals.

Sandra Konte

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Mildred Jailer

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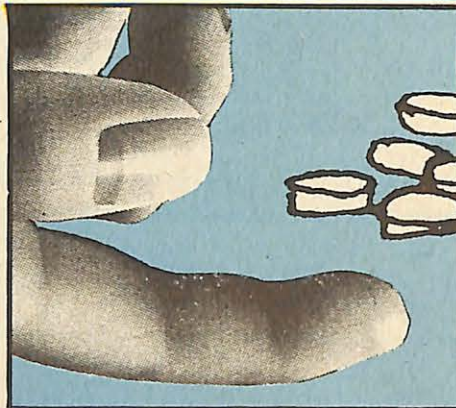
Samuel Greengard

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Our nation's Capitol greets spring.



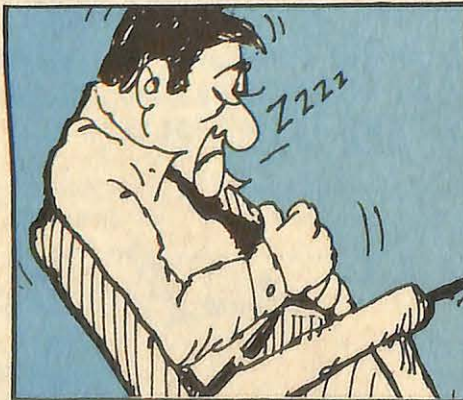
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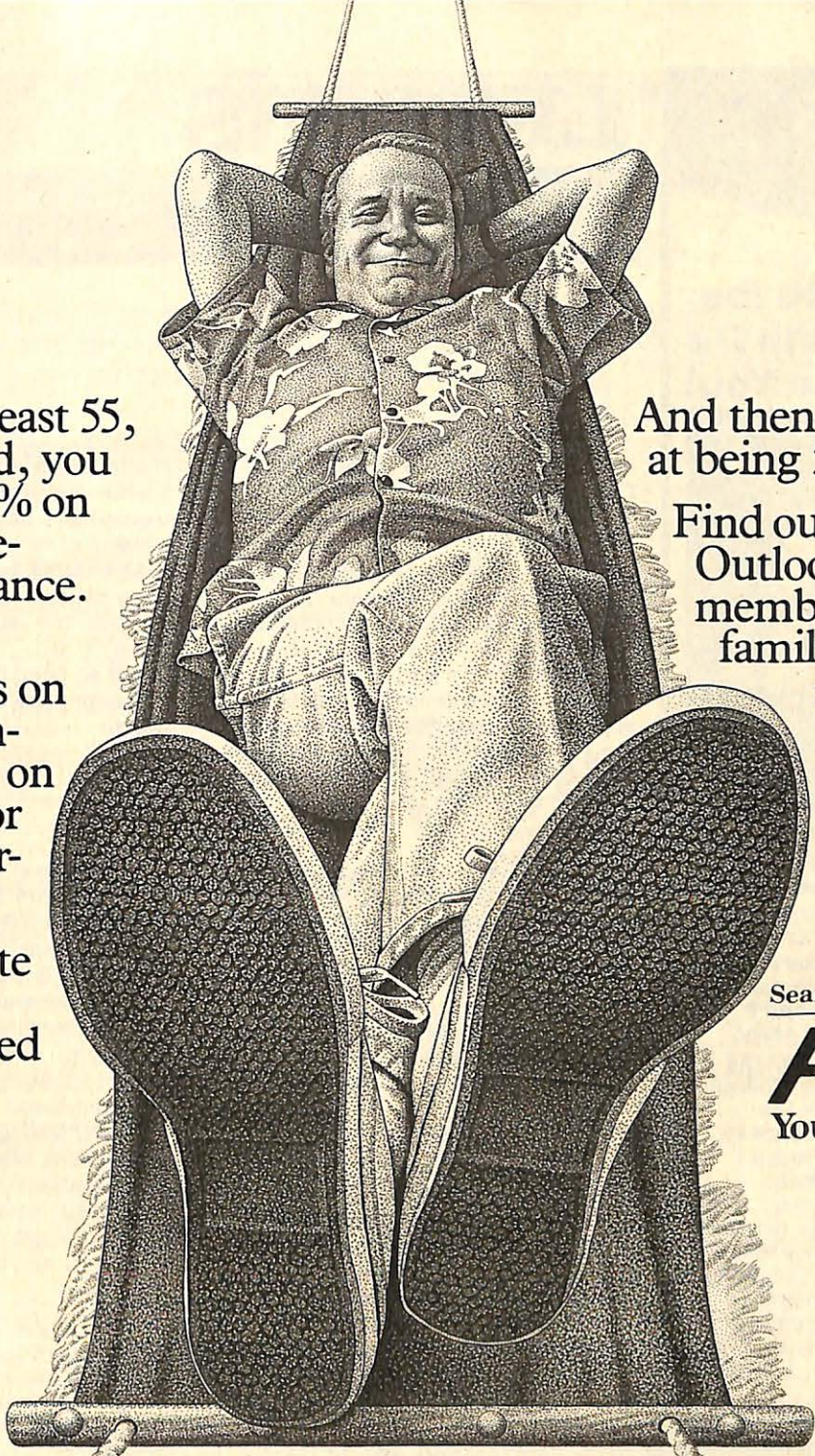
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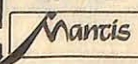
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LETTERS

• February's "On Tour with Frank O. Garland" included a photo of lodge members and GER Garland holding bumperstickers. The caption identified everyone in the front row except "an unidentified new lodge member."

How sad. New Brothers should be our most precious commodity. They should be made to feel a part of the workings of Elksdom; none should be relegated to the status of "unidentified new members."

Robert C. McNeil
Harlingen, TX

mother and Bill Cody were personal friends. Though Mom is gone now, she would have been pleased with this fine article.

My mother told me many of her memories of this fine man who accomplished all that the author related and even more.

It is so good to read the praises of our pioneering ancestors; a good article, indeed.

Vernon W. Hayes
Monrovia, CA

• I noted three misspellings of the word 'cemetery' in Louis Schafer's "The Last Word" (March issue).

Perhaps 'the last word' on the subject should be:

"Here lies an author of note;
He couldn't spell all he wrote."

Charles P. Boren
Clarkston, WA

• In reference to Richard Grant's excellent article on Buffalo Bill Cody, I'd like to point out that contrary to what might be expected, Bill Cody's body is not buried in Cody, Wyoming.

His gravesite is located on Lookout Mountain, west of Denver, Colorado, and overlooking the city of Golden.

I understand that there was considerable bad feeling about the location of his final resting place at the time of Cody's death. In fact, to prevent the possibility of a rival faction's stealing Cody's remains, the grave is protected by tons of steel rails and poured concrete.

John G. Smith
Ely, NV

• Concerning the article "A Message in a Bottle" (February issue), my wife and myself are avid freighter travellers and we have thrown bottles containing messages offering a \$2.00 reward for return correspondence into the following waters: Gulf of Mexico, Caribbean Sea, North and South Atlantic Ocean, North and South Pacific Ocean, the Mediterranean, Arabian Sea, Bay of Bengal, Indian Ocean, South China Sea, Sulu Sea, Bay of Alaska and other lesser bodies.

Thus far we have received responses from India, Sri Lanka, Belize, Panama, and Nicaragua, not to mention those responses from coastal areas of North America.

Though our ratio of returns seems to be less than referred to in the article, we enjoy this fascinating hobby.

John E. Freeland
Winter Haven, FL

• The article "Buffalo Bill and the Wild, Wild West" was a most interesting and enjoyable account of the life of a great American.

However, the article failed to point out that Bill Cody was also a Master Mason, Scottish Rite Mason and Shriner. This is significant to those of us who share membership in the Elks and the Masonic fraternity.

Duane H. Gasaway
Reno, NV

• I enjoyed Richard Grant's "Buffalo Bill and the Wild, Wild West" (February issue) and would like to relate that my

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TEEN



SUICIDE

The Untimely End



by Sandra Konte

In Melrose, Massachusetts, 14-year-old Vivienne Loomis walks into her mother's empty silver-smithing studio, ties a rope around her neck, and hangs herself.

In Ridgewood, New Jersey, 16-year-old Jeffrey Hunter, a bright, popular adolescent, also hangs himself. A group of his friends discuss the reasons why. Suddenly, Christopher Mathieson, also 16, leaps up and hurries home, mumbling he has something to do. Sometime later, he is found, hanged, in a stairway closet.

In Fairfax, Virginia, 11 teenagers kill themselves during the 1980-81 school year. In Plano, Texas, six young people commit suicide in as many months. And in Westchester County, New York, six other young people take their own lives within weeks of each other.

In the case of one of them, 16-year-old Christopher Ruggiero, the bewildered coroner refuses to rule his self-inflicted hanging as suicide. He

says interviews with the boy's family had failed to uncover "a viable reason" for Ruggiero to kill himself.

To those of us who see our children's teen years as the happiest period of their lives, free from the cares that burden us as adults, it is difficult indeed to discern any "viable reason" for the national rise in youthful suicides.

Yet the most recent statistics on adolescent hangings, shootings, and self-asphyxiations are appalling enough to make even the most skeptical wonder if there is more to the teen years than parties and pep rallies.

• Each year, approximately 5,000 young people succeed in killing themselves.

• The youthful suicide rate has tripled since the mid-1950's.

• Twenty percent of those treated for depression are under the age of 18.

• Suicide is currently the third leading cause of death among young people, behind accidents, yet ahead of fatal illnesses.

It is likely that the unexpurgated statistics on this are even more staggering. Yet, according to Violet Smith of the Contra Costa (California) Crisis and Suicide Intervention Service, many professionals have been reacting exactly like the New York coroner.

"This represents only the tip of the iceberg," she says.

"Suicides tend to be under-recorded

at the Marin County (California) Suicide Prevention Center, "Most young people who succeed in committing suicide had been throwing out signals for some time. And each and every one of those signals was an absolutely desperate cry for help."

Marcia G. Scherago, of Burke, Virginia, will always regret she avoided her 16-year-old son's question about suicide several weeks before he hanged himself.

"He asked me if I had ever considered suicide when I was young," she told the Senate Judiciary Subcommittee on Juvenile Justice. "I said, 'Sure, I considered it,' and I took it kind of lightly. I thought that was a normal question for a teenager to ask."

The mother of a young girl who had made several attempts on her own life added, "Susan talked to me

But how many parents pay attention, and how many, as Lee Pollak says, "...burst into incredulous laughter and say, 'You're crazy...not my kid?'"

She adds, "A large portion of young people will threaten suicide, or attempt it, beforehand. But I've known parents who reject recommendations that a child get therapy, claiming they should learn how to handle their own problems."

This opinion was dramatized by the recent case of a 16-year-old boy who hurled himself out of a lower-story window. His father berated him so much for his carelessness that he claimed he had actually fallen out the window while looking at a girl.

His next suicide attempt, several weeks later, was successful.

Even more poignant is this account by the mother of the 18-year-old

"Teenagers haven't learned to deal with problems on an adult level, and their difficulties—lack of acceptance by peers, a bad grade, a break-up with a girlfriend or boyfriend, can seem overwhelming to them."

about suicide before her attempt, but it was always about other children. Looking back on it, I had no idea she was telling me what she was feeling."

In fact, less than 10 percent of youthful suicides can be classified as psychotic. Not too surprisingly, parents lulled into the false sense of security that accompanies having "normal" children, frequently greet verbal or physical signals with a lack of attention and sympathy that could well spur a child into carrying out his plan.

"Sometimes, it's hard to tell the difference between the usual adolescent or pre-adolescent turmoil, and serious trouble," says Robert Stewart of the National Association of Social Workers. "But when real problems are in the making, the signals come in clusters, and parents who pay attention often have a 'gut feeling' that something is wrong."

Even sadder is the fact that the word "inexplicable" is a myth among teenage suicides. According to Lee Pollak, director of the youth program

suicide victim.

"Mark was a caring person," she said in testimony before Congress, "he was a normal teenager with normal adolescent problems. We were able to communicate. But Mark kept a lot of feelings inside, and never wanted to burden anyone with his problems....He always felt he could handle them himself..."

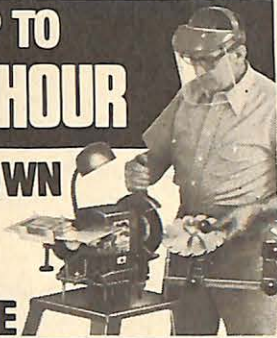
"Mark was getting ready to leave home for college, and was extremely excited about it. He had been making plans for the move all summer...even up to the last few hours before he shot himself."

One of the Westchester suicides, 19-year-old Arnold Caputo, also seemed to have everything going his way. A talented musician, he was described by peers as an "All-American, happy guy."

Said a girlfriend, "He was the last
(Continued on page 26)

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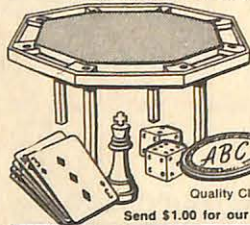
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IT'S YOUR BUSINESS

SMALL BUSINESS HAS 'SEX' APPEAL, TOO

The great hiring season is just ahead and, according to a number of sources, small business may lead the world in creating employment opportunities.

Yet I find a great number of job seekers don't seem to realize it.

A poll of members of the National Federation of Independent Business released recently showed that 18 percent of those surveyed planned to increase the number of workers in their operations while only 8 percent said they expected to decrease their employment. Last fall, during the peak months of the economic recovery, 14 percent of those contacted planned increases.

"Seasonally adjusted, the January (1985) plans to add jobs are the fifth highest in the 11-year history of the NFIB surveys and are the second-best figure for a first quarter," Prof. William Dunkelberg, NFIB economist, explained. "If this growth occurs, it will put a dent in the unemployment rate—even if labor force growth is reasonably strong."

The figures are not only encouraging to the current Republican Administration whose tax cuts helped spawn the economic recovery, they've given skeptics in Europe a good look at how to aid the faltering Common Market economy.

Says *US News & World Report* in a recent issue: "America's small businesses are winning new respect in the Old World. It's their job-generating flair that impresses Europeans, stuck with large but aging industries, often heavily subsidized state enterprises.

"Stark fact: US in 10 years has added 19 million jobs, while Europe's 10-nation Common Market has lost 2 million, a recent symposium at Davos, Switzerland, was told. Added Dutch business executive Bert Twaalfhoven: 'The critical difference is in the small-business sector. Start-ups have been the key to the American success.'"

I'm glad others have noticed.

A study by the Small Business Administration not long ago indicated that it is small business instead of large corporations that offer more jobs to women, young people and older citizens.

The study showed that two of three new workers begin in businesses of less

than 100 employees.

"This demonstrates small businesses play a critical role in absorbing new workers into the workforce and providing the first job experience and initial training for two of three workers," Frank Swain, chief counsel for advocacy of the SBA, noted.

The report, which was based on a 1979 survey of 60,000 households considered representative of the country's workforce, found America's estimated 14 million small businesses offer the flexibility and opportunities to a wide variety of workers.

For example, a mother of three in Pennsylvania whose husband is self-employed decided to quit her hourly wage job with a major corporation when she heard rumors that the company was going to relocate. The rumors proved true and she was offered a chance to go with the organization to another state. "But how could I leave my husband and family? I decided the best move would be to quit cold turkey and find something else where we live," she told a reporter. It took months and it cost the family the loss of excellent benefits as well as one of their two cars but she found part-time work in a small local plant that pays her a dollar less an hour. Yet she also only works three days a week...and the whole family enjoys having mom home more often.

An executive secretary in another state settled for a position with a small company even though she had an attractive offer from a national firm. "We worked out a flexible schedule during my five-day week and, while I'm making much less an hour than I would have received, I also don't have to worry about exceeding days off for personal leave or sick time. I understand from friends that the pressure working for ambitious managers in big companies is unreal. They expect you to work at all hours because they pay top wages and expect more than you can give," she says.

Such conditions can give the proprietor of the small business a decided edge when attempting to recruit prospective employees. Big corporations, some placement people contend, sell the obvi-

ous; big salaries and benefit plans and/or big titles. Smart small business owners let women, young and older workers know that family and personal needs count in planning an employee's career. And it makes a difference.

The SBA study showed that nearly 12 percent of workers in firms with fewer than 25 employees were 16 to 19-year-olds, compared with companies of more than 500 employees which had half of that group employed.

Four percent of the workers in the smaller companies were over 65 but less than one percent were over 65 in the major corporations examined.

Nearly 97 percent of employees in corporations were between the ages of 24 and 54. In the smaller firms, 80.4 percent were 24 to 54.

But small business is going to have to speak for itself. It isn't as well represented at career nights in community schools and area colleges as it should be. And it doesn't spend the time in conjunction with community organizations and associations to advertise its strengths.

Enthusiasm for the principles and purposes of small business can create the sense of purpose which excites and satisfies potential workers. "People will die for a noble cause but not for \$30,000 a year," says Lawrence M. Miller, author of *American Spirit: Visions of a New Corporate Culture*.

But the reasons and goals have to be clear. A college graduate this year has spent a considerable amount of money acquiring the degree and, faced in many instances with loans that must be paid back, seeks the guaranteed position without necessarily thinking of the challenge a smaller firm might provide.

In my opinion, however, there is growing evidence you can think small and come up a big winner in your career, goals and personal satisfaction. ■



"I'm glad Joseph has at least one day a week when he isn't cooped up in that stuffy old office."

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YOU & RETIREMENT

by Grace W. Weinstein

WRITING YOUR LIFE STORY

Family folklore is fascinating, and many of you have known the joys of genealogy. But has it occurred to you that you are a treasure trove of irreplaceable information?

However ordinary you think your life may be, you have a story to tell. As Frank P. Thomas puts it, "Most people underestimate themselves. There are golden nuggets of personal history waiting to be mined out of every life." Just think of all that you've lived through: from the Depression to inflation, from rumble seats to rockets. If you don't write down your experiences, and your reaction to them, your family will never know. If you *do* write them down, your family will be fascinated.

Your episodes can include stories of your early childhood, elementary school years, teen and young adult years, early marriage, early career, mid-life changes, thoughts about retirement. Thomas devotes a chapter to each of these life markers, together with "memory sparkers" to start your own creative juices flowing. Once you get started, as a matter of fact, you may be surprised at how much you remember.

And don't worry about sticking to the "important" things, or to facts and figures. Yes, names, dates, places, ages, and relationships will be important to your narrative, and important to your readers. But your thoughts and feelings may be even more important. How did

"... Carry a small pocket notebook and jot down thoughts as they occur..."

Before you protest that you "can't write" or "have nothing to say," take a look at *How to Write the Story of Your Life*, a new book by Frank Thomas (Writer's Digest Books, \$12.95). It's a wonderful "reading and doing" book, based on Thomas' five years of experience in teaching memoir-writing to adult education classes in Florida. The book's narrative, in fact, is liberally interspersed with segments of his students' memoirs, fascinating writing by "ordinary" people.

Where should you begin? Well, you could begin at the beginning, with your birth. But you don't have to. You can begin anywhere, starting to write about any portion of your life that interests you. It might be a dramatic turning point, or thoughts about your parents, or reminiscences of your school days. The point is to get started, and to write about a specific thing. Don't try to sit down and write your whole life history in one sitting, or to write from beginning to chronological end. Instead, map out an outline of episodes and tackle each episode or chapter at a time.

you feel when you were spanked for a childhood infraction? When your family moved? When your father insisted that you start working instead of going to college? When the family pet died? When your first child was born?

The details of everyday life are also significant. Your children and your grandchildren and your great-grandchildren will want to know what schooldays were like, how household chores were accomplished, what leisure activities you enjoyed. It's the flavor of a life and a time that will come through and be treasured.

Include a chronology, too, preferably at the end of your memoirs. List the years of your life and include whatever you can about each year: highlights of your own life plus events in the larger world. An example from one year's life, for 1953: "Our son Charles entered the Manchester Avenue Elementary School. That's three of us who've gone there... The Korean armistice was signed in June ending the Korean War."

You don't have to rely solely on yourself or your own memory. Why not inter-

view relatives and friends about the family background? Include their anecdotes in your story, and you'll add another dimension. Think about including documents and photographs, too. Wedding and birth announcements, diplomas and report cards, letters and wills and diaries—all can provide background information for you in your writing, and all can actually be incorporated into the pages of your memoir. You can get copies of old photos, even if you don't have the negative, and either group photos on selected pages or intersperse them throughout your text. Just be sure to identify photos; don't ever assume that anyone else will know when a picture was taken or who was in it.

The mechanics are easy too. Thomas strongly recommends working with a loose-leaf notebook, so that you can organize and reorganize your chapters as you go along. He suggests leaving plenty of margin space and writing on every other line, for ease both in reading and in making corrections. Typing is easier to read, of course, but go right ahead and write your memoirs in long-hand if you can't type. You can always get someone to type them later. Carry a small pocket notebook around with you, so you can jot down thoughts as they occur; many professional writers do this, and you'll find yourself enjoying the practice. You'll also find your memory improving as you go along.

You may notice other changes in addition to a sharper memory. You may find, as many of Thomas' students found, that writing helps you work through painful episodes in your life. It isn't easy to write about the sad as well as the happy times but, if you can bring yourself to do so, you'll find the experience valuable. Somehow, just the act of writing things down forces a kind of catharsis and creates new insights. No one's life is all peaches and cream, all joy and delight; your family wants to see you as a real person, not a cardboard image.

You'll find the whole process easy, if you follow Thomas' easy-to-read instructions. His book is segmented into chapters, just as your life story should be. But the book alternates "Writing Bite" chapters, guiding you through the writing of particular life stages, with informative chapters on such subjects as how to interview relatives, setting up a systematic work plan for writing your memoirs, how to distribute them and (maybe) how to get them published.

Along the way there are tips on writing techniques, and helpful hints to jog your memory. Here's a sampling, to help you get started on the story of your life:

- Did your parents tell you how they came to name you? How do you like your name? Did it ever give you problems?
- What is your most vivid memory of

your preschool years? Do you have any snapshots taken of you then? What feelings do they evoke?

- When you were especially good as a child, was there a special treat your parents gave you? What if you were bad? Do you remember any particular punishments?

- What did you like about yourself as a teenager? Dislike? What leisure activities did you enjoy as a teenager? What did they cost?

- How did you meet your spouse? What was it that attracted you? Did your family like your intended spouse?

- If you did not marry, was it by choice or by circumstance? Were there advantages to the single life? Disadvantages?
- How are you using your leisure time these days? Have you developed new hobbies, or found renewed pleasure in old ones?

How to Write the Story of Your Life, which I recommend highly, is available at most bookstores or from the publisher. To order direct, send \$12.95 plus \$1.50 postage and handling to Writer's Digest Books, 9933 Alliance Road, Cincinnati, OH 45242. Or, for credit card orders, call toll-free 1-800-543-4644. ■

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NEWS OF THE LODGES

COCOA, FL. "Mr. McGruff," the nationally recognized pup who "takes a bite out of crime," is helping children in the Cocoa area learn about the dangers of drug abuse, thanks to the local lodge. The Cocoa Elks Ladies Auxiliary donated the Mr. McGruff costume as part of the lodge's Drug Awareness Program, which includes seminars, skits, and informative presentations.

Mr. McGruff is portrayed by Dave Broadway, Cocoa Police community relations officer. His Drug Awareness Programs have been presented at schools throughout Brevard County, reaching hundreds of students. Also pictured are (from left) Cocoa Police Chief Tom O'Connell, Ladies Auxiliary President Nancy Glass, and Drug Awareness Chm. J. L. Smith.

The Cocoa Police Community Relations Department presented three Drug Awareness programs to lodge members and their families. These programs included a movie, a history of drug use, a display of drugs, and a talk on drug enforcement laws, followed by a question-and-answer period.

A Drug Awareness booth was set up at the Brevard County Fair by the Elks and the police department. Auxiliary policemen and Elk volunteers manned the booth 12 hours a day.

Chm. Smith continued the momentum of the program when he invited members of STRAIT, a nationally known drug rehabilitation center, to present a program to lodge members and their families.



Cocoa, FL.

WALTERBORO, SC. Upon learning that a local youth was in desperate need of brain surgery, Walterboro Lodge, along with the local Hardee's restaurant, sponsored "David Gayden Day."

Hardee's contributed hot dogs, which lodge members sold along with soft drinks, souvenir caps, and other items. A local parachute club provided entertainment. At the end of the day, more than \$1,800 had been raised.

LOMPOC, CA. The members of Lompoc Lodge raised \$3,000 to purchase a specialized wheelchair for Mary Zoe Wilson, the handicapped daughter of a departed Brother. With the new wheelchair, Mary is now able, for the first time in 29 years, to raise herself from a sitting to a full standing position. She recently demonstrated the use of the chair to the membership.

The money was raised by conducting

a drawing on donated gifts and also from cash donations by members.

MIDDLESEX, NJ. Lodge recently held its Annual Youth Activities High School Football Dinner, honoring the Middlesex Blue Jays, 1984 Central New Jersey Group One State Champions. Youth Activities Chm. Bruce Perone presented a plaque to Coach Paul Murphy and Principal Peter Diskin.



Garden Grove, CA.

GARDEN GROVE, CA. With the help of Garden Grove Lodge, two disabled veterans, Ron Mincer and Lou Tyce, organized a fishing outing for more than 300 physically and mentally impaired children from Orange County.

On this particular day, the owners of the Santa Ana River Lakes in Anaheim let the children fish without charge. Each child also received a \$30 fishing rod from the Mercury Marine Co. The Dodge Division of the Chrysler Corp. and the Adolph Coors Co. stocked the lake with an additional \$10,000 worth of trout.

The volunteers nearly outnumbered the anglers. Enthusiastic fishermen and members of the media baited hooks, untangled snarls, and gave casting tips to the youngsters, most of whom said that they had never before gone fishing.

These special guests from five area schools feasted on hamburgers furnished by Garden Grove Lodge and grilled by lodge members on the banks

of the fishing area. Other members helped the children learn fishing techniques.

CHARLOTTE COUNTY, FL. Lodge held its Annual Law Enforcement Award Dinner. More than 200 law enforcement officers and judicial dignitaries from throughout Charlotte and Lee Counties attended. The various law enforcement agencies represented presented the lodge with a plaque in honor of its many years of cooperation and dedication to law enforcement and law personnel.

HAGERSTOWN, MD. Lodge completed its \$25,000 pledge to the Washington County Hospital Endowment Fund. Shown in the hospital's new shock trauma room presenting the final payment of \$5,000 to John Schaffer (center) are then-ER Frank Clopper (left) and Est. Lead. Kt. Terry Grossnickle.



Hagerstown, MD.

SAYRE, PA. Some 225 law enforcement officers from Bradford County as well as New York State and Tioga County (NY) attended the Annual Law Enforcement Banquet held at Sayre Lodge.

Among the honored guests were Bradford County Judge Jeffrey Smith, the principal speaker; State Sen. Roger Madigan; and State Rep. J. Scott Chadwick.

RAHWAY, NJ. The Crippled and Handicapped Children's Committee of Rahway Lodge presented a computer to the handicapped class at the junior high school, at a cost of \$1,400 to the committee.

EVERETT, MA. On the last Thursday of every month, Everett Lodge hosts a group of exceptional children. They and their parents are served soft drinks, coffee, hot dogs or pizza, and dessert. A disc jockey plays music throughout the evening, giving the youngsters a chance to sing, dance, and generally enjoy themselves.

FONTANA, CA. At a Super Bowl party held at Fontana Lodge, a drawing was held for a Pittsburgh Steeler game football donated by Art Rooney, owner of the Steelers. Proceeds of \$2,346 went to the Handicapped Children's Fund.

BRYAN, TX. Lodge recently held a mortgage-burning ceremony. Dignitaries attending included SP John Golden and President-elect Vic Elliot.

ENGLEWOOD, CO. As a part of Elkdom's "National Salute to Hospitalized Veterans" February 14, members of Englewood Lodge's Clown Group entertained patients at the Denver VA Medical Center. From left are Ray Whitebread, Robert Badger, and M.G. "Smoky" Sheely.

(Continued on next page)



Englewood, CO.

NEWS OF THE LODGES

(Continued from previous page)



FAIR LAWN, NJ. Lodge presented a check for \$2,000 to the New Jersey North/Northeast Crippled and Handicapped Children's Committee at its Annual Ball in West Paterson, NJ. Pictured from left are Joseph Byrne, Crippled Children's Committee chm.; then-ER Francis Lee; Ray Brush, co-chm.; and John Cangelosi, Jr., district chm.



JESUP, GA. Secy. James Robinson, on behalf of Jesup Lodge, presented a complete set of the *World Book Encyclopedia* to Michelle Freeman, a sixth-grade student at the T.G. Ritch Elementary School. Michelle was selected for this donation by a school counselor.



CHARLESTON, SC. The Americanism Committee of Charleston Lodge presented two American flags to the Bonds Wilson/North Charleston High School Navy Junior ROTC Unit. From left are Cmdr T.E. Davis, USNR, NJROTC instructor; Johnny Nash II, cadet battalion cmdr; Ted Collier, principal; Ray Garwood, chm., Americanism Committee; Est. Lect. Kt. Don Woods; and then-ER H. Quincy Alexander.



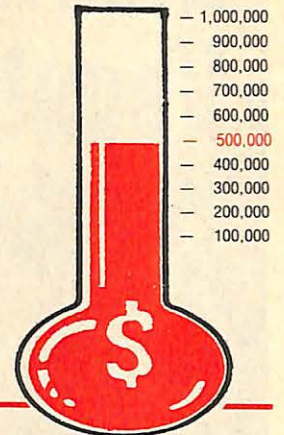
SCRANTON, PA. Pennsylvania Senate Minority Caucus Chm. Robert Mellow (seated), chm. of the Chic Feldman Foundation, presents a check for \$750 to Scranton Lodge for its Christmas Charity drive. The Foundation, in memory of Chic Feldman, former sports editor of the *Scranton Tribune* and a fellow Elk, helps fraternal organizations such as the Elks sponsor youth sports activities and charity drives. Also pictured are (from left) then-ER George Kahanick; *Scrantonian-Tribune* managing editor Al Williams; Pat Manley, Joe Mawn and Lou Karnafel, co-chm. of the Christmas Charity drive. The Elks Christmas Charity drive raised a total of \$15,000.

Statue Of Liberty Restoration Fund Update



GER Frank O. Garland stresses the importance of support for the GL Statue of Liberty Restoration Project during his address at the dedication of new lodge facilities in San Antonio, TX. GER Garland displays the certificate of recognition that is your individual chance to aid in this noblest of endeavors. See the box below for additional details.

WE ARE FALLING SHORT OF OUR GOAL



An Urgent Appeal

An old saying goes: "Good intentions don't feed the bulldog." Likewise good intentions alone will not help us achieve our \$1-million goal for the restoration of the Statue of Liberty.

A look at the accompanying figures and graph may open your eyes. We are only half of the way toward realizing our goal. A look at the state-by-state breakdown of contributions to date should make you think about *your* state's efforts in this noble cause and how you can help to bring those figures up.

Many states and lodges may be holding back their best efforts in order to make a grand presentation at the upcoming Seattle sessions. This is a grave mistake, as the presentation of contributions from the floor will not be recognized in time to put us over our goal.

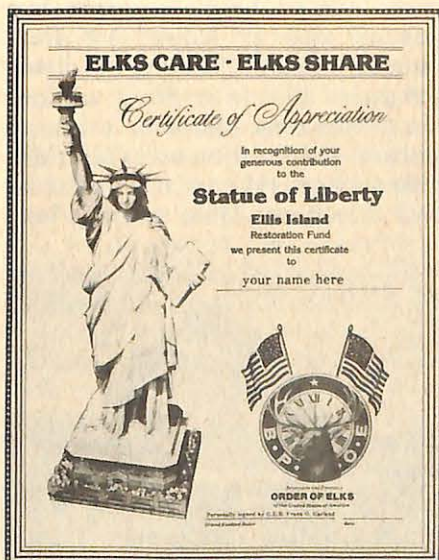
GER Frank O. Garland accepted the challenge begun by PGER Kenneth V. Cantoli to raise our pledged amount. But GER Garland has made this effort a personal campaign. One, that with your immediate contributions, he can bring to a successful conclusion at the Seattle Grand Lodge Sessions.

By doing your part *now*, by urging your lodge Brothers and state association representatives to come forward *immediately* with their accumulated contributions, the Benevolent and Protective Order of Elks can stand tall in Seattle, filled with the pride and knowledge that it has achieved its goal once and for all.

Don't let the "good intentions" of a planned presentation at the convention prevent our Order from achieving its goal in a timely manner.

STATUE OF LIBERTY DONATIONS BY STATE AS OF 3/1/85

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AL	7,442.73	KY	933.00	NY	44,443.00
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CA	62,917.07	MD	6,138.50	OR	20,280.25
CO	26,124.16	ME	3,145.00	PA	20,944.42
CT	5,187.50	MI	14,750.00	PR	414.00
DC	50.00	MN	8,053.00	RI	1,832.00
DE	495.00	MO	14,259.00	SC	1,670.00
FL	22,520.75	MS	931.05	SD	2,597.50
GA	4,975.00	MT	1,793.00	TN	2,945.25
GU	25.00	NC	3,362.25	TX	3,158.00
HI	3,338.00	ND	3,083.00	UT	1,321.00
IA	1,164.00	NE	9,934.42	VA	3,961.50
ID	1,074.00	NH	7,792.94	VT	10,711.00
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IN	5,763.94	NM	13,000.78	WI	5,880.00
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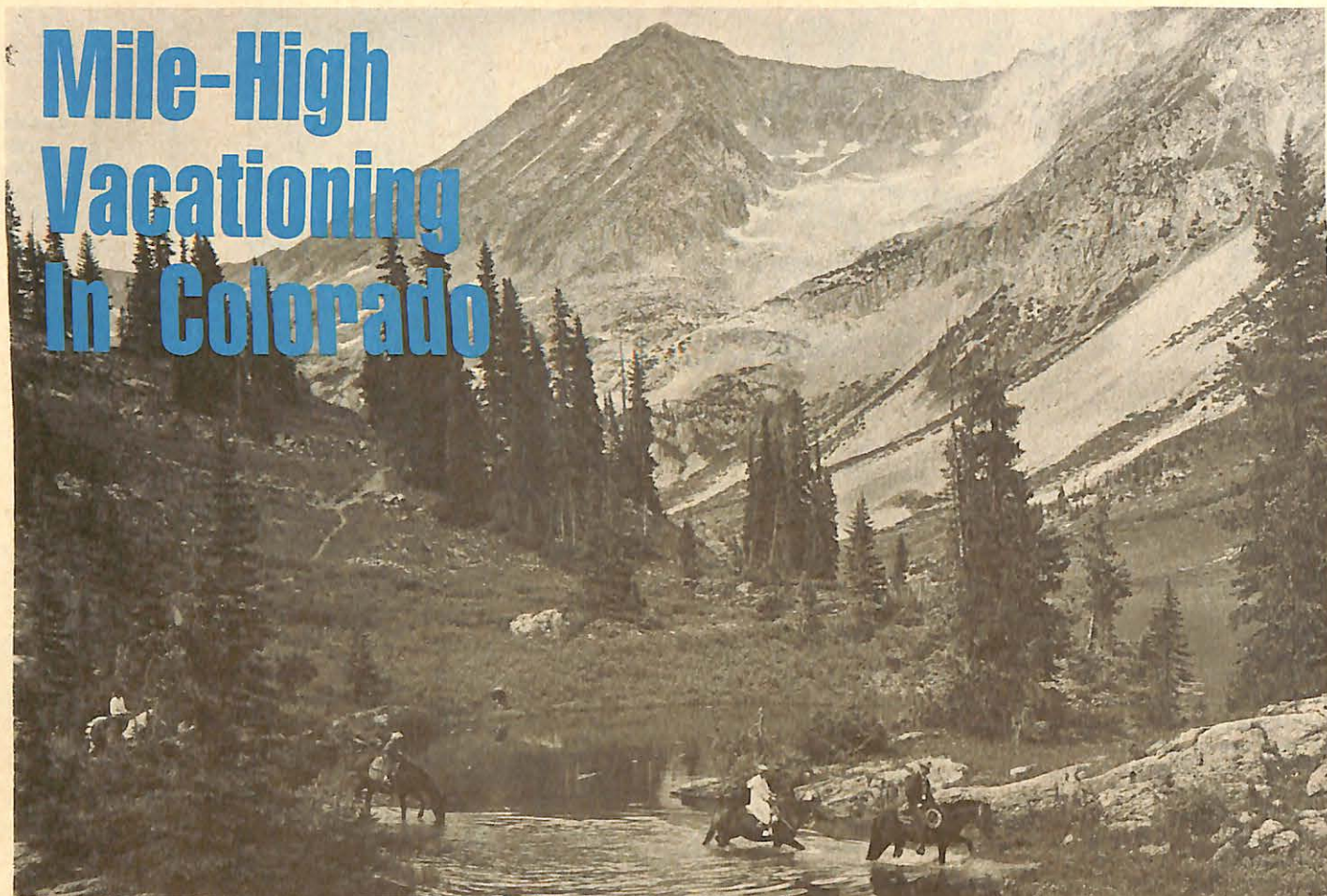
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Mile-High Vacationing In Colorado



Colorado, no matter how you look at it, from horseback or car, is a land of contrasting beauty and varied recreation.

by Jerry Hulse

How could a ranch called Drowsy Water be anything but a delight? Or what about others named the C Lazy U and the Vista Verde? Or a wonderful, peaceful spread known as the Home Ranch?—each of them dedicated to the idea of taking the kinks out of city types, and each providing its guests with an old fashioned, western vacation. Altogether, the Colorado Dude & Guest Ranch Assn. represents 40 properties throughout the Rocky Mountain State with nearly every budget category included in its listing.

These are places where both air and water are pure and the night sky is white with stars. No smog, no sirens, no screeching brakes. Only a peaceful communion with the open land and the freedom from stress. Aspens, lofty pines, and meadows unfold to infinity. And all of this is framed by a blindingly blue horizon. The only sound one is likely to hear is that of the wind sighing through the forest, or perhaps a mockingbird chattering outside one's door.

At Drowsy Water guests fish in a stream flowing barely outside the

doors of rustic log cabins which are scattered across this 600-acre ranch west of the Continental Divide. Less than 100 miles northwest of Denver, Drowsy Water is a lifetime removed from the city irritations of asphalt and exhaust fumes. It is old and rustic; the cabin floors slope and sag, but it offers true meaning to the idea of a guest ranch *without* frills.

At the opposite end of the scale the haughty C Lazy U Ranch puts on the dog with everything from Sassoon

soap and a couple of saunas to tennis courts and a masseuse who works out the kinks for guests after a day on the trails. As a result, the prestigious C Lazy U is the nation's *only* guest ranch favored by Mobil with five stars as well as Triple A's five-diamond award. During summer youngsters fish in a pond stocked with trout; they splash in a heated pool and gallop off on breakfast rides while parents take to the saddle in other directions. Miles of trails lead



A view of part of the C Lazy U Ranch near Granby, CO.

across 5,000 acres, and a trout stream cuts through the ranch. Guests come by car and train to Granby, and some arrive in their own Lear jets. They're doctors and lawyers and other professional types who want to escape the routine stress of their daily lives. The C Lazy U—this is no small pumpkin patch—accommodates up to 120 guests in carpeted cabins as well as the main lodge with its leather sofas, books, bar and fireplace.

For those looking ahead to next Christmas, the holiday season is a joy at C Lazy U: guests ski cross-country on the frozen, snow-covered meadow and Santa arrives with sleigh bells ringing; colored lights twinkle along the eaves of the lodge, and a huge bonfire blazes next to the pond where youngsters and grown-ups sip hot chocolate and roast marshmallows and make their voices heard in a medley of carols. Earlier guests help decorate a giant, fresh-cut tree in a holiday glow that recalls the warmth and magic of childhood dreams. Reservations for the holiday season are already being booked.

Northwest of the C Lazy U, a couple of hours by car, other ranches are gearing up for summer's visitors. First, Vista Verde rises dead center of 1,600 acres in a secluded valley at the 7,800-foot level outside Steamboat Springs. Close by, more than 100 lakes are cradled in Colorado's Rocky Mountains, including the 12,000-foot peaks of the Zirkel Wilderness Area. The Elk River flows swiftly on its course toward Steamboat Springs. Here, in 1975, hosts Frank Brophy and his wife, Winton, traded the sophisticated life style of New York's Westchester County for the peacefulness of this ranch. An ex-Ford Co. executive, red-haired, ruddy-faced Brophy had had it up to here with the corporate game. Out West he discovered the contentment that had eluded him in the city. From his porch he scans the horizon for guests on hayrides and trail rides, and although this is a working cattle/horse ranch, Brophy offers float trips down the Colorado and balloon trips over the Rockies.

When the chow bell rings during summertime at Vista Verde, guests sit down to home-baked breads and pastries, garden-fresh vegetables, home-grown beef, ranch eggs and ice cream hand-cranked that very afternoon. Vista Verde is a collection of hand-hewn log cabins and corrals

(Continued on page 19)

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FRANK O. GARLAND

Greeting GER Frank O. Garland (second from right) and his wife Polly (right) at the San Antonio, TX, airport were then-ER Gerald Milburn and his wife Margaret. The GER was the main speaker at the dedication of San Antonio Lodge's new facilities.



When GER Frank O. Garland (center) visited Lebanon, OR, Lodge, he was greeted by three PDDs from Lebanon and then-ER Ron McKinney (right). The PDDs are (from left) Jackson Link, James Winn, and Robert Ragsdale.



GER Frank O. Garland (left) spoke at the dedication of the new home of Palmetto, FL, Lodge. He is shown holding the dedication plaque with then-ER Doug Younger. At right is PDD Dave Vergason, who assisted with the dedication.



At Umatilla, FL, GER Frank O. Garland (left) and PGER Robert Grafton toured the Harry-Anna Crippled Children's Hospital, the Major Project of the Florida State Elks Association.

Colorado . . .

(Continued from page 17)

framed by aspens and pines, 45 minutes by car from Steamboat Springs. The ranch is miles from a paved road, a setting where deer and elk peer from the forest as do porcupine, beaver and fox, while bald eagles soar overhead.

Vista Verde features Shetland ponies for children as well as hayrides and sleigh rides. It's pure ranch life. There are no tennis courts nor a swimming pool, simply because this is a riding ranch and "not a country club," says Brophy. He wants his guests to feel in tune with nature, and so there are no telephones and no TV. Only the thrill of dawn in the Rockies and the benediction of a sunset. Vista Verde's cabins—they sleep up to six guests—are equipped with kitchens, picture windows, woodburning stoves and fireplaces. Winter signals a time of cross-country skiing, ice fishing, snowshoeing and sleighs pulled by a team of Belgian draft horses.

And, then, there's Sharon and Ken Jones' Home Ranch nearby, with its lodge that looks for all the world like Lorne Greene's headquarters in the old "Bonanza" series. Home Ranch is one of those warm, rambling places that sparks thoughts of turn-of-the-century America. With 32-foot ceilings and a huge fireplace, it is indeed the home ranch of daydreamers. Guests sink into deep leather sofas and there's a children's play loft and an old-fashioned organ that Sharon Jones plays occasionally. This is a working ranch, with cattle and horses that graze near the Mt. Zirkel Wilderness Area at the northernmost end of the Elk River Valley. Scattered across the property are log cabins with woodburning stoves, hot tubs and king-size beds with down comforters.

Guests at Home Ranch fish and ride throughout the summer months. If one really wants to duck out on the world, Home Ranch is prepared to slam the door on civilization. It is a peaceful, chuck-it-all wilderness retreat where guests commune with a world as fresh as a Rocky Mountain raindrop. At Home Ranch it's good-by to crowds, TV, telephones and radio.

Ken Jones and a group he calls the Chute Riders Band provide the enter-

(Continued on page 23)

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Cobra (Highway)	-94	-101

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Urban Archeology...

Historic Finds in the Oddest Places

by Mildred Jailer

Time was, not that long ago, when, for many of us, archeology was a romantic yet remote treasure hunt, conjuring pictures of exotic and ancient artifacts—jewels, coins, pottery, mummies—discovered by professionals deep in the earth of far-away lands. But, today, archeology is coming into our own backyards and is fast becoming everybody's business. Chances are, this tantalizing form of scientific research will soon become a household word!

Across the country, urban archeologists are searching in long-unused wells and privies, digging under pavements, rotting piers and grassy expanses to discover tangible clues to who the people were and how they lived and what buildings really looked like in the early days of our towns and cities. "Finds" have been known to change long-held concepts of the backgrounds of historic sites. In cities—St. Augustine, Florida, for one—archeological explorations have validated cultural backgrounds. A recent "partnership" between archeologists and construction people helped to preserve important Indian artifacts and avoided later costly diversion of a planned Massachusetts highway.

There are public digs where amateurs and students work as volunteers side-by-side with professionals. Only a year or so ago, for example, an above-ground "dig" was completed by students at Ellis Island in New York City before work was begun on the deserted site, that was once the first step into our country for millions of immigrants, to turn it into a government-sponsored museum. At

many excavations, curious passersby are treated to a first-hand look at the painstaking process in action. And it is not unusual for the archeologists to pause awhile to answer questions about what is going on. Finally, after the relics are studied, more and more are being displayed in libraries, community museums, store fronts, and even taken "on the road" as traveling exhibits to schools, organizations and just interested people to introduce as many as possible to the exciting, long-hidden finds of an earlier day.

The definition of urban archeology is a simple one. According to Robert H. McNulty, president of the Washington-based Partners for Liveable Places, a non-profit coalition of municipal governments, groups and individuals who work to improve the livability of the nation's communities, "It is the use of archeological techniques to uncover the history of towns or cities. It frequently involves volunteers. And, as materials are found, they give new definition to

local history and become part of local pride and value."

Now that the romance of archeology has come close to home and there are opportunities to participate and to study the relics, it is capturing the attention and imagination of a growing number of people. As McNulty explained: "There is a whole new type of archeologist out there who likes to work with people as well as with artifacts. It makes for an exciting mix. That, coupled with heightened interest in the heritage of our communities, brings a whole new constituency to archeology."

Archeological studies in American towns and cities first came to the fore in the 1960's when urban renewal prompted excavations in large urban centers such as New York, Philadelphia and Detroit. Since then, federal legislation, that mandates preliminary testing and archeological salvage on federally-funded construction sites and at historic sites that are about to be restored or altered in some way—plus the growing interest in our



One of the more unusual finds at the mid-18th century Old Barracks Museum in Trenton, New Jersey, were shellfish remains, considered oddities as a diet staple because of the city's inland location.



Relics can be "useless junk" unless the archeologists know exactly where they were discovered. This is the dig at the Old Barracks Museum in Trenton, New Jersey.



Before it was adaptively reused as a program and reception center, the carriage house of Decatur House was the scene of an archeological dig. Now a property of The National Trust for Historic Preservation, the 1818-1819 mansion, designed by U.S. Capitol architect Benjamin Latrobe, was a center of social and political life in the nation's capital for more than 150 years. Originally the home of a naval war hero, Decatur House has also been home to presidents, vice presidents, congressmen and foreign diplomats. (Photo by National Trust for Historic Preservation)



Volunteers worked hard and with great enthusiasm side-by-side with professional archeologists on Alexandria, Virginia, projects.

heritage—has brought archeological investigations to towns and cities through the nation. As a result, archeologists are better able to share new-found knowledge of early residents' land-use patterns, what they ate and what utensils and dishes they used, their waste disposal methods, their construction and landfill techniques and patterns of cultural interaction. The archeologists are also able to provide important data for authentic historic restoration; and many of the details they have unearthed have helped to refine accounts of historic events.

Being part of an archeological team can be an unforgettable experience.

Typically, when he was just beginning his career, Chester Liebs, an associate professor and director of The Historic Preservation Program at The University of Vermont, worked on a dig with "an extra-ordinary archeologist," Paul Huey. It took place in downtown Albany, New York, where Huey had learned that the crash wall for the relocation of a railroad and a huge new highway cloverleaf would go through—and undermine—some of the first remains of Dutch settlement in America.

The New York state Department of Transportation considered the discovery important enough to delay construction work and permitted Huey and his team to begin the exploration. A giant shelter was placed over the site to protect it from the elements. And, as Liebs remembers it: "All winter, we went down

through layers of time. The top layer was a gasoline station so we went through that with an excavating machine. When we began to hit earlier information, such as the paving of colonial streets and the original flood plain where the Dutch settled, we picked our way very carefully and under very careful control by Huey."

It was important to be especially careful at this point, Liebs explained, to permit the archeologists to know the exact spot where the relics were found. "Unless you are sure of exactly where they came from, the relics cannot be interpreted. They are just a pile of junk. That's the difference be-

(Continued on page 29)

Candidates for Grand Lodge Office 1985-1986

**Toledo, OR
Lodge Presents
Robert J. Tancredi
for Grand Esteemed
Leading Knight**



Whereas: Robert J. Tancredi has served the Benevolent and Protective Order of Elks in a variety of positions at the subordinate Lodge, the Oregon State Elks Association and the Grand Lodge with distinction; and

Whereas: He has held many chairs in his own Lodge and served as Exalted Ruler of Toledo, Oregon, Lodge No. 1664 in 1972-73, and served on publicity committees and as an organist for the Oregon State Elks Association; and

Whereas: He has served the Grand Lodge as District Deputy Grand Exalted Ruler of the Northwest District in 1974-75, and on the Grand Lodge Americanism Committee in 1977-78. He was elected to a four year term on the Board of Grand Trustees in 1980, serving as Chairman 1983-84.

Now, therefore, be it resolved that Toledo, Oregon, Lodge No. 1664 does hereby present with pride Robert J. Tancredi as a candidate for the office of Grand Esteemed Leading Knight of the Benevolent and Protective Order of Elks of the United States of America.

Lonel Murphy, Exalted Ruler
Ed C. McElroy, Jr., Secretary

**Orlando, FL
Lodge Presents
Alvin A. Ehrlich
for Grand Esteemed
Lecturing Knight**



Whereas: Brother Alvin A. Ehrlich has been a member of Orlando, Florida, Lodge No. 1079 since November, 1952, and has served his Lodge in various stations and on various committees, as Exalted Ruler, as a member of the Board of Trustees, and as Chairman of the Tangerine Bowl Committee, and has been awarded an Honorary Life Membership for his continuing and dedicated service to our Lodge; and

Whereas: He has served the Florida State Elks Association as Vice President, State Ritualistic Chairman, President, member and Chairman of the Board of Directors, and Vice Chairman of the Board of Trustees of the Harry-Anna Hospital, its Major Project; and

Whereas: Brother Ehrlich has served the Grand Lodge as District Deputy Grand Exalted Ruler, Certified Ritualistic Judge, three times as Chairman of the Grand Lodge Activities Committee, two years on the Lodge Development Committee, and five years on the Grand Lodge Auditing and Accounting Committee, three of those years as its Chairman; and

Whereas: This record of service to the Orlando Lodge, to the Florida State Elks Association, and to the Grand Lodge has demonstrated his constant and faithful dedication to the Benevolent and Protective Order

of Elks and to all that it represents.

Now, therefore, be it resolved that Orlando, Florida, Lodge No. 1079 is honored and privileged to present its distinguished Brother, Alvin A. Ehrlich, for the office of Grand Esteemed Lecturing Knight of the Benevolent and Protective Order of Elks of the United States of America.

Robert B. Scroggs, Exalted Ruler
M. Daniel Sanford, Secretary

**Dover, OH
Lodge Presents
Robert J. Kennedy
for Grand Esteemed
Loyal Knight**



Whereas: Brother Robert J. Kennedy has been a member of Dover, Ohio, Lodge No. 975 since being initiated on February 3, 1949, and has served his Lodge and the Order with distinction ever since. He was Exalted Ruler in 1959-60 and has been Lodge Secretary and served on many committees; and

Whereas: As a certified ritual judge from 1960-79 he was frequently in demand to judge contests in Ohio and surrounding states. He conducted many ritual clinics throughout the State of Ohio and coached the officers of his lodge to five State Championships. His educational and work background has provided him with a rich background of skills. He has served his community in many ways; and

Whereas: Brother Kennedy has been Chairman of the Southeast District Activities Committee, President of the Ohio State PER Association, and was President of the Ohio Elks Association in 1976-77. He was appointed District Deputy Grand Exalted Ruler in 1962-63 and has served as Special Deputy Grand Exalted Ruler for the State of Ohio from 1980 to present. For his many roles of leadership in Elkdom, Robert J. Kennedy was voted an Honorary Life Member of Dover, Ohio, Lodge No. 975 on May 4, 1967.

Now, therefore, be it resolved that Dover, Ohio, Lodge No. 975 is honored and privileged to present to the Grand Lodge Convention in Seattle, Washington, in July, 1985, the name of Robert J. Kennedy as a candidate for election to the office of Grand Esteemed Loyal Knight of the Benevolent and Protective Order of Elks of the United States of America.

Wesley J. Albaugh, Exalted Ruler
Donald W. Peters, Secretary

**Newport, KY
Lodge Presents
Theodore M. Zimmer
for Grand Tiler**



Whereas: Theodore M. Zimmer has been a member of the Newport Lodge No. 273 of the Benevolent and Protective Order of Elks for 33 years and an Honorary Life Member since 1977 and has been an active working mem-

ber of great value to Newport Lodge No. 273, the Kentucky Elks Association, the Grand Lodge and contributed valuable service to his community; and

Whereas: Brother Zimmer served Newport Lodge No. 273 as a Chairman of many committees, Esquire and Chair Offices 1950-57. He served as Exalted Ruler 1956-57. Served on the Board of Trustees for over 10 years during the period 1957 to 1971; and

Whereas: Brother Zimmer has served well the Kentucky State Elks Association for many years as New Lodge Committeeman, State Trustee 3 years, became State President in 1976-77, now serving as Kentucky Elks Bulletin Editor.

Whereas: Brother Zimmer has served the Grand Lodge as District Deputy Grand Exalted Ruler 1970-71, Special Deputy Grand Exalted Ruler 1973-75, New Lodge Committee 1979-80, Grand Lodge Credentials 1983.

Now, therefore, be it resolved that Newport, Kentucky, Lodge No. 273 is honored and privileged to present to the Grand Lodge Convention the name of Theodore M. Zimmer as a candidate for the Office of Grand Tiler of the Benevolent and Protective Order of Elks of the United States of America.

Danny Ebert Jr., Exalted Ruler
Tom Finley, Secretary

**Miami, AZ
Lodge Presents
Bob D. Belsher
for Grand Inner Guard**



Whereas: Brother Bob D. Belsher has been a member of Miami, Arizona, Lodge No. 1410, Benevolent and Protective Order of Elks since being initiated in 1951, and has served in all areas of leadership, including that of Exalted Ruler in 1963-64; and

Whereas: Brother Belsher has held numerous assignments and duties in the Arizona Elks Association for over twenty years, serving as its President in 1973-74; and

Whereas: Brother Belsher has served on the Board of Directors of the Arizona Elks Major Projects, Inc., for an eight-year period and served as President of Arizona Elks Major Projects, Inc., from 1976 to 1980; and

Whereas: Brother Belsher has served the Grand Lodge as District Deputy Grand Exalted Ruler for the year 1969-70; and

Whereas: Brother Belsher has continued to serve Miami Lodge, the Arizona Elks Association and the Grand Lodge in various capacities, being currently involved as a Ritual Judge, a Ritual Coach, a committeeman in both his Lodge and State Association and a member of the Board of Trustees of the Arizona Elks Association;

Now, therefore, be it resolved that Miami, Arizona, Lodge No. 1410 is honored and privileged to present to the Grand Lodge Convention to be held in Seattle, Washington, in July, 1985, the name of Bob D. Belsher as a candidate for election to the office of Grand Inner Guard of the Benevolent and Protective Order of Elks of the United States of America.

Gail Hutchison, Exalted Ruler
Chuck McNew, Secretary

Colorado . . .

(Continued from page 19)

tainment. Jones' banjo player looks for all the world like the gunslinger from a "High Noon" shoot-out. And Jones, well, he's built like his bass fiddle, so that at times one isn't sure whether he's playing the fiddle or if it's the other way around. White water boils among rapids on the Elk River and trout swell both river and stream.

In winter guests ski cross-country and go ice skating on a pond at Home Ranch, and there are sleigh rides with lanterns that glow in the icy darkness. While summer is the high season, the holidays are special, too—a time when Home Ranch provides guests with skis as well as trees for each cabin. Now, though, Home and other ranches are preparing for summer guests. Soon wild flowers will appear in the meadows, and already streams are heavy with the snow melt. Before long there will be trail rides and hayrides; guests will bundle up while a full moon appears in the flawless Colorado sky. If you're looking for a different style vacation this year, Colorado is prepared to lay on the hospitality with its guest ranch holidays.

For additional information on these ranch getaways, write to:

C Lazy U Ranch, P.O. Box 378-D, Granby, CO 80446. Telephone (303) 887-3344.

Vista Verde Guest Ranch, Box 465, Steamboat Springs, CO 80477. Telephone (303) 879-3858.

Drowsy Water Ranch, Box 147A, Granby, CO 80446. Telephone (303) 725-3456.

Home Ranch, Box 822-KD, Clark, CO 80428. Telephone (303) 879-1780.

For information on other ranches, write for a free brochure to the Colorado Dude & Guest Ranch Assn., Box 300, Tabernash, CO 80478. Telephone (303) 887-3128.

•••

Meanwhile, Colorado vacationers are discovering another special destination, the ex-mining town of Telluride in southwestern Colorado. Everyone who's ever visited Telluride agrees: It's the perfect alpine retreat. Presently, developers have in mind a \$1-billion satellite village that's certain to arouse Telluride and end forever its isolation from the stressful world beyond its spectacular moun-

(Continued on page 25)

When your knees go bad...you're in trouble!

Now thanks to Coach "Cotton" Barlow, there's an answer!

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

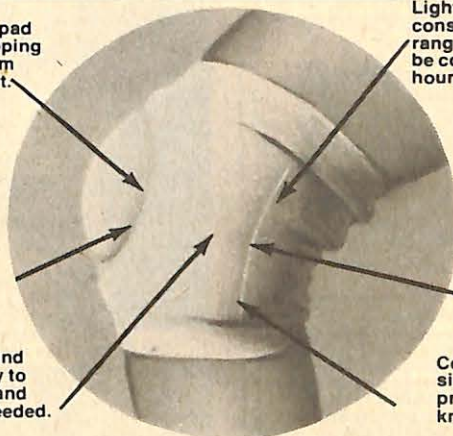
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Improves knee function and relieves discomfort.

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

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

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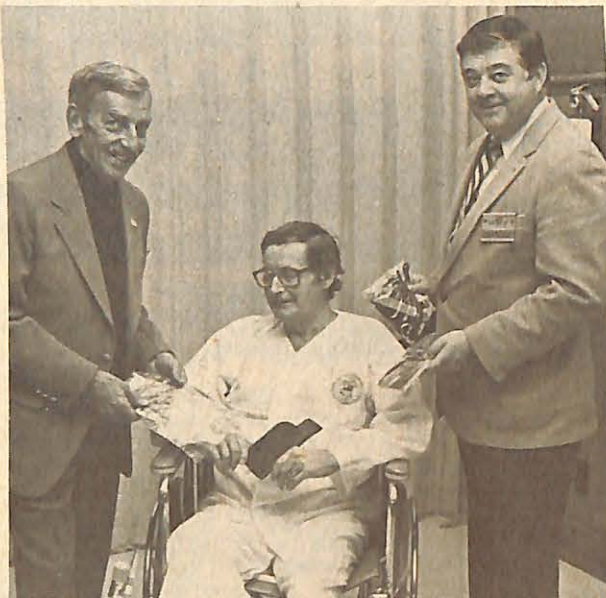


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At the Albany, NY, VA Medical Center, Elks VAVS Representative Gerald Shook (left) hands a new leather kit to patient Bob McCane, who is holding a completed glass case. Looking on with additional kits is Larry Pisarski, coordinator of the New York State Elks Association's Hide Program.

Along with books, clothing, magazines, records, tapes, games, and playing cards, Lynchburg, VA, Lodge donated a \$940 institutional-size popcorn popper to the VA Medical Center in Salem, VA. Lodge members pictured with the new machine are (from left) Secy. Arnie Uggla, National Service Committee Chm. Bob Rice, and Committeeman Louis Dillon.



MASSAPEQUA, NY. More than 20 years ago Massapequa Elks erected a monument to the memory of Claus Clausen, a late resident of Massapequa Park who won the Medal of Honor in the Spanish-American War. In the ensuing years the monument has been vandalized several times.

Recently PDD Andrew Agnone and Brother Edward Doyle encased the monument in a brick wall to prevent further vandalism.

WEST COVINA, CA. Members of the Veterans Committee of West Covina Lodge, along with clowns and Emblem Club ladies, visited the Loma Linda Veterans Hospital and gave out 1,600 cookies to some 300 patients. Several hundred paperback books and magazines were also distributed.

ISHPEMING, MI. The Veterans Committee of IshpeMING Lodge hosted 25 veterans from the

D.J. Jacobetti Veterans Facility in Marquette to a social hour and dinner. PSP Cal Bjorne spoke briefly on the history of the Elks National Service Commission: Drawings for door prizes completed the evening's entertainment.

HOLLYWOOD, FL. Lodge donated \$1,000 to the Miami VA Medical Center for emergency lifeline equipment. Veterans Chm. John Tolisano, accompanied by then-ER Mario LaPlaca and other lodge members, presented the check to T.J. Dougherty, medical center administrator.

TAMPA, FL. The lodges of the Florida Central District contributed almost \$5,000 to the James A. Haley Veterans Hospital in Tampa, toward the purchase of a bus. The funds came from a veterans picnic and contributions from the lodges.

Colorado . . .

(Continued from page 23)

tains with their velvet meadows, springtime's wild flowers and the magnificent aspens that turn a shocking gold when the first frosts signal the approach of winter. For the time being, though, vacationers ride horses and jeeps on safaris to mountaintops carpeted with columbine; they fish and take side trips to Silverton and Ouray (the latter is known as the Switzerland of America).

What the developers have in mind is the transformation of Telluride into a resort of international fame, hopefully drawing huge crowds just as Aspen does. Telluride's new village with its shops and condos is expected to attract as many as 7,000 vacationers and full-time residents. The two towns will be joined by a gondola that's to be strung over the mountain that separates them.

Except for a Beverly Hills, California, businessman, Telluride might have closed its doors. In 1969 Joe Zoline bought up several hundred acres, constructed five double chairlifts for Telluride's ski crowd, laid out trails and developed a huge condominium village. Some are grateful to him, others are less enthusiastic—environmentalists particularly.

At the turn of the century the old mining town counted nearly 5,000 residents. Telluride was wild and wicked. Twenty-six saloons operated day and night along Main Street, and dance halls never closed. Telluride was a lusty prosperous corner of Colorado. Ore continued to pour from Telluride until the late '20s when the mines shut down. After this the bootleggers moved in. Whiskey was run to the far corners of the state, but Telluride never roared quite so loudly again. Saloonkeepers closed their doors, the dance halls were boarded up, abandoned miners' shacks sagged on their foundations.

Telluride was little more than a memory when mining was resumed in 1935. As workers began to trickle back, gin mills reopened and ore trains began to move again. Miners dreamed of new wealth and the resurrection of Telluride. But it never quite came off. The momentum of the late '90s and early '20s was history. By the time Joe Zoline of Beverly Hills ambled into Telluride in 1969, the old

(Continued on next page)

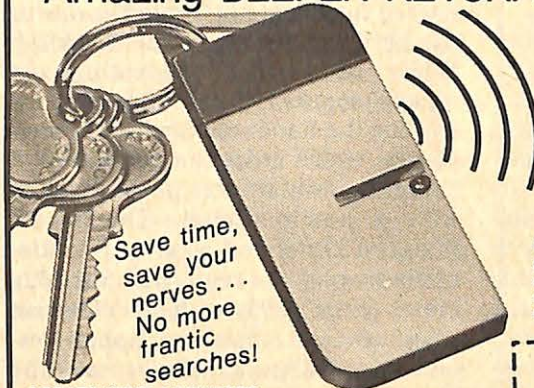
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Colorado . . .

(Continued from previous page)

mining capital was a pitiful reminder of a one-time boom town.

That's why people like Billy Mahoney are promoting the new resort village. He dreams of Telluride getting the overflow from the satellite town. Mahoney, who moved to Telluride in 1933, proposes a village with slick condominiums, fashionable boutiques and additional chairlifts. With talk of the new development, nothing in Telluride is cheap anymore. Billy tells of lots that fetch up to \$45,000. Dan Shaw, a Main Street

realtor, lists Victorian dwellings priced from \$150,000 to \$175,000 and even some of these are fixer-uppers.

Steve Catsman, 35, came to Telluride 10 years ago and struck his claim in an ancient brick building which he named the Senate (it's rated as one of the best restaurants in the Rockies). While others are renovating old miners' shacks, Roger Williams is extending the bar at the Sheridan Opera House, which holds the distinction of being the only theater in the Rockies with a liquor license. There's the Manitou Hotel and a rash of condominiums plus the renovated Sheridan Hotel (circa 1895) with its Victorian trappings and smashing Italian restaurant, Julian's. Rates at the Sheridan begin at a reasonable \$30 a night, or for \$120 one can occupy the

suite in which William Jennings Bryan spent a memorable evening nearly a century ago. A few doors away at the Johnstone Inn (a survivor from 1893) rates begin at \$30 single and \$40 double. Also facing Main Street, the 11-room Liberty Bell Inn provides shelter starting at \$16.50 a night.

My vote, though, goes to the Manitou Hotel which features a parlor with deep sofas and a woodburning stove. At the Manitou, guests fish from the balcony where it's a joy listening to the river rush by and birds chirping in the pines while clouds build up over those gorgeous peaks.

For brochures and hotel/motel rates, write to the Telluride Chamber Resort Assn., P.O. Box 653, Telluride, CO 81435. ■

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Teen Suicide . . .

(Continued from page 7)

person you'd have expected to do something like this. If he had problems, he never talked about them."

It does seem incredible that bright children with their whole lives before them should choose death as a solution. But according to Katherine Mapes Resnick, of New Perspectives (a Northern California-based drug and alcohol educational and counseling program), the key word here is "children."

"Teenagers haven't learned to deal with problems on an adult level, and their difficulties—lack of acceptance by peers, a bad grade, a break-up with a girlfriend or boyfriend, can seem overwhelming to them."

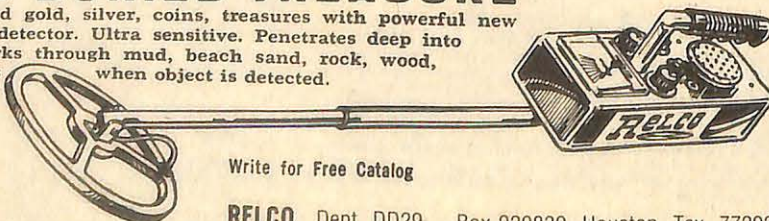
A case in point is that of 16-year-old Leon. Seemingly bright, mature and witty, he had a deep-rooted inferiority complex that manifested itself when he received an "F" on a history assignment. His parents tried to convince him that his problem had little meaning in the broad spectrum of life. While they were watching television in the next room, Leon quietly took an overdose of sleeping pills.

"The child who is in pain does not need to hear 'Stop acting like a baby,'" says Mapes Resnick. "What he needs to hear is, 'I care about you. I notice you, and I want to help you deal with your problems in a way that's not destructive to you.'"

Les Overlock, who coordinates the

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peer counseling program at Liberty High School in Benicia, California, is uniquely suited to this task. While in high school, he too, had contemplated suicide.

"We had recently moved," he recalls, "and I had been separated from my long-time love. I went from being a big shot on campus to being a nobody. I remember sitting in the car in my parent's garage with the engine running, and thinking, 'What if...'"

Fortunately, he overcame his depression. "But even now, I use the story to say, 'Hey, this happened to me, and there's a light at the end of the tunnel.' Children are not only amazed that adults could have had the same problems, they are amazed that their troubles aren't necessarily going to last forever."

Overlock, who helps train students to spot potential suicides among their peers, is careful to practice what he preaches.

"In one of my social studies classes, we were discussing parent/student relationships.

"A girl raised her hand and said she was disappointed that her own parents had not been allowed to visit her in the hospital. She volunteered that she had tried to commit suicide.

"I could have said, 'Oh, how interesting.' But I didn't. I wrote memos to her other teachers. I alerted the school psychologist, alerted her friends, and made it a point to tell her how important she was, and how valuable it was that she had shared her feelings with us.

"Maybe she was just seeking attention. But who can tell? The important thing is that she is still here."

But what of students who don't give such overt warning of the demons within? Take the case of 16-year-old Patrick. When he unwillingly attended an afterschool job counseling program, a facilitator asked him to tell the group what his interests were. The shy Patrick mumbled, "I don't have any." The facilitator stared at the girls in the room and said, "Not even one?" The entire group burst into laughter, humiliating Patrick. He stopped at a store on his way home and bought some straight razors. Later that night, he slashed his wrists.

It is particularly difficult for a parent to comprehend a suicide which seemingly comes out of nowhere.

But Pollak believes that, through more careful monitoring, a child like Patrick could have been saved. She

cites more clues that could signify the turmoil beneath a carefully calm facade—

- Sleep changes ("Too much, or too little")
- Hygiene changes ("For the better or worse")
- Personality changes ("Mood swings, apathy, or depression")
- School trouble ("Discipline problems, failing grades")
- Withdrawal from the family ("Avoiding meals, shutting him or herself in the bedroom")
- Withdrawal from friends ("Hostility to old friends, lack of interest in social activities")
- Overreaction to a family crisis ("Divorce, death, a move, or other major changes")

Many suicide prevention professionals are attempting to alert teachers and school counselors to these signs, and, as in Overlock's case, alert students to possible erratic behavior among their friends.

In Rohnert Park, California, where three students died in suspected suicides, the local Education Foundation gave a substantial sum to fund just such programs.

Bobbie Miller, assistant principal at a local high school, explained:

"People who work with students should be better prepared to recognize suicidal tendencies."

Suicide Prevention and Crisis Intervention of San Mateo County (California) has begun a massive information program for both teachers and children. According to Executive Director Charlotte P. Ross:

"The general approach has to do with helping other youngsters understand normal reactions to stress, pain and loss...helping youngsters so they don't panic, and helping youngsters know and understand the range of resources available to them."

She adds, "Youngsters do turn to each other, and whether we like it or not, they're the major resource of information. And if we can help them help each other more effectively, we can do an awful lot."

Overlock, whose successful peer counseling program recently helped make him a finalist for California Teacher of the Year, cites a success story based on this new awareness.

"A student at our school was heavily into drugs. We tried to reach him, waiting almost until the end of the school year to suspend him. It turned out this only compounded his
(Continued on next page)

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Teen Suicide . . .

(Continued from previous page)

misery. Students in our program heard him say, 'Maybe it would be better for everyone if I killed myself.'

"They broke the code of silence... and we were made aware of it. And I'm thankful. We hadn't realized he was anything but a troublemaker. Sometimes it's hardest to be sympathetic when the child is at the absolutely lowest point."

Although Overlock's stories are beginning to have happy endings, Pollak finds it difficult to convince some parents...and schools...to become equally involved in Marin County's thriving educational programs.

Besides the "not-my-kid" type of complacency, many of them fear bringing the subject out in the open will encourage children to try suicide themselves, or even spark the mysterious "contagion aspect" that causes several children to kill themselves within days of each other.

(This syndrome is currently under study at the Center for Disease Control in Atlanta, but so far, little prog-

ress has been made in determining its causes.)

"It's a myth that talking about suicide will give a child ideas," she says. "Most likely, it will deglamourize it for young people who have some romantic dream that doesn't involve a gun that could misfire...or the fact that an overdose of sleeping pills can hurt.

"And it can teach parents to become gatekeepers, to learn to interact with their children before it's too late."

The National Association of Social Workers has other suggestions for parents who wish to be successful "gatekeepers"—

- Listen to your child with full attention regularly.
- Listen non-judgementally
- Listen if you're asked for help, and respond on a top priority basis.
- Listen, and take your children's concerns seriously.
- Listen to evidence of trouble directly and calmly.

And most importantly, says Mapes Resnick, a parent should realize that this heightened awareness is frequently what the child is looking for.

"Most children don't want to die. They think they're getting revenge...

showing someone. I ask them, 'Are you going to be at the funeral?' I can't tell you how many children say, 'I've never thought of that.'"

Despite the many inroads made by the nation's suicide prevention professionals, they still haven't discovered the answer to a key question, why are teen suicides on the rise?

One hears a wide range of answers, from the rising divorce rate, to the rising use of drugs and alcohol, to the fear of nuclear war, to the pressures to study hard and excel...to achieve the American Dream.

Some professionals don't believe that the suicide rate has risen at all... claiming that there have been too many disbelieving coroners falsifying too many death certificates over the years.

Whatever the case, those 5,000 young people who take their own lives every year are, ultimately, not martyrs to the long-reaching problems of society. Rather, they are martyrs to a fight with a friend, a missed television show, a move to a new city. In short, the roadblocks of everyday life.

"Mom, Grandma (and her sister)," a young girl wrote before she took an overdose of Valium. "Please know I never meant to hurt you. I'm tired, and need some rest..."

"Adults tend to envy adolescents their youth," says Peter Giovacchini, M.D., in his *The Urge To Die*. "...This image of the adolescent is largely the creation...of the adults themselves. It normally bears very little relation to how adolescents actually live..."

And, one would assume, of how they die. One wonders what pressures compelled this 15-year-old to write the following verse:

"...Once at 3 a.m. he tried another poem
And he called it absolutely nothing
Because that's what it was all about...
And he gave himself an 'A'
And a slash on each damp wrist
And hung it on the bathroom door
Because he could not reach the kitchen..."

"He wrote that two years before he killed himself," says Pollak quietly. "His cry for help...should have been answered. Hopefully, if we all work together, they will all be answered." ■



"To Our Absent Brothers"

The Grand Lodge Activities Committee takes great pleasure in announcing the winners of the 1984 Elks Memorial Day Contest "B." There were 67 beautiful brochures submitted, and every one was a winner. Judging was very difficult, but so very rewarding.

All exalted rulers who attend the Grand Lodge Convention in Seattle should stop at the Lodge Activities booth to see what can be accomplished. We wish to congratulate the winners and offer this comment: There really are no losers, only those who failed to record the beauty and dignity of their Elks Memorial Day Services.

1984 WINNERS

Lodges with fewer than 301 members

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2. Kearny, AZ
3. Grandview-Hickman Mills, MO

Lodges with 301 to 500 members

1. Poplar Bluff, MO
2. Plano, TX
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Lodges with 501 to 700 members

1. Fulton, NY
2. Affton, MO
3. Homestead, FL

Lodges with 701 to 1,100 members

1. Wethersfield-Rocky Hill, CT
2. Sanford, ME
3. Mt. Adams, WA

Lodges with more than 1,100 members

1. Charleston, SC
2. Weymouth, MA
3. Garden Grove, CA

Leo D. Youngblut, Member
GL Lodge Activities Committee

Urban Archeology . . .

(Continued from page 21)

tween archeology and pot hunters. Pot hunters rip through a site looking for old treasures and junk and they ruin the site. Archeologists look for the history of a site or what happened there; the type of buildings that existed there and who lived there," commented Liebs.

The most exciting aspect of working with the team, said Liebs, "was trowelling through the earth and suddenly discovering a Dutch rummer (a flask for alcoholic beverages) that had been dumped there 300 years ago. It was the thrill, too, of finding that these people lived very middle class lives with clay pipes, eyeglasses, buttons and all sorts of trinkets they used for trade with the Indians. There were also the remains of a house that had caved in. It was built just as they were in Holland with a plank floor and tile roof.

"What we had beneath the ground was an absolute time capsule of one of the first European settlements in this country. We only exhumed the part that was endangered. The rest was left beneath the ground. So, 100 years from now, someone may discover and work on more of it. Today, when you go to Albany and drive around all of the loop-the-loops of the new highway, somewhere, near the Sheraton Motor Inn, there are remains of the trading post, called Fort Orange, deep down under the asphalt and concrete."

But "rescue" digs are only one type of archeological exploration. Two other kinds, for example, are taking place in Alexandria, Virginia, a city close to the nation's capital that became a key port on the Potomac River back in the 1700's, and at a mid-18th century army barracks in New Jersey.

In the historic district of Alexandria, archeologists are trying to determine how different socio-economic groups lived and how their status was reflected in their household possessions. The team is also studying different time periods within the 19th century to learn how the status of those people changed during those years.

Although, as of this writing, the project results were being computer analyzed and were yet to be written

about, Steven Shepard, assistant director of the three-year project that is being funded by The National Endowment for the Humanities, already had a good idea of the significance of the relics that were almost completely confined to ceramic shards, pieces of glass, nails and food bones. "This is because we were digging in backyard areas where there is only a scattering of refuse," Shepard explained. "If we had been digging in a well or a privy, there would have been more artifacts that would probably have been in a more whole condition. When they are close to the surface, the natural actions of animals and of people walking tends to break up artifacts. Here, in Alexandria, we learned the people often dug a hole and lined it with brick for a well. This changed the water table and the water frequently went bad rather quickly. So, a new well had to be dug. The old one was used for trash and, often, as a privy. For an archeologist, that's great because the trash that went into the privies shows us how the people lived."

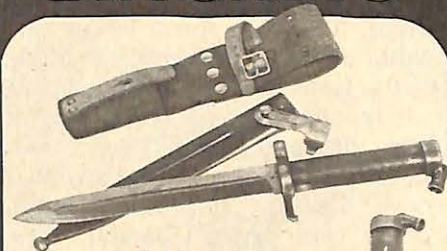
When the studies are completed, the Alexandria group expects to see changes of status reflected in greater numbers of transfer printed ware that was more costly than plain dishes, in matched sets that were also costly, and in more beef bone remains than the less expensive pork bones. "Many people think the presence of porcelain would indicate a higher status," Shepard noted. "But, for some reason, in an urban context we see it in all levels of society."

Twenty-five volunteers assisted the three professional archeologists and the educational coordinator who were responsible for the Alexandria excavations. The volunteers were welcomed, Shepard said. "The amount of time and effort it takes to complete an archeological process, makes help from the community almost a necessity." Volunteers participated in the actual digging. They also researched ancient deeds, tax and census records and newspapers to learn who the original settlers were in the neighborhood and who lived at the sites where the digs took place. "The volunteers were terrific. Without them, we couldn't have done the work," enthused Shepard. "We never have a problem getting enough volunteers. Our only requirement is that they be over 16. We train them. Usually, volunteers are interested, en-

(Continued on next page)

THE ELKS MAGAZINE MAY 1985

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Archeology . . .

(Continued from previous page)

thusiastic and learn as they work. And they work hard."

According to federal law, any ground disturbing construction must include archeological research if the construction is to touch an historically designated site. So, there was no doubt that a dig would take place when the state decided to install a central heating plant and running pipes in New Jersey's capital, Trenton, where the Old Barracks Museum is located. (The barracks were constructed in 1758 to house British soldiers fighting the French and Indian Wars. It was put to use again during the Revolution as a prisoner of war accommodation and, at different times, it served as quarters for Hessian jaegers, the Continental and the militia troops and, finally, as a military hospital.)

"We had only one day's notice that archeology was going to be done," recalled Cynthia Koch, the Museum director. "But we were terribly excited because we had been planning to do exploratory work ourselves. We wanted to explore the area where a

new parking lot was to be constructed to learn what had gone on during the 18th century. We were also interested in the early 20th century when the first restoration of the barracks took place. Much of the interior woodwork and hardware was removed at that time. And, provided it hadn't all been carted away, this would give us clues to the originals."

Final analysis of the finds—a wood foundation, Staffordshire pottery, earthenware, pewter buttons, food and shellfish remains—has yet to be completed. However, Ms. Koch knows the artifacts date from the 18th century and are a reflection of the life patterns within the barracks. "So far, the shellfish is our most exciting find," she declared. "We weren't aware that shellfish were a major part of the diet in those years. There were quite a lot of deposits so now we know this was so. For a city as far inland as Trenton, it was a new discovery for us. We can only surmise there were shellfish in the Delaware River at that time."

The Alexandria and Trenton Barracks experiences are a mini-sampling of the unique "treasure hunts" that are going on these days. Only a block from The White House in the nation's capital, for example, in the

former carriage house of an early 19th century mansion, Decatur House, now a property of The National Trust for Historic Preservation, archeologists have been "investigating" before the building is put to adaptive reuse as a program and reception center. Documentary research, alone, told the archeological team that, although only two out-buildings still exist today, at one time there were also a kitchen, laundry, privy, pigsty, ice house, stable and the carriage house.

A recent excavation in the downtown Wall Street district of New York City brought the first city hall to light—The Stadt Huys built in 1643—and, close by, a 1670 tavern complete with bottles, mugs, pots and clay pipes.

In Miami, Florida, a *New York Times* report told about urban archeologist Robert S. Carr. He hurries about his work to beat the bulldozers whose employers are eager to begin the next new skyscraper. For one assignment, he was given a week's notice. To complete the dig, Carr worked beside bulldozers for three months together with more than 40 volunteers recruited from the geology class he teaches at The University of Miami. His efforts were rewarded with the discovery of an Indian burial mound that was left largely intact by the builders and is now at the center of a semi-circular drive that leads to a new hotel.

And in New Jersey, there is an archeological research laboratory in the historic Van Riper-Hopper Museum in Wayne Township. Both students and amateurs participate in the weekly workshops that include volunteer training, the study of prehistoric and historic archeology, laboratory work and environmental studies. The studied artifacts come from digs made by the volunteers and might include something like the Paleo-Indian point discovered by two volunteer college students. After careful analysis, it was learned that the projectile point was of the Cumberland type; indicating that people lived in the area 12,000 years ago; some 6,000 years earlier than scholars had previously believed.

Next time you see digging taking place somewhere in town, take a second look and ask a few questions. It may be an archeological exploration. Who knows, you, too, may become part of what can be the great adventure of your life.



State Association Conventions

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

Did You Know...

Many lodges are observing their centennial this year, having been instituted in 1885, according to the Grand Lodge records.

One of these is Marion, OH, Lodge No. 32. It was one of the first "small town" lodges to be instituted, according to their history, and they in turn instituted a number of lodges in larger cities.

One of these led to an unusual situation. They instituted Cleveland No. 18, a lodge number lower than their own. What had happened was that Cleveland was instituted in 1882 but was forced to surrender its charter.

When Cleveland was ready to start anew in 1886 it was Marion that served as the "mother" lodge.

It wasn't unusual back in the good old days for lodges to have nicknames. Marion was known as the "Original Circus Lodge," although many lodges could claim such a title. For instance, Cincinnati No. 5, the lodge that instituted Marion, was known as the "silk-stocking lodge" due to the fact that they were one of the first to invite the ladies to one of their affairs.

Incidentally the name cards at the tables for Marion's centennial celebration were envelopes for Marion's Circus Fund. They bore the guest's name and a 3-cent stamp.

Lodge Bulletin Winners

The following are the winners in the Lodge Bulletin Contest:

Lodges with 300 or fewer members

1. Allen Park, MI
2. Sussex, NJ
3. Diamond Bar, CA

Lodges with 301 to 500 members

1. Mesquite, TX
2. West Palm Beach, FL
3. Brewster, NY

Lodges with 501 to 700 members

1. Auburn, CA
2. Homestead, FL
3. San Clemente, CA

Lodges with 701 to 1,100 members

1. Wheeling, WV
2. Lynchburg, VA
3. Ishpeming, MI

Lodges with 1,101 or more members

1. Santa Maria, CA
2. El Cajon, CA
3. Clawson-Troy, MI

The Lodge Activities Committee would like to congratulate all lodges that participated in this year's contest and who have demonstrated again that "Elks Care - Elks Share."

Cal Bjorne, Member
GL Lodge Activities Committee

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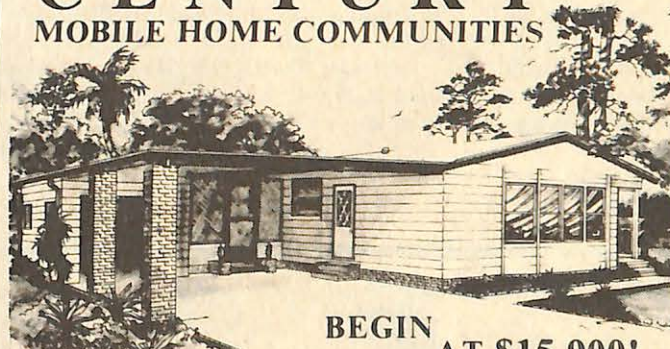
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Tom Briggs (right), director of the Missouri Elks Benevolent Trust, Inc., presents the keys to the newest self-propelled mobile dental unit to Dr. Paul Reid of the Missouri Division of Health. Looking on are Donna Fennewald, nurse, and Dr. Art Lee, the dentist in charge of the new unit.

This new addition brings the total to four self-propelled units, costing approxi-

mately \$95,000 fully equipped, and one pull-type unit, costing \$18,000. Four other pull-type units have been replaced by the more efficient self-propelled units.

Last year, dental treatment worth more than \$525,000 was given to crippled children and mentally retarded/developmentally disabled patients throughout the state of Missouri.

The Missouri Elks furnish all of the

capital investment and maintenance on the units. They also provide sites for the units, pay for the utilities, and screen and refer some of the patients. The Missouri Division of Health provides the staffing of the units and the treatment, including all of the materials used. The Missouri Elks Association Major Project is funded in part by the Elks National Foundation.

The Elks National Foundation and the Arkansas State Elks Association donated a Kimball piano to the Music Therapy Department at the Southeast Arkansas Human Development Center in Warren. At the center, music is used as a tool to assist clients in the development and continued use of acquired skills. These skills can be social, academic, motor, behavioral, and/or communicative in nature.

The piano that was donated to the facility has been a great asset to the program. Patty Coleman, the registered music therapist at the center, says, "I find that piano accompaniment to music activities is one of the best motivational tools I have." She adds that a piano exposes clients to many aspects of music and provides them with an enriching musical experience.

The piano is also used directly with



clients. At Halloween some of the high-functioning clients sharpened their academic and fine motor skills by learning a simple tune on the piano through an adaptive notation system. The piano is also used in an improvisational way to try to "draw out" some of the withdrawn, autistic-like clients. At Christmas the piano was used to accompany almost

every act in the annual Christmas program.

Other instruments are important to the successful implementation of therapeutic work, but the piano is primary; and the focal part of the Music Therapy Program at the center is the Kimball piano donated by the Benevolent and Protective Order of Elks.



Former Scholarship Winner Becomes U.S. Congresswoman

Mrs. Helen Delich Bentley, who received a \$500 National Foundation "Most Valuable Student" scholarship (the second-place national award) in 1941, was elected to the U.S. House of Representatives last November, representing the Second Congressional District of Maryland.

In the February 4, 1985, issue of *U.S. News and World Report*, Mrs. Bentley was featured in an article entitled "Freshmen to Watch in the 99th Con-



gress." A Republican, she resides with her husband William in Lutherville, MD.

Mrs. Bentley, a native of Ruth, NV, used her scholarship toward the attainment of a B.A. degree in journalism, with honors, from the University of Missouri. She also attended the University of Nevada and George Washington University.

From 1945 to 1969 Mrs. Bentley was a reporter and maritime editor for the *Baltimore Sun*. In time she came to be regarded as the foremost journalistic authority in the United States on maritime affairs. This expertise led to her appointment as chairman of the Federal Maritime Commission in 1969.

After leaving the commission in 1975, Mrs. Bentley formed her own international business consulting firm, HDB International, which she headed for 10 years. She resumed her journalistic career in 1981, when she became a columnist and shipping editor for *World Ports Magazine*.

Throughout her distinguished career, Mrs. Bentley has often acknowledged that the Elks National Foundation scholarship she received in 1941 started her on a path that has led to national recognition of her talents.



Rosa was born two years ago with a condition known as spina bifida. This condition is characterized by a defect in development of the spinal column which results in varying degrees of paralysis in the legs and lower body.

Rosa was referred to the California-Hawaii Elks Major Project for occupational therapy at the age of eight months. At that time she was unable to roll over, sit alone, or use her left arm for reach and grasp. Due to the paralysis in her lower limbs, Rosa was unable to move in any way; and as she grew she became frustrated.

An occupational therapy program was initiated in her home to combine activities that would stimulate more active use of her left arm and hand, as well as provide movement activities consistent with her age.

Using a "scooterboard" made by the therapist's husband, Rosa gradually learned to propel herself by using both hands while lying on her stomach. From moving at first only a few inches on the board, Rosa in time developed the strength to explore her entire home.

Rosa's mother worked with her daily to exercise her arms and legs and to help her use the scooterboard. Rosa's pleasure in exploring her home and increased use of her left arm were ample reward for her daily effort.

After one year of treatment, Rosa is now using her left arm to reach and grasp objects in a near-normal manner. She is sitting with the assistance of a corner

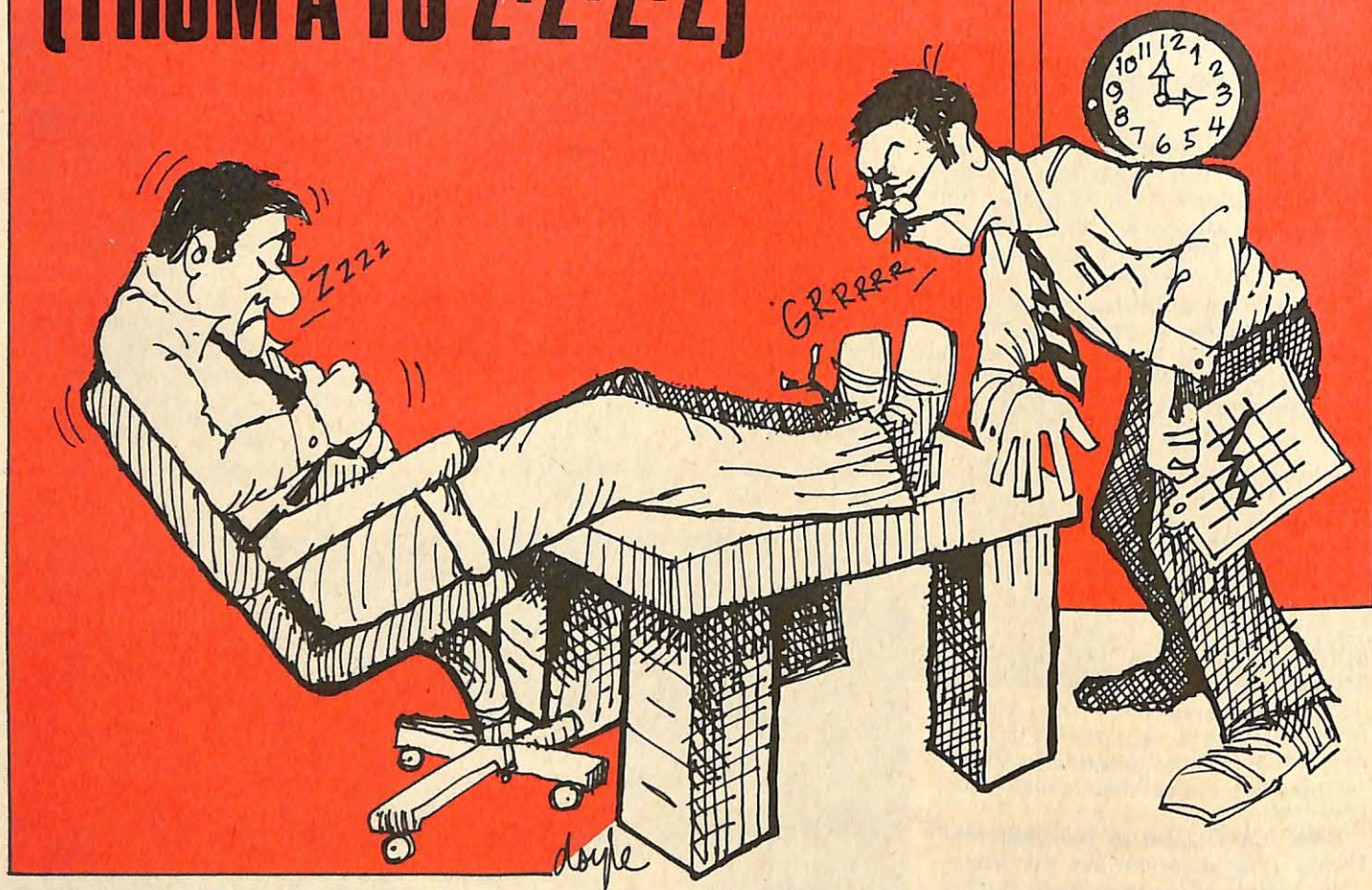


chair, and may soon be sitting alone. She now propels herself around the house in a toddler-size wheelchair.

Thanks to the California-Hawaii Elks

Major Project and her family's devotion, Rosa is continuing to make excellent progress. This project is funded in part by the Elks National Foundation.

IN DEFENSE OF DOZING (FROM A TO Z-Z-Z-Z)



by Samuel Greengard

Some people are able to do it in a car or on an airplane. Others can do it only at work. Still others need a bed. And, of course, there are people who can do it anywhere, at anytime, in any position.

What talent do all these folks share? They enjoy taking naps. And while a leisurely snooze has always been a perfectly acceptable practice in places like Italy, Spain, India, Mexico and South America, it is only beginning to get some respect here in America. Indeed, researchers are delving into dozing and finding some clearcut benefits. Not only can a nap work wonders for a grouchy disposition, it just might improve your mental and physical performance as well.

According to a study conducted at

St. Louis University, habitual nappers experience increased relaxation and euphoria, and decreased anxiety and fatigue after taking a doze. At Stanford University, researchers found that students reported a higher energy level if they took an afternoon nap.

In all, almost 40 percent of American adults nap at least once a week. But researchers claim that millions more would gladly drift into bliss if only they had the opportunity. Our fast-paced society just doesn't give them the chance. "Culturally, there's an image that napping is a lazy thing," admits Dr. Frederick J. Evans, director of research at the Carrier Foundation in Belle Mead, New Jersey.

And that's too bad, he says. Because if you have an affinity for

napping, you're in very good company. A partial list of world-class nappers includes Benjamin Franklin, Albert Einstein, Thomas Edison, Wolfgang Mozart, Eleanor Roosevelt, Winston Churchill, Henry Kissinger, and President Reagan.

"Some people just need a nap, it's built into their biological rhythms," explains Donna Arand, PhD, assistant director of the University of California at Los Angeles sleep lab. "If they don't get one," she continues, "they feel drowsy and have trouble functioning the rest of the day."

Of course, this isn't to suggest everyone naps for the same reason; or even that we all like to nap. It's a little like wearing clothes—everyone seems to have their own style.

"The vast majority of nappers are

normal, healthy people who take a rest to make up for lost nighttime sleep," notes David S. Dinges, PhD, co-director of the Unit for Experimental Psychology at the Institute of Pennsylvania Hospital.

Dinges says these "replacement nappers"—which account for 75 percent of those who take a time out during the day—seldom make a habit out of afternoon snoozes and, when they do take a rest, rarely sleep longer than an hour. What it comes down to is this: They are paying the price for staying up late the night before or getting up too early that morning.

On the other hand, there are those who nap simply for the love of it. Dinges calls these folks "appetitive nappers." "They take a nap three or four days a week even though they do get enough sleep at night. They say they feel better, and some of them even arrange their schedule around the naps."

"Many are under stress or very anxious," adds Evans. "They sleep for 10 or 15 minutes and feel psychologically refreshed. Like jogging, it's a way to get away from the stress and tension of everyday affairs. Once they get over the post-nap drowsiness, they function better the rest of the day."

Evans says that both of these groups—appetitive and replacement nappers—sleep about the same amount as the average person. Yet they "tend to fall asleep easily, be good at meditation and hypnosis, and have greater control of their mind."

Which might help explain how some people can nod off in a noisy office, or even a crowded airport terminal while people are rushing around and announcements are blasting over the loudspeaker.

"We all have the potential of learning how to control sleep onset," explains Dinges. "The failure to take advantage of sleep opportunities occurs largely because most of us have been trained to sleep only under certain conditions." In other words, if we stop worrying what other people think, we can greatly improve our chances of catching a few winks.

College students have known this for a long time. In fact, it turns out they are the undisputed champions of napping. "Sixty percent take a nap at least once a week; usually because they're so active they don't get enough sleep at night," explains Dinges.

Adds UCLA's Arand: "College

students break all known rules for sleeping and napping. They can do it anytime, anywhere." Many universities, recognizing this fact, have set aside special areas with soft couches and padded chairs. These "rest stops" often become the center of campus *non-activity*.

Napping is also very common among the elderly. One study found that while 40 and 50 year-olds took an average of less than six naps during an eight week stretch, 60- to 70-year-olds took more than 11 naps, and those over 80 napped almost every day. Because many of the elderly find it difficult to sleep soundly at night, they are forced to nap during the daytime. Others, who are depressed and bored, use napping and sleep as an escape.

Infants, meanwhile, often appear to be napping all day long when they really aren't, says Dinges. "It's just part of their normal sleep pattern"—a faster version of the adult cycle.

And some individuals who appear to be insatiable nappers really suffer from serious sleep disorders like narcolepsy or sleep apnea and need medical attention. (Narcolepsy is a condition where one loses the ability to control sleeping and walking. Sleep apnea involves a continued disruption of sleep due to breathing difficulties.)

Of course, as pleasant as it may feel to drift into oblivion, dozing isn't beneficial for everyone. According to Dinges, three percent of the adult population say they simply cannot handle the effects of an afternoon snooze. "For some it causes grogginess, irritability and sleeplessness the following night," he explains.

In fact, studies have shown that daytime naps can contribute to nighttime sleep problems—especially if one isn't used to them. In some instances a vicious cycle can develop. A day's nap leads to a night of sleeplessness, which in turn leads to a nap the next day, and so on.

Researchers say a 20 to 30-minute snooze is usually enough. "After an hour of sleep the body tends to drift into a REM (rapid eye movement) sleep state in which dreaming begins," notes Evans. "There is a strong tendency to feel 'washed out' afterwards and have trouble sleeping that evening."

Adds Mary Carskadon, research associate at the Stanford University Sleep Lab: "It's partly a question of how long a nap one takes and how late in the day it occurs. If you take a

nap after 7 p.m. you probably won't sleep well that night."

Indeed, studies indicate that a nap taken earlier in the day, especially during morning hours, will affect nighttime sleep much less than one taken in the afternoon.

Yet, Carskadon's research has found that most people, if given the choice, prefer to take a nap in the mid-afternoon. "Between 1:30 and 3:30 p.m. people hit a low point and become sleepy," she says.

Why is this? Contrary to popular belief, there's little scientific evidence to support the motion that a big lunch induces drowsiness. The body, it turns out, has certain biological cycles—known as circadian rhythms—that greatly influence body temperature, behavior and sleep patterns. In fact, says Evans, some recent studies have shown that "if people could choose their own natural sleep pattern they would often sleep twice a day; once at night, and another shorter period in the afternoon."

Of course, regular nappers have never needed sleep labs and expensive scientific studies to tell them all of this. They just curl up on the nearest sofa, or lay their head down on their desk...and doze.

"I definitely feel better when I take a short nap in the afternoon," says Donna Ellis, a self-employed graphic designer from Los Angeles. "Because my schedule is flexible, I can usually find some time for a nap."

Kurt Schaffer, a marketing executive for a large insurance company, says he likes to shut the door to his office, have his secretary "hold all the calls for 20 minutes," and catch a few winks when he gets "too tired to be productive."

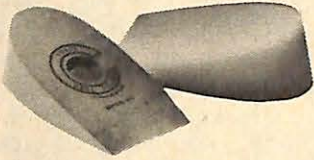
Even Researcher Evans admits he's a napper at heart. It seems that when he gets home from work every day, one of his first priorities is to take a short doze.

Still, Evans doesn't believe that America should go so far as to adopt the Chinese philosophy about napping. There, everyone, from heads of state to peasant farmers, takes a brief rest every day. When nap hour rolls around, streets, alleys and park benches are filled with comatose bodies.

But he would like to see our culture give napping the respect it deserves. After all, he will tell you, it's a pretty good way to help get through the day.

Or, as one nap lover puts it: Sleeping is fine, but dozing is *divine*. ■

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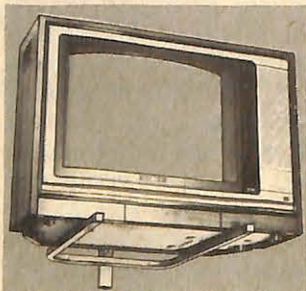
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No space for TV? Mount this space-saver on the wall, like hotels do. Attach it right where you want it for comfortable viewing from bed, sofa or in kitchen. Strong, sturdy black metal arms hold portable TV up to 15" deep. It swivels for easy viewing too! Check, MC or VISA. SPECIAL: Two for \$24 plus \$4.95 shpg. ESSEX HOUSE, Box 1507, E5-5, Rahway, NJ 07065

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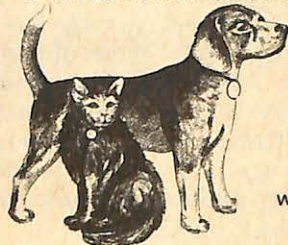
These little farmers are warming hearts in rural homes across the country! Thousands of large (14" x 18"), full-color posters of this picture have been ordered across the U.S. Now you, too, can order one of the posters for just \$3.00 plus \$1.25 shpg. Also available set of 12 notecards of picture for \$4.95 plus \$1 post.

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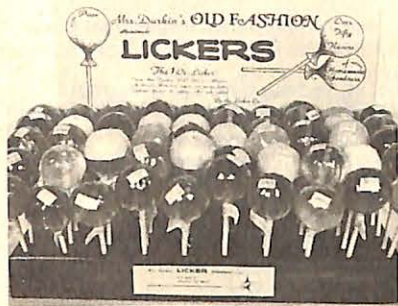
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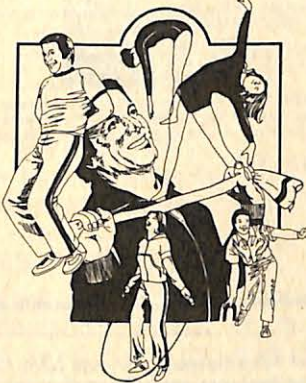
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For FREE brochure, call 1-800-253-1030 (in Michigan 616-849-3400)

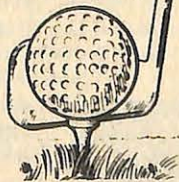
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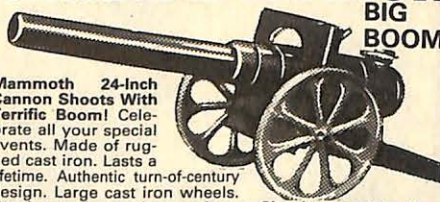
for psoriasis, eczema, athlete's foot, hemorrhoids. Convenient, safe-store tin; perfect for traveling. Marvelous patented cream gives fast relief. Concentrated, fast-acting medicated formula contains the strongest medicine available without prescription. Not available in stores!

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Lapel, Convention, Tie-Tac, or Key Tag. Top quality detailed work to your design in hard enamel and vivid colors. **NO DIE CHARGE!** Low factory prices. Min. order only 150 pcs.

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See Advertisement Inside Front Cover

SATISFACTION GUARANTEED—MAIL COUPON TODAY!

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Please rush ___ prs. of the Genuine Leather "Wing-Tip Brogue"(s)
for the amazing low price of just \$18.88 pr. plus \$3.60 postage and
handling on full money-back guarantee.

SAVE MORE! Order two pairs for just \$36.88 plus \$6.90 postage
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___ prs. Black (M271981B) Size ___ Width ___

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CHARGE American Express Diner's Club
IT: Visa MasterCard

Acc't No. _____

Enclosed is \$ _____

Exp. Date _____

NAME _____
(please print)

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CITY _____ STATE _____ ZIP _____

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See Advertisement Inside Back Cover

2 Pairs of SLACKS 19⁹⁵
3 for 29.75
4 for 39.50
5 for 49.25

HABAND 265 North 9th Street, Paterson, New Jersey 07530
YES! Rush me _____ (Waste Sizes: 30-32-34-35-36-37-38-39-40-41-42-43-44-
46"-48"-50"-52"-54")
pairs of these Lifetime Slacks for which I enclose \$ _____ and \$1.95 postage. *Please add \$1.50 per pair for sizes 46-54
Inseams: 27-28-29-30-31-32-33-34

Or Charge: Visa _____ MasterCard _____

Color	HOW MANY	WHAT WANT	WHAT DESIRE
TAN	R		
SLATE BLUE	G		
PEARL GREY	P		
NAVY	B		
BROWN	C		
BLACK	E		

Acc't # _____ Exp. Date _____
 Check here & add \$7.95* for Reversible Leather Belt
Color: BLACK/BROWN
State _____ Size _____
(PDS) (Even sizes 30 to 54.)
A (*Add \$1 for sizes 46-54)

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

72D-08J

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

See Advertisement Outside Back Cover

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

PRINT MR. MISS
NAME MRS. MS. _____

ADDRESS _____

CITY _____ STATE _____ ZIP _____

HOW MANY	CAT. NO.	ITEM	COST
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124		Crocus (15 for \$1.98 - 30 for \$3.85)	
114		Daffodils (10 for \$1.98 - 20 for \$3.85)	
161		Branching Tulips (10 for \$1.98 - 20 for \$3.85)	
134		Parrot Tulips (6 for \$1.98 - 12 for \$3.85)	
200		Cushion Mums (10 for \$2.98 - 20 for \$5.75)	
204		Creeping Phlox (12 for \$2.98 - 24 for \$5.75)	
119		Dutch Hyacinths (3 for \$1.95 - 6 for \$3.85)	
		Grape Hyacinth if order received by Nov. 1	
		Star of Bethlehem if order totals \$7.00	
		Pink Debut (plus 6 Star of Bethlehem, if order totals \$10.00)	
		Allium Moly (plus 6 Star of Bethlehem and 6 Pink Debut), if order totals \$14.00	

Remittance enclosed, plus \$1.90 towards postage and handling. Ship postpaid.
 Bill on my credit card, plus \$1.90 postage and handling. Ship postpaid. Indicate below which credit card you wish to be billed on, credit card number, and expiration date.
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TOTAL \$ 1.90
GRAND TOTAL \$
Credit Card # _____ Exp. Date _____

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Magazine**
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Be sure to include lodge and membership number or an address label from the magazine.

Notice should be sent 6 to 8 weeks before your move.

ATTACH ADDRESS LABEL HERE

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Address _____
City _____
State _____ Zip _____
Lodge No. _____
Member No. _____
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Chicago, IL 60614

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(discount to Elk lodges)

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HEEL TREATS™ are ½ inch foam cushions *scientifically shaped to equalize pressure around the rim of your heel, and keeps the sensitive center totally free of contact. HEEL TREATS™ will relieve chronic heel spur problems, and helps keep normal heels healthy.*

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Mens or Ladies sizes.
Money back guarantee.

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(Dept. A) P.O. Box 708,
Amawalk, N.Y. 10501



Drug Awareness Education Program



Among the many programs of drug awareness education provided by High Point, NC, Lodge, a stand-out is the presentation of two color television sets and a VCR unit to the High Point Drug Action Council, the local agency for prevention and treatment of substance abuse. Shown accepting one of the TVs which will be used to provide up-to-date information to local students of kindergarten through 12th grade is Mrs. Anne Gable, Director of the Action Council; ER Henry Shavitz (left), Drug Awareness Chm Dewey Jordan and Lodge Board of Directors member Ken Clark made the presentation.



Troy, NY, Lodge recently hosted 60 local seventh grade students for lunch and a presentation of drug awareness information by Jack Alvis and Jeff Daniels, both accredited NY State counselors. Shown standing behind an attentive audience are Jack Alvis (left) and ER Samuel A. Finelli.

De Funiak Springs, FL, Lodge sponsored a drug awareness essay contest recently. Open to students of the local middle-school, the contest prizes ranged up to a \$100 U.S. Savings Bond and a trophy. Shown with grand prize winning essayist Alicia Powell is lodge Drug Awareness Chm Al Shottroff.



Stevens Point, WI, Elks recently donated a film titled "Sons and Daughters/Drugs and Booze" to the Portage County Chemical Intervention for Youth organization. A cash donation was also made. Shown from left are ER Arlen Kluck, Drug Awareness Chm John Hodgson and Dr. Anne Schierl of the Chemical Intervention organization.

SPECIAL NOTE TO THE LODGES

GL Drug Awareness Chairman Dick Herndobler has released a series of five informative articles especially prepared for use in your local newspapers. These articles are titled: "Drugs and Youth, An Overview"; "Marijuana, the Brain and Learning"; "Marijuana and Health—The Lungs"; "Marijuana and Health—The Reproductive System" and "Cocaine and Health." These articles are brief, concise and extremely informative. They are the type of "filler" material that many daily and weekly publications find perfect for their needs. Here is a chance to reach your entire community with a series of fact-filled articles. Be sure to send your local newspaper editors copies of this fine and informative series.



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Finished and ready to wear in your exact waist and inseam size!

**Ultra High-Performance
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Try them on! Look in the mirror! Show your wife and family — **I PROMISE YOU THAT THESE ARE THE SLACKS YOU NEED!** So, for fast reliable service on full money-back approval, simply fill in your size and favorite colors on this coupon and mail Today! At 2 pairs for 19.95 you'll never get a better deal!



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A conscientious family business
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2 Pairs of **SLACKS** **19⁹⁵**
3 for 29.75
4 for 39.50
5 for 49.25

HABAND 265 North 9th Street, Paterson, New Jersey 07530
YES! Rush me..... pairs of these Lifetime Slacks for which I enclose \$.....and \$1.95 postage. *Please add \$1.50 per pair for sizes 46-54.

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

Or Charge: Visa MasterCard
Acct. #
Exp. Date:/.....

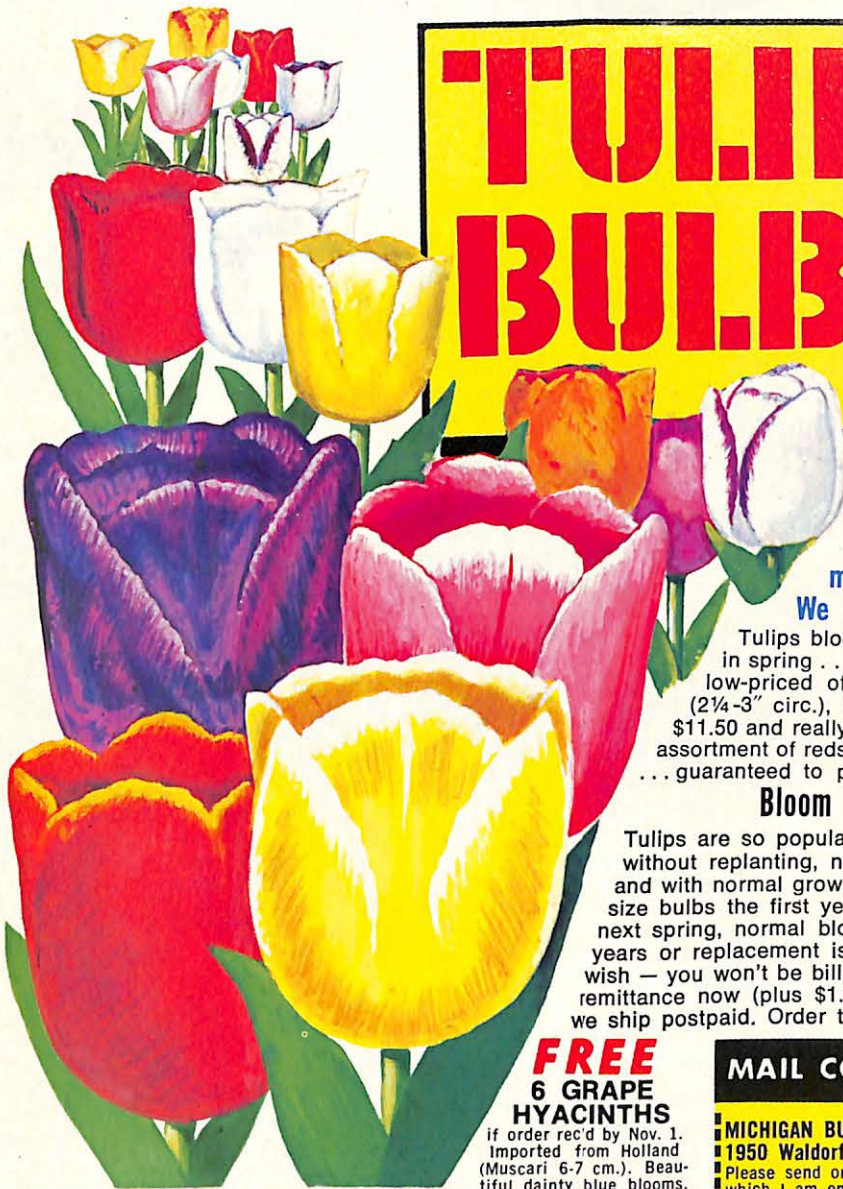
Check here & add \$7.95* for Reversible Leather Belt
Color: BLACK/BROWN
Size: (70S) (Even sizes 30 to 54.)
A (*Add \$1 for sizes 46-54)

OBJ	Color	HOW MANY?	WHAT WAIST?	WHAT INSEAM?
R	TAN			
G	SLATE BLUE			
P	PEARL GREY			
B	NAVY			
C	BROWN			
E	BLACK (Not Shown)			

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

72 D-08 J

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



TULIP 50 for BULBS \$2.98

100 for \$5.85 - 200 for \$11.50

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


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

Bloom Year After Year . . . Without Replanting!

Tulips are so popular, of course, because they bloom year after year without replanting, no need to take them up. Given proper soil, care and with normal growing conditions, these bulbs will develop into larger size bulbs the first year's planting. In fact, we guarantee many blooms next spring, normal bloom the second season and at least 3 additional years or replacement is free. You may order on your credit card if you wish — you won't be billed until next fall when shipment is made. Or send remittance now (plus \$1.90 towards postage and handling) — either way, we ship postpaid. Order today!

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

MORE LOW PRICED FALL PLANTING BARGAINS!



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



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




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



CUSHION MUMS
Hardy root division perennials, assorted colors
10 for \$2.98



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



CREeping PHLOX
Mixed colors,
1-yr.-old plants
12 for \$2.98



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

FAMOUS "NO FAULT" GUARANTEE

All items offered are for delivery early next fall. Each selection will be exactly as advertised, vigorous and healthy, well packed for delivery in good condition. If not satisfied on arrival, you may return within 15 days for full refund. Any plant that doesn't flourish and thrive, we will replace it free. (3-year limit.) Planting Guide included with every order.

MICHIGAN BULB CO., Grand Rapids, Michigan 49550

MAIL COUPON NOW FOR FALL DELIVERY

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

PRINT MR. MISS
NAME MRS. MS. _____
ADDRESS _____
CITY _____ STATE _____ ZIP _____

HOW MANY	CAT. NO.	ITEM	COST
	112	Tulip Bulbs (50 for \$2.98 - 100 for \$5.85)	
	124	Crocus (15 for \$1.98 - 30 for \$3.85)	
	114	Daffodils (10 for \$1.98 - 20 for \$3.85)	
	161	Branching Tulips (10 for \$1.98 - 20 for \$3.85)	
	134	Parrot Tulips (6 for \$1.98 - 12 for \$3.85)	
	200	Cushion Mums (10 for \$2.98 - 20 for \$5.75)	
	204	Creeping Phlox (12 for \$2.98 - 24 for \$5.75)	
	119	Dutch Hyacinths (3 for \$1.95 - 6 for \$3.85)	
6	FREE	Grape Hyacinth if order received by Nov. 1	0.00
6	FREE	Star of Bethlehem if order totals \$7.00	0.00
6	FREE	Pink Debut (plus 6 Star of Bethlehem), if order totals \$10.00	0.00
6	FREE	Allium Moly (plus 6 Star of Bethlehem and 6 Pink Debut), if order totals \$14.00	0.00

Remittance enclosed, plus \$1.90 towards postage and handling. Ship postpaid. **TOTAL \$**

Bill on my credit card, plus \$1.90 postage and handling. Ship postpaid. Indicate below which credit card you wish to be billed on, credit card number, and expiration date. **1.90**

MasterCard Visa Amer. Express **GRAND TOTAL \$**

Credit Card # _____ Exp. Date _____