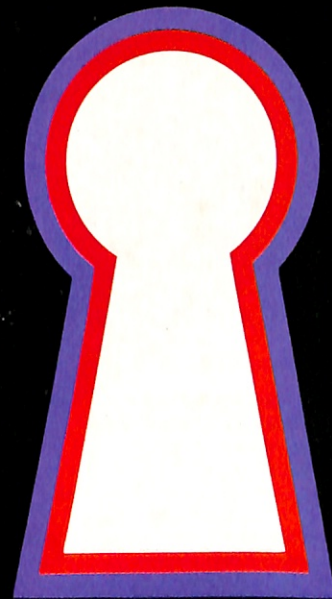


the  
**Elks**  
magazine  
February 1986

THE KEY TO  
DRUG FREE  
CHILDREN...

**AWARENESS**



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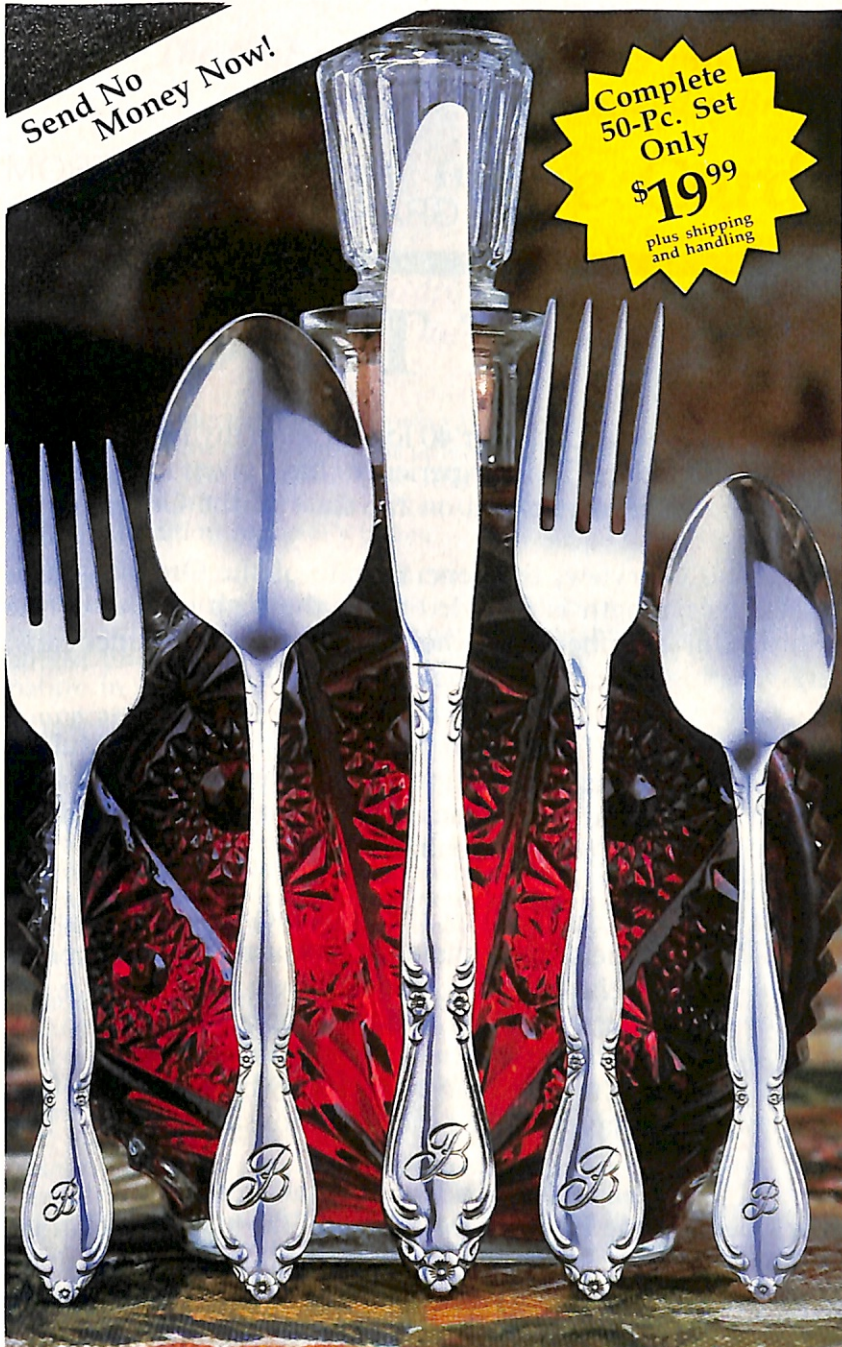
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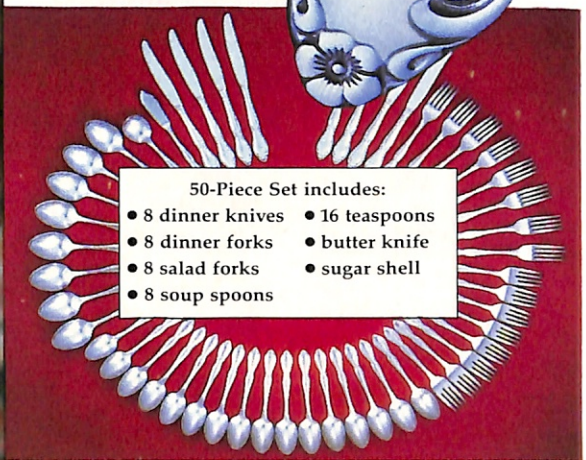
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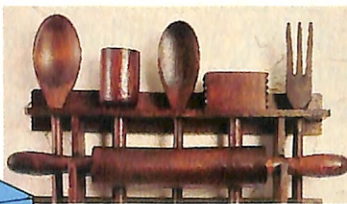
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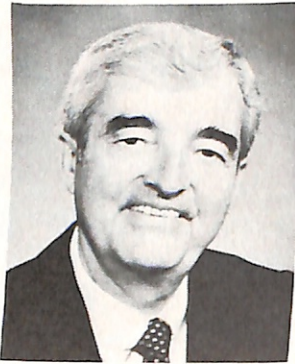
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A MESSAGE FROM  
THE GRAND EXALTED RULER

# The State of The Order



**I have** visited 23 states and over 40 lodges since my installation in Seattle on July 18, 1985. These experiences have given me an excellent background to report to you on the state of the Order.

**From a** broad overview, the general state of the Order is excellent, because its strength is founded upon the high quality of the membership. Our members and their ladies are solid Americans, possessing very high ideals and fine characters.

**I have** come away from each visit with feelings of fulfillment—fulfillment in the expectations and objectives of the programs of the Order; and fulfillment in knowing that the need for leadership in the Order is being realized.

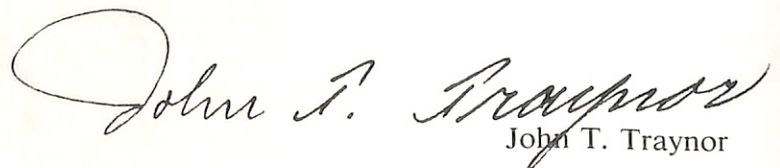
**I am** reassured and renewed by the resiliency of the lodges to overcome serious financial and management problems. It appears that we have “turned the corner”; and although much hard work remains to be done, the attitude is definitely upbeat!!!

**Jane and I** have been received most graciously by every lodge and state association. We have enjoyed meeting thousands of fine, fine people.

**The work** being done by the Grand Lodge, the state associations and the local lodges is receiving more and more recognition throughout America. In a very real sense, the Order of Elks has been rediscovered in our communities and nationally for what the Order really is—the premier volunteer organization in the nation.

**As we** begin this new year of 1986, I am enthusiastic about the direction and impetus of the Benevolent and Protective Order of Elks. We can be proud of our accomplishments, the quality of which has enhanced our image. We should build upon our splendid record of worthwhile programs to reach even greater fulfillment and recognition.

**Remember that,** because **ELKS ARE AMERICAN GENTLEMEN**, our potential knows no limits.

  
John T. Traynor

The first collector's plate ever produced under the sponsorship of  
Encyclopaedia Britannica.

## "The Cardinal"

by Kevin Daniel

**An award-winning wildlife painter creates a bird portrait of unsurpassed authenticity and power.**

Sunlight shimmers in the crisp spring air and dances on the iridescent feathers of this splendid cardinal pair. This is "The Cardinal," the first plate in the *Encyclopaedia Britannica* Birds of Your Garden series of limited-edition collector's plates.

The effect is magical; it is as if Kevin Daniel has captured a fleeting glimpse of these handsome birds exactly as he saw them in his own garden. It is this almost uncanny sense that we observe unposed nature in Mr. Daniel's work that has thrust the young artist into the first ranks of contemporary wildlife painters.

"The Cardinal" is issued under the sponsorship of *Encyclopaedia Britannica*—the first time the *Britannica* name has ever been associated with a limited-edition collector's plate. That sponsorship is your assurance that Mr. Daniel's first work in the plate medium fully matches his award-winning oils and prints in the accuracy of its portrayal.

Indeed, "The Cardinal" is unique among all Mr. Daniel's work for one critical reason: the artist's luscious colors glow with a special brilliance on the pure white "canvas" of an Edwin M. Knowles china plate. This is wildlife art of the very highest quality that will bear eloquent witness to its owner's taste for many years to come. And if you act now, you can have "The Cardinal" at the eminently affordable \$19.50 issue price. But, please note: "The Cardinal" is issued in an edition strictly limited to 100 firing days, and you may well find yourself competing against a legion of collectors and bird enthusiasts for this superb fine-art plate.

Now is the time to act to assure yourself "The Cardinal" at issue price; if, for any reason, you should decide later that you aren't fully satisfied, you'll enjoy the protection of our 365-day guarantee. *If you are not completely satisfied, you may resell your plate to us at any time within one full year after you receive it.* We will issue you a check for everything you have paid, including postage, without the necessity of a resale transaction.

You'll also receive a free copy of *Plate World* magazine when you place your buy-order for "The Cardinal." *Plate World* is the definitive word on the fine art of plate collecting, filled with the kind of valuable information you'll need to buy and trade plates. To grace your home with "The Cardinal" by Kevin Daniel, and to receive your free copy of *Plate World*, simply complete the buy-order form and mail with your check or money order to: The Bradford Exchange, 9345 Milwaukee Avenue, Niles Chicago, Illinois 60648.



The plate is shown smaller than the actual size of 8½ inches in diameter.

Bradex Number 84-K41-12.1

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( ) My check or money order, payable to the Bradford Exchange, is enclosed. Please charge my account ( ) Visa ( ) MasterCard

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February 28, 1986

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Please respond promptly—because plates are produced in a limited edition, we can guarantee availability at issue price only until the edition is sold out. We'll ship your order in four to six weeks. You'll also receive a free copy of *Plate World* magazine.

650-A

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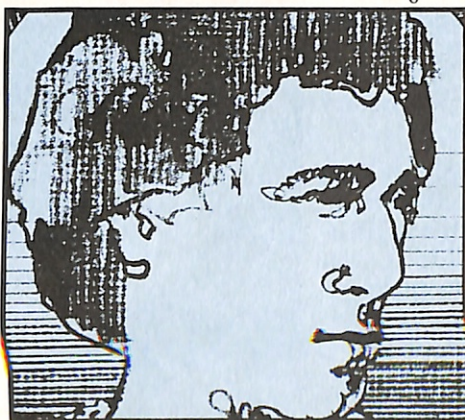
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**Cover:** Courtesy of the Virginia Elks Association. Adapted from a design by John W. Edwards.



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With this issue, the Third Class Not-for-Profit postage rates for *The Elks Magazine* increase approximately 30 percent.

This represents an increase of about \$22,000 per issue, making the postage cost for this issue nearly \$91,000!

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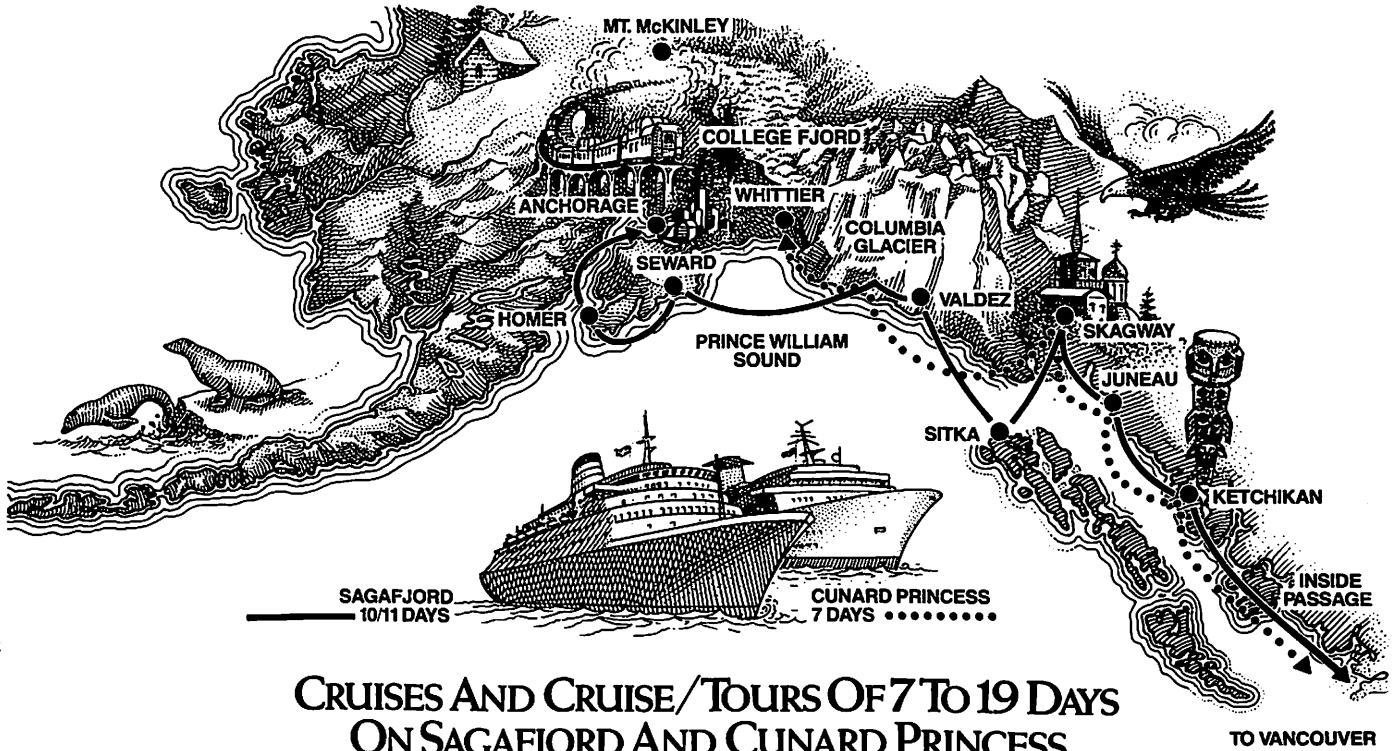


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# Drug Awareness Education Program

**AWARENESS  
THE KEY TO  
DRUG FREE  
CHILDREN...**

## PART 1: Understanding The Problem

It was one of the high points of GER John T. Traynor's acceptance speech last July in Seattle. Referring to the drug abuse problem in our country, GER Traynor said:

"We have an epidemic on our hands in America."

"This epidemic will be controlled, or the battle lost, depending on the success of the Drug Awareness Program, because our youth (often referred to as our nation's most precious resource) are the most susceptible to chemical dependency.

"We must not permit the destruction of the minds and bodies of our children. On behalf of the Elks, I declare a state of war against the epidemic of drug abuse. In war there is no substitute for victory. We shall win this war!!!"

GER Traynor did not overstate the magnitude of this problem. Drug abuse is today's greatest threat to America's youth. According to the National Institute on Drug Abuse (NIDA), nearly two-thirds of all high school seniors admit to illicit drug use.

This abuse of drugs interferes with learning, alters personalities, and injures health. Drug abuse destroys the potential of tomorrow's leaders before that potential can develop. Drug abuse must be vanquished.

In 1983, the Elks joined the battle with a vigorous program to increase awareness of the dangers of drug use through community education. The Elks program concentrates on marijuana, cocaine and alcohol. Its goal is prevention: to help youth decide not to use these "gateway" drugs before they start, by convincing them of the adverse mental and physical consequences of drug use.

Accordingly, the Elks are endeavoring to reach youth from fourth through ninth grades with the message that drug use is dangerous. The program actively involves parents, teachers, community drug agencies, the media and other concerned citizens.

The program is designed to stop drug use before it starts. The attitudes and behavior of youth in the fourth through ninth grades can still be influenced. The objective is to increase their awareness through education of the adverse consequences of drug use, so that they decide for themselves to avoid drugs.

This feature is the first of a series of articles on the Elks Drug Awareness Education Program. The purpose of this article is to make readers aware of the scope and severity of drug abuse among our youth, and to help parents recognize the signs of il-

legal drug use by young people.

These points should be kept in mind:

1. There is no such thing as a "soft" or "hard" drug.

2. There is no such thing as "responsible" use of an illegal drug. You may see materials which recommend the policy of "use not abuse." *Any use of an illegal drug is abuse!*

3. Prevention/education is the key.

The Elks Drug Awareness Education Program has targeted three drugs of abuse: marijuana, cocaine and alcohol. Marijuana is the most widely used illicit drug of abuse today, cocaine is the most rapidly growing in use, and alcohol is the most widely abused drug among teenagers.

### MARIJUANA\*

Marijuana is made of the crumbled leaves, stems, seeds and flowering tops of the hemp plant. This dried plant material resembles crushed lawn clippings, which may explain its nickname "grass."

Marijuana contains more than 400 chemicals, but when it is smoked, it produces over 2,000 separate chemicals. Of these many chemicals, one substance, *delta-9 tetrahydrocannabinol* or *THC*, has been identified as the main cause of the marijuana "high."

Being "high" (or marijuana intoxicated) is a condition that varies considerably depending on the user's personality, the circumstances of use, and the amount used. However, there are some common characteristics.

The user usually feels that time passes more slowly—five minutes seem more like fifteen—and such sensory experiences as seeing, hearing, tasting and touching are intensified. He or she may feel relaxed, or less frequently, anxious, fearful and distrustful. Sometimes these moods alternate.

Occasionally, the unpleasant feelings become overwhelming, and the user panics or becomes acutely paranoid. This is more likely to happen to an inexperienced user or with an unusually high dose of more potent marijuana.

Marijuana users may have difficulty making any type of sustained mental effort. They are easily distracted and often cannot complete a thought.

The purpose of smoking marijuana is to become intoxicated, to avoid

reality. Adolescents who smoke marijuana not only endanger their health, but postpone opportunities for emotional and social growth which may never recur.

Marijuana users fail to learn from previous mistakes and do not fantasize or dream in a normal way. They are also less likely to face challenges and experience feelings of personal achievement or close friendship. The term "burnout" was coined by users themselves to describe peers who no longer function as well as they did before using marijuana.

Use of marijuana has many negative physical effects. Many of the chemicals in marijuana do not readily pass through the body. Instead they are stored in the fatty tissues of the brain, the lungs, and the reproductive organs, where they remain for a long time.

If a youngster smokes only one marijuana cigarette, chemical traces can still be found in his body 3-4 weeks later. A regular user is never free of these chemicals and, in fact, builds them up with each use. Among the most significant effects are the following:

**The Brain**—In the short term, marijuana can disrupt thinking, learning and remembering. High doses can cause hallucinations and create anxiety. Long-term use of the drug may produce damage to the tissues of the brain.

**The Heart**—Marijuana use leads to as much as 50 percent short-term increase in heart rate and can decrease the blood supply to the heart. It can cause chest pains and may contribute to heart disease. Individuals with heart conditions should never use marijuana.

**The Reproductive System**—Marijuana affects the network of glands and hormones which are involved in reproduction. Marijuana use may impair sexual development, fertility, and sexual functioning.

For men, there may be decreased levels of the male sex hormone testosterone, decreased sperm production, and increased production of abnormal sperm. For women, marijuana may cause increased menstrual irregularities and interfere with ovulation.

The pregnant woman who uses marijuana takes an increased risk. Marijuana's chemicals pass across the placenta to the developing fetus. This may produce serious developmental problems similar to those found in

**MARIJUANA**  
... the most widely  
used illicit drug



\*Material taken from American Council for Drug Education literature.



**COCAINE**  
... the drug most rapidly growing in use

the offspring of mothers who use alcohol heavily during pregnancy. There is also some evidence that offspring from marijuana-smoking mothers grow more slowly and have learning difficulties.

**The Lungs**—Marijuana smoke contains more tar, carbon monoxide, and known cancer-causing agents than does tobacco. Like tobacco, marijuana produces sore throats, coughs, and bronchitis.

Casual use of marijuana is difficult to detect. Marijuana has a distinctive smell, sometimes described as sweet and lingering, which often clings to clothing. Many users burn incense to mask this distinctive odor. Regular users often have a chronic hacking cough or reddened eyes.

The need for money and an inability to account for where the money has been spent are other clues. If personal items are frequently missing from the home, they may have been sold or exchanged for marijuana. Other danger signals include:

1. Low tolerance for frustration and for authority;
  2. Poor impulse control, leading to sudden outbursts of anger, crying, or laughter;
  3. Muddled thinking—some users cannot remember what they did yesterday;
  4. Depression, self-absorption, manipulative behavior, and pathological lying;
  5. Deteriorating performance in school and on the job, and non-participation in sports or other demanding activities;
  6. Brushes with the law for driving violations, vandalism, shoplifting, etc.
- Peers, siblings, or older friends typically introduce adolescents to marijuana. The drug is usually given as a gift and smoked for fun. After six months to a year, marijuana smoking may become a regular week-end habit.
- Use increases when smokers experience mid-week irritability and depression and cope with these distressing

feelings by "getting high." From that point on, many adolescents progress to daily use. Some become "dealers" who sell marijuana and other drugs to support their habits.

#### COCAINE\*

Cocaine ("coke," "snow") is a powerful stimulant that a century ago was also the first local anesthetic used in surgical operations. Synthetic anesthetics have largely replaced it, except for some uses in nose and throat surgery.

It is being increasingly used illegally to produce a brief euphoria ("high"). It appears as a white crystalline powder or flake, invariably adulterated.

Most often cocaine is snorted, that is, inhaled, often through a tube, into the nose. It can also be absorbed through other mucous membranes and may be injected under the skin or into a vein. Intravenous use produces

the most intense effects and also causes the more serious adverse consequences.

What we call cocaine is actually *cocaine hydrochloride*, a salt. When *cocaine hydrochloride* is mixed with a strong alkali and ether and then evaporated, the hydrochloride is removed and cocaine base is formed. This is called freebase.

The conversion to freebase is performed for two reasons: to purify the highly adulterated, illegally purchased cocaine, and to convert it to a form that vaporizes more readily when smoked. Freebase is smoked. Its effects are similar to intravenous cocaine plus whatever impact it has upon lung tissue.

Cocaine increases blood pressure, heart rate and body temperature. It enlarges the pupils and constricts the smaller blood vessels.

The mental effects of cocaine use are also important. In addition to producing intense euphoria and feel-

*(Continued on page 29)*

**ALCOHOL**  
... the most widely abused drug among teenagers

### HOW CAN I TELL IF MY CHILD IS USING DRUGS?

One of the questions asked increasingly by parents is: "How can I tell if my child is using drugs?" This is a most difficult question when signs and symptoms associated with behavior are used as a basis for (knowing) suspicion. It is difficult to separate the typical adolescent behavior from the drug-induced behavior; but the parent should consider the following behavior suspect:

1. **Does the child seem to be changing...**  
**Is the child becoming more:** irritable, less affectionate, secretive, unpredictable, hostile, depressed, uncooperative, apathetic, withdrawn, sullen, easily provoked, oversensitive?
2. **Is the child becoming less responsible?**  
**Is the child:** not doing chores, late coming home, tardy at school, forgetful of family occasions (birthdays, etc.), not cutting grass, allowing room to be untidy, not completing homework?
3. **Is the child changing friends, dress code or interests?**  
**Has the child:** a new group of friends, the language of new friends, hair styles like new friends, switched clothes styles, become reluctant to talk about new friends, become very interested in rock music and concerts, become less interested in school, sports and academic hobbies, refused to talk about parents of new friends, started insisting on more privacy, demanded permission to stay out later than usual?
4. **Is the child more difficult to communicate with?**  
**Does the child:** refuse to talk about details of friendship, group activities, refuse to discuss "drug issues," become defensive when negative effects of drug use are discussed, strongly defend occasional use or experimental use of drugs by peers, insist that adults hassle their children, begin to defend "rights" of youth, prefer to talk about bad habits of adults?
5. **Is the child beginning to show physical and/or mental deterioration?**  
**Does the child show:** disordered thinking or ideas and thought pat-

terns that seem out-of-order, heightened sensitivity to touch, smell and taste, increased appetite from marijuana smoking (known as the "munchies"), loss of ability to blush, decreased ability in rapid thought processes, amotivational syndrome, weight loss?

Behavior changes as discussed in 1 through 5 may occur over a period of a few months, the summer, or over a year or more. These behavioral patterns should be monitored closely by the parent. More blatant behavior will begin if the child can manipulate his way through the aforementioned examples and more obvious drug use behavior will begin to occur.

6. **Is the child's behavior becoming more intolerable to parent?**  
**Does the child:** demand his right to drink alcohol, refuse to spend additional time on studies even though grades are down, insist that teachers are unfair, become extremely irritable, refuse to do chores, use bad language, come home late with alcohol on breath, claim people are telling lies on him, claim never to have smoked pot, not want to eat with or spend time with family, act very secretive on telephone?  
After behavioral clues to drug use, there usually comes the tell-tale physical evidence which is difficult to deny. The child will usually lie or give half-truths to parents when caught.
7. **Is the child becoming careless in his drug use?**  
**Does the child:** forget to replace the liquor stolen from parents' cabinet, put the bottle between mattresses, leave the "roach" in flower pot, in bathroom or car ashtray, forget who vomited in family car, insist that marijuana found in car or room belongs to someone else?
8. **Is the child becoming drug dependent?**  
**Does the child:** take money from his parents, brothers or sisters, steal objects from home that are easily converted to cash, lie chronically, drop out of school?  
**Is the child:** caught shoplifting, charged with burglary, charged with prostitution, arrested for drug use or delinquent act?

**Does the child attempt suicide?**

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—Thomas J. Gleaton, Ed D.

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We're the world's largest seller of down comforters and down pillows, manufacturing all of our quality products in La Crosse, Wisconsin since 1911.

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**SEND TO: The Company Store, Dept. F220,  
500 Company Store Road, La Crosse, WI 54601.**

## Corrected "Hoop Shoot" Regional Semi-Final Schedule

**NOTE:** The "Hoop Shoot" Regional Semi-Final Schedule printed in the December 1985/January 1986 issue contained numerous errors. Please refer to the following schedule for the correct dates and sites.

**SOUTHEAST CENTRAL REGION** March 22  
WV, VA, NC, MD, DE, DC  
University of Charleston, Charleston, WV  
Director: Dick Harris, 1143 Barlow Drive, P.O. Box 2709  
Charleston, WV 25311

**NORTH CENTRAL REGION** April 5  
MN, WI, IA, IL  
Iowa City High School, Iowa City, IA  
Director: Dick Froeschle, Route #1, Box 34  
LeClaire, IA 52753

**NORTHWEST REGION** March 1  
WA, OR, ID, AK  
University of Portland, Portland, OR  
Director: Bill Critchfield, P.O. Box 244  
Corvallis, OR 97339

**WEST REGION** March 8  
CA, HI, NV, UT, AZ  
University of Las Vegas, Las Vegas, NV  
Director: Adrian Brubaker, 300 Orchid Drive  
Las Vegas, NV 89107

**WEST CENTRAL REGION** March 22  
NE, CO, KS, WY  
Wheatridge High School, Denver, CO  
Director: Don Oldfield, 1235 South Hudson St.  
Denver, CO 80222

**NORTHWEST CENTRAL REGION** March 1  
MT, ND, SD  
Lockwood High School, Billings, MT  
Director: Dave Todd, 1823 Ave. "E"  
Billings, MT 59102

**SOUTHEAST REGION** March 15  
MS, AL, GA, FL, SC  
Valdosta State, Valdosta, GA  
Director: Bill Cook, 201 Redwood Drive  
Dalton, GA 30720

**NEW ENGLAND REGION** April 5  
ME, NH, RI, MA, CT, VT  
Holyoke High School, Springfield, MA  
Director: Walt Kettle, 594 Lafayette Road  
N. Kingston, RI 02852

**SOUTHWEST REGION** March 15  
NM, OK, TX, LA  
Cameron University, Lawton, OK  
Director: William Wolf, 1436 N. 40th  
Lawton, OK 73505

**NORTHEAST CENTRAL REGION** March 22  
PA, NY, NJ  
Coughlin High School, Wilkes-Barre, PA  
Director: Frank Bonner, 29 Tilbury Ave.  
Tilbury Terrace  
W. Nanticoke, PA 18634

**GREAT LAKES REGION** March 15  
MI, IN, OH  
University of Michigan, Ann Arbor, MI  
Director: Robert Bartolameoli, 22436 Edison  
Dearborn, MI 48124

**CENTRAL REGION** March 8  
MO, KY, TN, AR  
University of Tennessee, Martin, TN  
Director: Randall Smith, 203 Sheffield Pl.  
Franklin, TN 37064

## Finals

Elks National "Hoop Shoot" Contests finals will be held in the Market Square Arena, in Indianapolis, Indiana, April 18, 19, 20, 1986; National Headquarters, Hyatt Regency. The Elks Basketball Hall of Fame Classic will take place April 19, 1986.

Emile J. Brady, National Director  
Box 153  
Danville, PA 17821  
(717) 275-5355

# LETTERS

• As usual, John Behrens is on target again with his column, "Good Bosses Motivate People," in the Oct. '85 issue.

One reason some employees simply don't produce is job dissatisfaction. Employees with a high level of job satisfaction are the ones that come in early, stay late, and give 110-percent and more. Job satisfaction has a lot to do with how good the boss is.

Someone once said, "Good bosses don't motivate people...good bosses motivate people to motivate themselves." The result is the same—solid employee productivity and job satisfaction.

The next time a boss can't get what he or she wants out of an employee, perhaps he or she should take a closer look in the mirror and evaluate their own performance.

Dan Chmielewski  
Syracuse, NY

• I never miss reading Jerry Hulse's "For Elks Who Travel." The articles are so well written and enjoyable to read. "The California 'Riviera'" (Nov. '85 issue) was special. Having visited so much of the area mentioned in this article brought back many fond memories.

R. M. Contiente  
Pittsburg, CA

• In the Nov. '85 issue, "Social Security: An Anniversary" by Grace Weinstein was an excellent article.

However, there was one specific issue that needed to be addressed, which she didn't include, and that was the "Notch Years" fiasco. The people who were born in the notch years (1916-1921) receive considerably lower Social Security benefits than their financial equals who were born in other years.

To illustrate, when the notch year people paid the required tax, they paid the same amount as everyone else. Yet they have been discriminated against and receive lesser payments.

So far, there has been no forceful action taken to correct this injustice. Are those responsible going to continue to turn their backs on this matter and ignore the problem, hoping it will be forgotten, so that notch years people will eventually die and then the issue will be closed?

Harold Slutzker  
Everett, PA

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

# Copper Bottom Cookware \$2 Per Piece

(Atlanta, GA) —

FC&A, a nearby Peachtree City, Georgia, company is "giving" away 16,200 ten-piece sets of famous copper bottom cookware in an advertising campaign to increase its mailing list for the amazing price of only \$2 per piece.

These ten-piece sets are guaranteed to be available only to the first 16,200 people who write to the following address before midnight, March 31, 1986.

**To be eligible for your set, you must cut out and mail this notice with your order. Copies will not be accepted!**

The 10-piece copper bottom cookware sets being offered are similar to those sets sold elsewhere at much higher prices. All pieces are stainless steel with copper bottoms and heat resistant handles.

Copper on the outside is wonderful for cookware. It's prized the world over.

Stainless steel on the inside helps keep food from sticking to the bottoms of pots and pans. The brilliant, scratch resistant stainless steel interiors are easy to clean.

## Each 10-piece set contains:

- 5-1/2 quart dutch oven with lid
- 2 quart sauce pan with lid
- 1 quart sauce pan with lid
- 5/8 quart sauce pan with lid
- 10" skillet (uses oven lid)
- 8" skillet

Most cooks would love to own copper bottom cookware, but not everyone can afford sets like this. Similar sets sell for over \$100. Don't wait to send in your order. You could miss this bargain of a lifetime!

## Lifetime Guarantee

Each 10-piece copper bottom cookware set weighs over 7 lbs. Its construction is so heavy and durable that we offer an unconditional lifetime money-back guarantee. If for any reason you are ever dissatisfied with the set, simply return it to us for a full refund with no questions asked.

## Sorry, Only 1 Set Per Customer

Because of the limited availability in this nationwide publicity campaign and our desire to obtain additional names for our mailing list, only 1 set may be purchased by each customer. Absolutely no exceptions will be

permitted. Checks for more than 1 set will be returned to customers.

## Not Sold In Stores

This widely advertised famous copper bottom cookware set will not be sold by us in stores. Order now! Tear out this ad, and mail it to the address below before midnight, March 31, 1986.

## Free With Your Order

We will give you a 5-piece wooden spoon set (\$5.00 value) free with your order, as a further inducement to get you to order and to be able to make use of your name for our mailing list. It's yours to keep even if you return the cookware set.

## Don't Wait. Order Now!

Don't wait past the March 31, 1986 deadline. Order now! Tear out and mail in this ad with your name and address and a check for \$19.95 plus \$6.00 heavyweight shipping and handling charge to our following address: FC&A, Dept. LEK-2, 103 Clover Green, Peachtree City, GA 30269.

Remember, satisfaction is guaranteed or your money back!

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# NEWS OF THE LODGES



Boise, ID.

**BOISE, ID.** Witnessing Idaho Governor John Evans (second from right) signing a proclamation declaring November as Elks Veterans Remembrance Month were (from left) Norman Weber, Boise Lodge National Service Committee chm.; John Capporelli, Elks VAVS representative at the Boise VA Medical Center; C. J. McCluey, state organist; John Conners, state National Service Committee co-chm.; and Brother Dennis Murdie.

**SAN CLEMENTE, CA.** Lodge, with the assistance of Garden Grove, CA, Lodge, hosted its annual "Safe and Sane" Halloween party to keep the children off the streets. There was a "haunted house," bobbing for apples, costume contests, and bags of goodies donated by local merchants.

The highlight of the evening was the appearance of the Garden Grove Elks Clown team, which provided entertainment for the children.



San Clemente, CA.



Anacortes, WA.



Pueblo, CO.



Lake City (Seattle), WA.



Eugene, OR.

**ANACORTES, WA.** Lodge recently celebrated its 75th anniversary. Among the dignitaries on hand for the occasion were (from left) SP Bill Hansch, GL Public Relations Committeeman Leo Paquin, DDGER Fred Goodman, ER Willis Colvin, and PGER Frank Garland.

**LAKE CITY (SEATTLE), WA.** Lodge hosted its Second Annual Boxing Roast, which is one of the lodge's most popular and successful events. Pictured are Secy. Don Wood presenting the Boxing Man of the Year award to Al Hostak, former middleweight champion of the world. Also honored at the roast were Eddie Cotton, Dick Francisco, Tommy Howard, Larry Buck, Bill Shellhas and Bearcat Baker.

**WESTCHESTER, CA.** For the 17th consecutive year, members and their wives

of Westchester Lodge entertained a group of children from the Spastic Center of Los Angeles. The group toured the Griffith Park Zoo and then was treated to a picnic hosted by wives of attending Elks.

**PUEBLO, CO.** Lodge received the Colorado State American Legion annual community service award for 1985 at ceremonies in Denver.

The lodge earned outstanding recognition for its sponsorship of youth baseball, awards of college scholarships, support of city-wide activities and community organizations, and thousands of hours of volunteer work in a large variety of fields.

Receiving the award and a plaque from Charles Farris, state commander of the American Legion (right) were Americanism Committee Chm. Ovie Vernon (left) and Est. Lead. Kt. Tom Olson.

**EUGENE, OR.** Wally Grove, National Service Committee chm. of Eugene Lodge, was presented with an award for his continued service to the veterans hospital in Roseburg, OR. Making the presentation on behalf of the Ladies Auxiliary, Post 293 of the Veterans of Foreign Wars, were Donna Peckham (left), and Florence Everhart.

**YUMA, AZ.** ER Bill Silva of Yuma Lodge presented a check to the Special Olympics Swim Team in Yuma to purchase warm-up jackets and other essential pool equipment for the team members. Cathy Reeves, area coordinator for Special Olympics, praised the Elks for their generosity.

**OCEANSIDE, CA.** Lodge hosted a luncheon for 17 members of the Legion of Valor from the southern California area.

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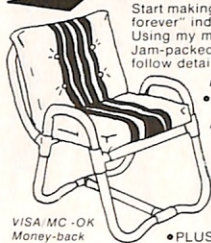
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**IT'S YOUR BUSINESS**

**QUALITY: A MISUNDERSTOOD WORD**

Is quality simply an overstated advertising term?

It may have been a few years ago, but it can't be today. If you plan to stay in business, you'd best use care when you use the term and be prepared to back it up.

Whether you're a lawyer, a car dealer or a giant multi-national corporation, the word "quality" can be your future or your finish with today's consumer.

Armand Feigenbaum, who studied the subject as a doctoral student at Massachusetts Institute of Technology, believes quality—the system—as compared to quality, the much-abused word, is America's only real answer to world competition.

Given the country's trade deficit, it's hard to disagree with him.

Last fall, Feigenbaum told an audience at the National Quality Month Forum that the business owner can expect a satisfied customer to tell eight others about his good experience. Dissatisfied customers, however, will complain about a product or service to 22 people, he said.

It doesn't take long to compute the damage irate customers can do in a small or medium-sized community. The difficulty is getting the business owner and his staff to "perceive" quality as the customer does, not as the manufacturer and merchant see it. There is a difference.

The quality factor frequently has to do with how the customer is treated before and after the sale. Quality, sometimes, is explaining the fine print up front instead of after the purchase and subsequent problems. Quality can be a liberal interpretation of the warranty, not a lawyer's interpretation when problems occur in borderline situations.

Much depends upon the cost of the product or service, of course. But in a day of increased competition and cost-effectiveness, that's not a valid argument, in my opinion.

Quality, Feigenbaum told forum listeners, "is today's most powerful corporate leverage for achieving both customer satisfaction and lower costs."

It certainly makes sense if you consi-

der the evolution of goods and services and delivery systems since World War II. And lack of quality has been the persistent flaw in America's highly touted mass production, hi-tech computerized society.

We called it the "throw-away" principle several decades ago. Products and services were to be consumed...used and discarded. How could there be pride in workmanship or individual labor? Volume measured profit, and quickly changing public tastes diminished the value of virtually everything the day it was bought. "Take the money and run" became the rule instead of the nonsense it really is.

But as demand for more durability and usefulness increased, we saw how quickly the "quality" we had known had vanished.

Consumer complaints spawned national organizations, and we became more aware of the term "caveat emptor" than ever before. Blame, of course, was passed around, with more than enough for everyone. Dealers blamed manufacturers, manufacturers blamed the government and suppliers, workers blamed management, and so on.

Everyone became supersensitive—defensive is perhaps a better word—to harsher criticism; but quality, a degree of excellence, has always meant standards and controls, and it is suspect today. Management wants to believe it somehow happens in the process or system used to produce the product or service. Management's perception, unfortunately, is that if you say it, it must occur.

Having had my share of arguments with managers of everything from toy manufacturers to auto giants, I know that perception is the key word. And that's why, in my opinion, consumers are irate.

The owner of a \$15,000 to \$20,000 new car that doesn't work several months after its purchase, won't be satisfied with its supposed quality when the dealer shrugs and says that with so many complicated parts it's bound to happen, but "No, we can't loan you a car for the day because that isn't our policy." Likewise, the buyer of a \$200 robotic toy

(Continued on page 26)

# Specially Selected for Readers of The Elks Magazine

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Get 1  
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Here are some of the greatest recordings of all time. These truly marvelous collections rekindle, as only music can, the special memories that everyone treasures. If you missed your chance to order these Limited Edition collections on TV and in magazines, we urge you not to miss out on this *one more time* offer! Buy any three . . . get 1 FREE!

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## NAT "KING" COLE "Unforgettable!"



Here is the one and only Nat 'King' Cole singing all his greatest hits in one magnificent 2-record collection.

**STARDUST • DARLING, JE VOUS AIME BEAUCOUP • WHEN I FALL IN LOVE • PRETEND • ANSWER ME, MY LOVE • WALKIN' MY BABY BACK HOME • TOO YOUNG • RED SALES IN THE SUNSET • NATURE BOY • MONA LISA • FOR ALL WE KNOW • THIS IS ALL I ASK • SMILE • BALLERINA • THERE GOES MY HEART • THOSE LAZY, LAZY, CRAZY DAYS OF SUMMER • FASCINATION • IF I GIVE MY HEART TO YOU • THERE! I'VE SAID IT AGAIN • (I LOVE YOU) FOR SENTIMENTAL REASONS • RAMBLIN' ROSE • SOMEWHERE ALONG THE WAY • NON DIMENTICAR • UNFORGETTABLE.**

## WAYNE KING "America's Waltz King."



For decades, millions of Americans danced and dreamed to the smooth, rich and elegant music of Wayne King and His Orchestra. Whether he was performing in Chicago's famous Aragon Ballroom or starring live on "The Lady Esther Serenade" hit radio show, no one could duplicate the lushly romantic "wonderful world of the waltz" created by America's "Waltz King."

**THE WALTZ YOU SAVED FOR ME • IF YOU WERE THE ONLY GIRL IN THE WORLD • I LOVE YOU TRULY • I WONDER WHO'S KISSING HER NOW • MEXICALI ROSE • GIRL OF MY DREAMS • LET ME CALL YOU SWEETHEART • LITTLE SILE ECHO • LONESOME, THAT'S ALL • ANNIVERSARY WALTZ • JOSEPHINE • ALICE BLUE GOWN • GOOFUS • I'D LOVE TO LIVE IN LOVELAND • SMOKE GETS IN YOUR EYES • I'M FOREVER BLOWING BUBBLES • (I'LL BE WITH YOU) IN APPLE BLOSSOM TIME • GOODNIGHT SWEETHEART.**

## THE HARMONICATS "World Famous!"



Here in one fantastic collection are all their greatest hits . . . sure to become one of the best-loved treasures in your music library

**RUBY • SENTIMENTAL JOURNEY • TWILIGHT TIME • DEEP PURPLE • EBB TIDE • SUNRISE SERENADE • MOONLIGHT COCKTAIL • PEG O' MY HEART • CHERRY PINK AND APPLE BLOSSOM WHITE • WHO'S SORRY NOW • BLUE TANGO • FASCINATION • TICO TICO • MAM'SELLE • OVER THE RAINBOW • RAMONA • PERFDIA • SABRE DANCE.**

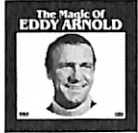
## MITCH MILLER "His New Sing-Along Album."



From his golden days on TV, here is Mitch And The Gang singing 33 all-time favorites.

**WHEN YOU WORE A TULIP • I'M FOREVER BLOWING BUBBLES • FOR ME AND MY GAL • SHINE ON HARVEST MOON • MEET ME IN ST. LOUIS • BILL BAILEY, WON'T YOU PLEASE COME HOME • SWEET ADELINE • LET ME CALL YOU SWEETHEART • CAROLINA IN THE MORNING • WHEN IRISH EYES ARE SMILING • MY WILD IRISH ROSE • IN THE EVENING BY THE MOONLIGHT • POLLY WOLLY DOODLE • WAIT FOR THE WAGON • THE OLD GREY MARE • DON'T SIT UNDER THE APPLE TREE • LITTLE ANNE ROONEY • HELLO! MY BABY • MOONLIGHT BABY • THERE'S YES! YES! IN YOUR EYES • SINGIN' IN THE RAIN • ALL I DO IS DREAM OF YOU • TOOT, TOOT! TOOT-SEE GOODBYE • WHILE STROLLING THROUGH THE PARK ONE DAY • IDA SWEET AS APPLE CIDER • A BICYCLE BUILT FOR TWO • PUT ON YOUR OLD GRY BONNET • I'M JUST WILD ABOUT HARRY • WHEN YOU WERE SWEET SIXTEEN • SILVER THREADS AMONG THE GOLD • THE WHIFFENPOOF SONG (BAA! BAA! BAA!) • PEG O' MY HEART • PEGGY O'NEIL.**

## EDDY ARNOLD "The Magic of Eddy Arnold."



Eddy Arnold is one of those artists who can truly be described as a living legend! This magnificent collection is one you and yours will always treasure, featuring:

**MAKE THE WORLD GO AWAY • ANYTIME • WHAT'S HE DOING IN MY WORLD • YOUR CHEATIN' HEART • BOUQUET OF ROSES • FOR THE GOOD TIMES • JUST A LITTLE LOVIN' • COOL WATER • SIXTEEN TONS • CATTLE CALL • TUMBLING TUMBLEWEEDS • I REALLY DON'T WANT TO KNOW • TURN THE WORLD AROUND • STREETS OF LAREDO • THE LAST WORD IN LONESOME IS ME • MAY THE GOOD LORD BLESS AND KEEP YOU • YOU DON'T KNOW ME • TENNESSEE WALTZ.**

## MILLS BROTHERS "Their Best-Loved Hits."



The fabulous Mills Brothers have made generations of music lovers happy for over four decades. Hear all their greatest hits in their sensational new collection.

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There's never been a collection like it. All the ORIGINAL recordings! 18 fantastic hits in all! It is truly a collection that will live forever.

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All their fabulous solid gold hits are here in one fantastic double-length collection! Their magic sound is a part of America's music that you will treasure again and again!

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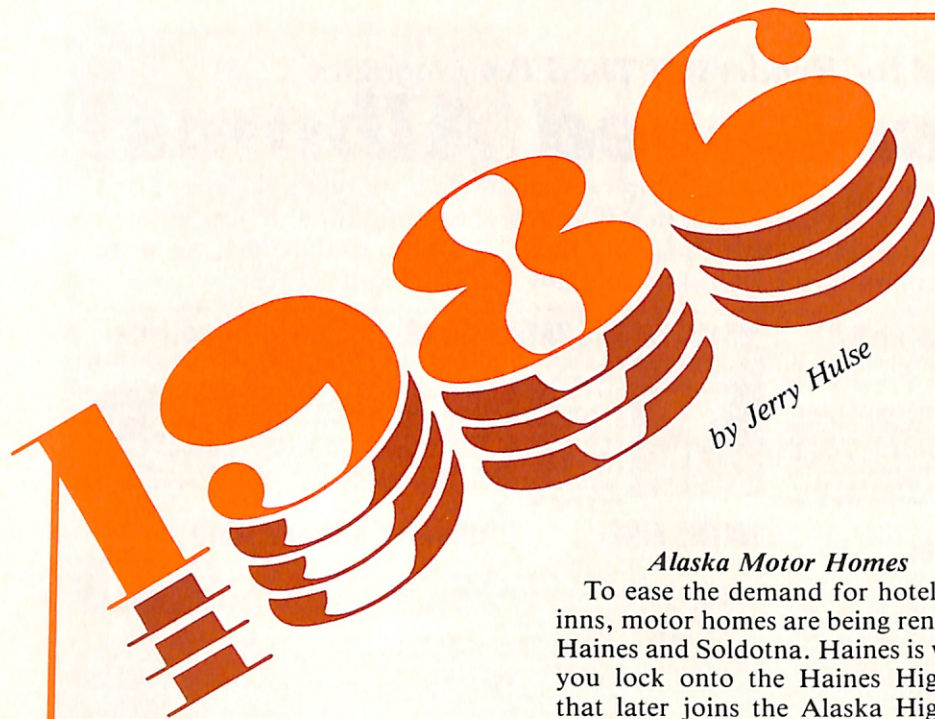
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### Alaska Motor Homes

To ease the demand for hotels and inns, motor homes are being rented in Haines and Soldotna. Haines is where you lock onto the Haines Highway that later joins the Alaska Highway near Whitehorse in the Yukon Territory. Soldotna (on the western Kenai Peninsula) is close to great fishing areas and is accessible by air from Anchorage. The motor homes sleep up to seven persons, and there are campers that accommodate two travelers. Camper rates are \$95 per day for a seven-day trip. The motor homes rent for \$140 a day. Details from Motorhome Rentals of Alaska, 322 Concrete St., Anchorage, AK 99501.

### Massachusetts

Massachusetts has put together a new vacation kit that's topnotch. You get a 40-page booklet telling all about the state's culture/recreation offerings plus a 32-page brochure outlining more than 800 attractions. There's also a calendar of events. Write for the "Spirit of Massachusetts" kit, 100 Cambridge St., 13th Floor, Boston, MA 02202, or telephone toll-free (800) 624-MASS. Also, the Boston Convention & Visitors Bureau has established a toll-free number for tourist information: (800) 858-0200. Dial anywhere from the continental United States.

### Big Apple Directory

New York has published a handy guide for vacationers planning a visit to the Big Apple. It describes 200 vacation ideas developed by 70 hotels and tour operators. It gives the low-down on shopping, dining, helicopter tours, bus, boat and carriage rides, free parking, backstage tours, etc., and lists both budget and luxury accommodations. Free copies are available from the New York Convention

& Visitors Bureau, 2 Columbus Circle, Department P, New York, NY 10019. Ask for the "1986 New York City Tour Package Directory."

### Money Advice

Tips on foreign money are detailed in a booklet titled "Money Sense Overseas." It tells how to stretch your dollars. The same booklet contains a travel checklist and tipping guideline. It is written especially for the first-time traveler. For a free copy write to Travel Booklet, 3602 W. Glen Branch, Peoria, IL 61614. Enclose a stamped, self-addressed No. 10 envelope.

### Arizona Ranch

A new brochure just arrived from the operator of Middleton Ranch in Arizona, located outside Tucson en route to Nogales. It has accommodations for up to eight guests in four double rooms. Figures out to \$100 a day single or \$150 double. Meals and riding are included. Or there's a bed-and-breakfast rate of \$40 single, \$60 double. Details from Middleton Ranch, P.O. Box 504, Amado, AZ 85645, or telephone (602) 398-2883.

### Camping/Ghost Towns

For a 24-page guide that lists 150 campgrounds in Nevada, write to the Nevada Commission on Tourism, Capitol Complex, Carson City, NV 89710. The commission will also mail you a brochure describing 16 historic communities, including ghost towns. A map pinpoints each destination.

### Rail Bargains

Amtrak has introduced a new 30-day excursion fare. Passengers may purchase any round-trip ticket for only \$7 over the one-way cost (\$50 or more). The fare permits three stopovers. Promotion is good between now and June 29 (holiday blackouts excepted). Check with your travel agent or Amtrak.

### Safety Wallet

With pickpockets and purse-snatchers out in force overseas, Ralph Slocum of San Diego is doing a big business in security wallets. Designed to carry passports, cash, credit cards, airline tickets, there are models for both men and women. These safety wallets clip over waistbands and are priced from \$12 to \$25. For a brochure write to Slocum c/o Warren of California, 416 W. San Ysidro Blvd., Suite K23, San Diego, CA 92073.

### Wine Country

Hundreds of vacationers are steering a course for the northern Califor-

nia wine country. The B&B people of Napa Valley have produced a handy guide. It tells about one-day trips through the valley, hot-air ballooning, fishing, riding, biking, golf, tennis and antique shops. It also lists galleries, parks and picnic areas. This is a compact guide; it fits into a purse or glove compartment. Copies cost \$1.00. Write to Guide, B&B Innkeepers of Napa Valley, 1834 1st St., Napa, CA 94559.

Meanwhile, 140 wineries are described in a brochure covering Napa/Sonoma, Mendocino and Lake Counties—and this one is free. Information on picnicking, wine tasting and festivals is included. Send a stamped, self-addressed envelope to REA, One Market Plaza, Spear Street Tower 1001, San Francisco, CA 94105.

### Cattle Ranch

A cattle ranch in eastern Oregon will take you back to the days of the buckboard and covered wagon. This is a working ranch that covers 150,000 acres. "Spend six days where you live the life of the Old West," says the boss man. Sleep in a bunkhouse. Ride with the ranch hands, herd cattle, rope, brand, mend fences. Not my kind of vacation but if it sounds like yours, write to Griffin Marketing Inc., P.O. Box 30177, Portland, OR 97230. "All you need," says the boss man, "is a pair of cowboy boots and a hat." They supply everything else.

### Oregon Guide

Vacationers traveling to Oregon can obtain a 40-page color guide and brochures describing leading attractions. The package includes a total of 40 maps of recreation areas along the coast, a description of sights bordering U.S. 101, and details on 75 Oregon state parks. Send \$2 for postage and handling to the Oregon Coast Assn., 660 High St. N.E., Salem, OR 97301.

### Manhattan Merry-Go-Round

An outfit called Manhattan Passport makes visiting the Big Apple easy. It maps out your entire stay. Everything from arrival at JFK to a snack at the Russian Tea Room (or any other restaurant of your choice). You tell MP what you want to do, they set it up. Either that or leave it up to them to map out an itinerary, including visits to museums, Greenwich Village, Harlem, and shopping sprees.

(Continued on page 36)

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For reservations and information, call Mr. Les Kertes toll-free: 800-645-2120. In New York, call collect: (516) 466-0335.

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# BELLE BOYD:

*Black Widow of the Confederacy*

by Robert L. Williams

"Every member of my household will die," the woman shouted at the soldier preparing to raise the Union flag over her home, "before that banner shall be raised above us."

The soldier turned, cursing the elderly woman, and drawing his revolver, advanced toward her. The beautiful young girl beside her mother quickly pulled the pistol she had concealed in her dress, fired once, and the soldier fell, fatally wounded.

A scene from "Gone With the Wind"? Not at all. It was a real-life scene from the career of Miss Belle Boyd, the most famous spy of the Civil War, and one of the most infamous espionage agents in this country's history.

Known throughout Union and Confederate armies as the Black Widow of the Confederacy, Belle Boyd was anything but the typical image of the agent aiding enemy forces. She was barely sixteen years old, vivacious, pretty, and full of energy and love of life. In short, a great deal like the classic movie image of Scarlett O'Hara.

If the Civil War had not broken out, Miss Belle Boyd would have lived and died anonymously, in all probability. She would have found a husband, reared her family, and en-



joyed the serenity of her native Martinsburg, Virginia, in what is now West Virginia.

But the war did break out, and Belle Boyd, a student at Mount Washington College for four years, was in Washington, D.C., on a visit. There her dreams were, as she later wrote, "blasted with a curse—the worst curse that can befall man or woman—the curse of Civil War."

With the attack on Fort Sumter, Belle Boyd returned to her home, just as her father, who had enlisted in the Second Virginia Regiment, was preparing to leave for battle. Belle and other women of the Shenandoah Valley region had helped to equip and arm the regiment, which was part of the Stonewall Brigade, by raising subscription funds. At this point the war was taken lightly, almost frivolously.

The air of frivolity was increased when, at the battle of Falling Waters, near Martinsburg, the Rebels totally routed the Federal army of 5,000 men and took 50 prisoners. The light-heartedness, however, was to end abruptly when another Federal unit of 25,000 troops captured Martinsburg. At this point the horrors of war became a grim reality, and the young girl instantly forgot about parties and dresses, and was consumed with an intense desire to do anything in her power and within the concept of Southern honor to help the beleaguered Confederacy.

Belle's feelings were still strong when she mortally wounded the Federal officer who had threatened the Boyd household. Belle Boyd was brought to trial, and the Union officer presiding found her guilty of

nothing but defending her family's honor. Belle was released, but sentries were stationed around the house to prevent further violence.

Rather than continue to defy the enemy, Belle started to talk with Union soldiers at every opportunity; she trained her mind to store facts and figures on troop movements and battle plans. As soon as she returned to her home, Belle would write out detailed accounts of what she had heard, and send the information by messenger to General J. E. B. Stuart, whose army was stationed only a few miles away.

Almost at once one of her messages was intercepted, and Belle Boyd was called into the presence of a Captain Gwynne, who read her the Articles of War. Gwynne stressed one point in particular: "Whoever shall give food, ammunition, information to, or aid and abet the enemies of the United States Government in any manner shall suffer death, or whatever penalty the honourable members of the court martial shall see fit to inflict."

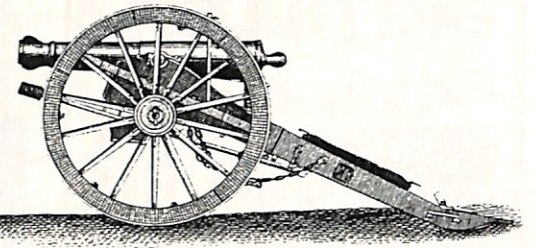
The verdict was clear: Belle would either discontinue her help to the Confederacy or she would be punished severely, perhaps executed. To make the decision even more difficult, she was placed under constant guard. Belle made up her mind, enlisted the aid of a young lady known only as Miss Sophia B., and continued her activities, but on a very modest scale.

In October of 1861 Belle visited her father, who had declined a commission and was serving at Manassas. It was during the visit (and due to an accident) that she captured her first enemy soldiers, and she did it without weapons or persuasion.

She had been riding one day when her horse bolted. Before she could bring it under control it had galloped into Federal territory, where Belle was instantly surrounded by enemy pickets. Two soldiers agreed to escort her back "home"; she led the two into a Rebel camp and announced, "Here are two prisoners I have brought you."

Despite the fact that her activities to this point had been rather commonplace (compared with what she was to accomplish later), Belle was

Belle was as well-known as many leading commanders of the Civil War; her fame proved to be her worst enemy.



already becoming a legendary character. During her visits she made regular trips between armies to provide Generals Beauregard and Jackson with information concerning enemy activities.

When she returned home Belle learned that Union officers had been ordered to watch for her and, if possible, to arrest her. She found herself for the second time facing a tribunal, this time at Winchester, Virginia, where General Shields and his staff attempted to pry information and a confession from her. The officers resorted to poetry, flowers, and social calls, assuming that kindness might work better than threats.

Belle maintained her silence and continued her work, except she now used coded messages. Since there was no real proof, the Union officers had allowed her to return to her home, but she was under constant surveillance—or at least was supposed to be.

Ironically, while General Shields' staff was trying to extract information from Belle, she learned from an officer that a council of war was to be held in the home of Belle's aunt that night. Belle, waiting until dark, slipped unseen into the house, climbed the stairs, and located a knothole through which she heard the plans to "catch poor old Jackson and his demoralized army," and capture the "tired old man" before he could damage the Winchester supply depot.

Belle listened until one o'clock in the morning, slipped from the house, and returned to her own home where she wrote out all that she had heard. As an afterthought, she faked a pass-

port permitting her to pass along public highways.

At three in the morning, Belle quietly saddled her horse and rode 15 miles across marshes and fields. Twice she was stopped by Federal troops, and each time her "passport" allowed her to continue. Finally she reached other Confederate sympathizers who arranged to have the information delivered to Colonel Ashby, who in turn, relayed the messages to Stonewall Jackson. Belle, after riding all night, was home in bed just before dawn. No one had missed her during the trips she had made twice that night.

The next day General Shields' Union troops moved toward Jackson's camp, but the two armies never met. While Shields and his men searched vainly for the "tired old man," Stonewall Jackson and his army were invading Winchester and methodically destroying the work that Shields and his staff had spent precious weeks constructing.

It was obvious that Belle Boyd's work had to be stopped. The Union army assigned a Lt. H. to accompany Belle wherever she went so that there would be no possibility that she could continue to smuggle coded messages. She was, however, allowed to continue visiting her relatives in and around her hometown as long as her escort was with her, and as long as she had her passport. No one was permitted to move without permission from town to town, and by this time the passports were obtainable only through staff officers. Even Belle's

*(Continued on page 27)*





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## Elks National Foundation

2750 Lakeview Avenue • Chicago, Illinois 60614



PGER Homer Huhn, Jr. (left), chm. of the Elks National Foundation Trustees, and U.S. Rep. Helen Delich Bentley of Maryland discuss the Foundation with David Danaher, a 1985-86 ENF "Most Valuable Student" scholarship recipient. David is attending American University in Washington, DC, majoring in International Studies. He is supplementing his scholarship with a part-time job as an intern in Congressman Bentley's office. Mrs. Bentley and David attended the recent Elks' reception in the Capitol for members of the U.S. House and Senate.

Mrs. Bentley received a "Most Valuable Student" scholarship in 1941, which she used toward the attainment of a B.A. degree in journalism from the University of Missouri. She has had a long and distinguished career in journalism, business, and government service.



The aid for physically handicapped children provided by the California-Hawaii Elks Major Project, Inc. includes many things. Frequently teenagers who have limited use of one hand, like Doyle who has spasticity in his upper left extremity, need special instruction in one-hand typing. His occupational therapist, Norma Zehms, includes this in his home therapy program. This project is funded in part by the Elks National Foundation.

*The following letter was received recently by the Elks National Foundation headquarters in Chicago from Paul Han. Mr. Han, sponsored by Delaware, OH, Lodge, received a four-year, \$2,000-a-year ENF "Most Valuable Student" Scholarship in 1981.*

Gentlemen:

I am writing to express my deepest thanks to the Elks National Foundation for your financial support during the past four years of my academic career. Your generous award has made possible a wonderful, rewarding educational experience at Cornell University (in Ithaca, NY).

I graduated with distinction in all subjects and with honors *magna cum laude* in Religion.

My Cornell education has reinforced my career interest in being a physician and opened the doors toward a realization of that goal. This fall I will enter the New York University School of Medicine in preparation for a career as a doctor.

I cannot overstate my gratitude to the Elks National Foundation for having provided me with financial support for a college education.

Sincerely,  
Paul Han



Bob Lee

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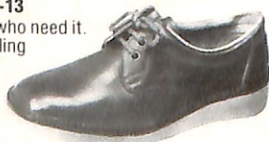
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# YOU & RETIREMENT

by Grace W. Weinstein

## HEALTHY QUESTIONS

Now, when you are healthy, is the time to think about medical care and to select your health care professionals. Now is also the time to get the information you need so that you can receive the quality care you deserve.

You may need to choose a new doctor, dentist, eye care specialist or pharmacist. You may want to evaluate your current care. Either way, these are some of the questions you should ask:

- How much will services cost and when are payments due?
- Does the health care provider accept the kind of insurance you carry? What about Medicare assignment?
- What are office hours, and how does the office respond to emergencies at other times? Is another professional on call when your doctor is not available?

A personal visit will give you the answers to the following:

- Is service prompt and efficient?
- Did you feel at ease? Did you get thoughtful answers to your questions?
- Did the professional take your medical history and ask about your current medical situation?
- Is the office clean and well-equipped?
- Was the examination thorough, as far as you could tell?
- Were diagnoses, test results, treatments and any prescribed medication explained to your satisfaction?
- Are fees and payment schedules clearly disclosed before treatment is given? Does he or she suggest ways to keep costs down?

You may feel uncomfortable quizzing a doctor or dentist. You may feel they'll be angry if you question their professional ability. Yet you ask questions when you buy other services. You would ask questions before entrusting your car to a new mechanic. Surely your body is as important as your car. You not only have the right to ask questions, you owe it to yourself to do so.

A new booklet prepared by the American Association of Retired Persons in cooperation with the Federal Trade Commission outlines specific questions to ask different health care professionals. For your free copy of the booklet, write to Healthy Questions,

AARP, 1909 K Street, N.W., Washington, DC 20049. Here is a brief sampling of what you'll find:

**When selecting a physician**, in addition to the items above, find out:

- At what hospitals does the doctor have admitting privileges? You may want a particular hospital because it has a good reputation or is close to home; if so, be sure the doctor you choose can take care of you there.
- Does the doctor have access to facilities where simple procedures can be done on an outpatient basis? Access to such a facility for minor surgery can save you both time and money.
- Will the doctor prescribe generic drugs when appropriate? If so, you can expect considerable cost-savings.
- Will the doctor readily agree when you want a second opinion? This is particularly important in case of recommended elective surgery. It is so important that all costs of obtaining second surgical opinions are covered by Medicare and by most private insurance companies.
- Will the doctor explain, when diagnostic tests are taken, what he or she expects to learn from those tests, how much the tests will cost, and what alternative treatments may follow?

You should be fully informed about various treatment options, and about what will happen if you choose no treatment at all, so that you can make an intelligent decision about your own care.

**When selecting a dentist**, in addition to the general questions, you'll want to know:

- What are the fees for a routine check-up and cleaning?
- Does a dental hygienist perform cleanings, freeing the dentist for more complex procedures?
- Does the dentist review your medical and dental history?
- Does the dentist take the time to explain procedures and make you feel at ease?
- Will the dentist explain ways to prevent dental problems and help you learn proper self-care techniques?
- Will the dentist help you to cut costs, if necessary, both on routine dental care

(Continued on page 33)

# "Prescription Drugs' Side Effects Revealed"

(Atlanta, GA) —

FC&A, a nearby Peachtree City, Georgia publisher, announced today the release of a new book for the general public . . . *Prescription Drugs' Side Effects Revealed*.

It reveals the little-known side effects of over 300 of the most often prescribed drugs . . . side effects which are known to few people besides doctors.

## What Your Doctor Doesn't Tell You

A recent U.S. government survey revealed that most doctors don't tell their patients about the possible side effects of drugs they prescribe. Tell your doctor if you have any possible side effects given in this book.

## The Good Effects of Drugs

You take drugs prescribed by your doctor for their good effects like relieving pain, fighting infection, birth control, aiding sleep, calming down, fighting coughs, colds or allergies, or lowering heartbeat and blood pressure.

## Do You Have Any Of These Bad Side Effects?

Prescription drugs can cause

diarrhea, dizziness, dry mouth, sleepiness, depression, headache, insomnia, upset stomach, blurred vision, cramps, rashes, constipation, fever, stuffy nose, short breath, high blood pressure, fear, ringing sounds, poor appetite, balance, sex or heart function.

## Do You Know The Answers To These Questions About Prescription Drugs?

When your busy doctor gives you a prescription, what do you, or even your doctor, know about it? What's it for? Will you be allergic to it? What are its side effects and dangers? Will it affect other medicine you're taking?

It's up to YOU to keep yourself informed by reading this book. For example, on page 15 you'll learn that a drug you take for shortness of breath can actually cause breathing difficulties . . . the very thing it's supposed to prevent.

## Latest Facts On Each Drug

Two outstanding pharmacists have helped add newly discovered side effects to the new edition. The book

describes more than 300 of the most-often-used drugs, 100 more drugs than in last years edition. Facts are given in easy-to-understand words instead of hard-to-understand medical terms.

## Easy To Read

Drugs are listed in alphabetical order for quick, dictionary-style finding. The book lists brand names, money-saving generic names, good effects, side effects, warnings and interactions with other drugs.

It tells how to save money by using generic drugs instead of expensive brand names. It also explains drug categories. (For example: a drug may be called an "analgesic" . . . analgesic means "pain reliever.")

**Free With Order Before Midnight, March 31, 1986**

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Do you know the intended good effects and bad side effects of over 300 prescription drugs? Read this article for facts.

## Are You Taking Any of These Drugs?

(Partial List of Drugs in Book)

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Aldoril®	Elavil®	Lanoxin®	Ornade®	Tagamet®
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Ativan®	Feldene®	Lo Ovral®	Phenaphen/	Tranxene®
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Bendryl®	Fiorinal/	Lotrimin®	Phenergan	Tylenol/
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# News of the Major Projects

In the fall of 1985, construction began on the newest of the three Major Projects sponsored by the Alaska State Elks Association. This project is the Alaska State Elks Youth Camp near Palmer.

Site preparation work was completed on the 80 acres of beautiful, rustic wilderness land with lake frontage which was donated to the association by Palmer Lodge. This work included a survey of the land, the building of an access road, drilling a

## Alaska Elks Break Ground For State Youth Camp

well, and using a bulldozer for clearing and contouring.

GER John T. Traynor and other Elk dignitaries visited the site during this initial construction work.

The first building at the camp will be a combination day-lodge and dormitory. Plans also include a cluster of small rustic cabins. At completion, the entire camp as planned will be capable of handling 80 youths and their counselors. Plans also call for special camp sessions for handicapped youngsters.

In 1984, the association appropriated \$100,000 for the construction and development of the youth camp. Another \$165,000 was earmarked in 1985. Many Elks are also donating professional time to this project.

The Alaska Elks are also continuing another Major Project, the pur-



At the controls of a bulldozer, GER John T. Traynor helped Alaska Elks prepare the site of their newest Major Project, the Alaska State Elks Youth Camp.

chase and training of Narcotics Detection Dogs. These dogs, all German Shepherds, are raised and trained in Germany. They then receive further training at a kennel in California before being given to state, airport, and municipal police departments in Alaska. An intense three-week training course for the dogs and their handlers is then provided by the ASEA. The use of these dogs has been very successful in controlling drug shipments into Alaskan communities.

The third Major Project of the Alaska Elks, entitled "Elks Help," is a program of lending specialized equipment to severely handicapped persons. Equipment is lent through the 18 lodges in the state, and already many individuals have benefitted greatly from this program.

The equipment purchased to date includes electronic wheelchairs; communication aids equipped with computer voices, visual displays and printers; an audiobionics "personal communicator" which enables deaf persons to type to each other over telephone lines; and abilityphones which provide telephone communications and an automatic call for help.

Items being considered for future purchase include a voice-operated minicomputer; an eye typing system which allows the user to type by looking at the letter, number or punctuation desired; and a motostand which allows a paraplegic to pull himself into a standing position, secure himself and drive around.

Often persons with severe disabilities don't know if some of the new high-tech adaptive aids will serve



Visiting the site of the youth camp along with GER Traynor (center) were (from left) Albert Maffei, member, GL Committee on Judiciary; William Hansch, president of the Washington State Elks Association; PGER Frank Garland; and ER John Switzer of Palmer, AK, Lodge.



The "Elks Help" program has improved the quality of life for many handicapped Alaskans. In photo, a "mini-speak" communication aid is demonstrated.

Narcotics detection dogs, purchased by the Alaska Elks for various police departments in the state, have helped control illegal drug trafficking.



their needs, and they find such equipment difficult to borrow and expensive to buy sight unseen. The Elks' program is designed to give potential users a chance to discover whether these aids can be of use to them. Once a piece of equipment is found suitable for a client, the Elks assist in the loca-

tion of another source, i.e., the client's insurance company, to purchase the equipment for him. Many letters of support and compliments to the Elks accent the fact that there is a great need for this program.

The 1985-86 budget for the Major

Projects of the Alaska State Elks Association is \$295,000, a portion of which is funded by the Elks National Foundation. The Elks of Alaska, numbering barely 13,000, can be justifiably proud of their support of these three excellent Major Project programs.

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## Business . . .

(Continued from page 14)

won't be impressed with its quality when the store manager says that the "problem" must go to the manufacturer on the opposite coast at the buyer's expense because the store doesn't service it.

How can the small business owner alleviate these problems and help create a better perception of quality?

1. Stop abusing the word in advertising and marketing. If you look at the product or service from the consumer's viewpoint and act accordingly, a better perception could reduce the aggravation that too frequently follows a sale. Notice how smart discount stores, for example, advertise brand merchandise but normally stay away from using the word "quality" in advertising. It's not that the merchandise is less than quality; but the brand infers a reputation to the consumer, and whether that reputation is valid depends upon the manufacturer's product, not the price at which it is sold.

2. Check the product or service like the customer will or should. Correct minor flaws before the product goes on display and remove those with defects. This sounds simple enough, but just talk to a customer at random and you know such checks don't take place. I remember taking a defective tape recorder back to a major store and getting another without questions asked. Several days later I discovered the same tape recorder on sale exactly as I had brought it in: inoperative.

My wife and I bought a new stove from an appliance dealer and expected it to work once installed. Two service calls, followed by an urgent call to a major manufacturer's hotline about the possibility of fire because of an odor of burning when the unit was off, finally brought action. Later it was determined that the service people and installers hadn't really "communicated" before the unit was sent out.

Does everything you sell or service have to be checked? Based upon the comments of merchants I've talked to, I'd say take it a step further: Make sure it works, has all the components the box says it should, contains no damaged parts, has all the instructions and literature it should have, and has information about where to go or who to call in emergency situations. If such information and quality control cannot be guaranteed, pull it from the shelves.

Both guidelines can go a long way to improve your perception of quality and service to the customer and, more importantly, bring back the tradition of the valued "regular" customer.

## Belle Boyd . . .

(Continued from page 19)

dairy maid had been stopped as she went from the house to the barn to milk the cows.

Belle Boyd was finally under control, or so Union intelligence thought. But one morning a sentry noticed something strange and went to investigate. He found an official passport on the horns of each cow, and on each passport the orders were clearly stated: "These cows have permission to pass to and from the yard and dairy for the purpose of being milked twice a day, until further orders." The passports had been signed by a Union staff officer!

The ridicule that Belle heaped upon the passport system resulted in her maid's being given permission to move freely and Belle simply had the maid deliver the strategic messages. When Belle and her escort went on short trips, Belle's personal maid accompanied them. Belle managed to conceal messages, all in code, among

the maid's clothing. Then, for variety, she used a man's gold watch case. The watch had no works—the insides had been removed to conceal small messages. So when Belle was searched, the officers neglected the two bystanders who were part of Belle Boyd's espionage team, if unwitting members.

Her classic example of grace under pressure occurred while Lt. H. was at her side. With an important piece of information scrawled on a single small sheet of paper, Belle and her escort began their walk. Belle carried a small package containing recent editions of the Maryland News Sheet, an illegal Confederate underground newspaper, and the officer gallantly offered to carry the packet for Belle. The unfortunate man never noticed that Belle had written on the package "Kindness of Lt. H."

Almost immediately they were accosted by two Federal agents who charged Belle with carrying secret messages to the enemy, and she was taken to the headquarters of Colonel Beale for interrogation. Belle's ever-present maid, now knowingly working in collaboration with Belle, was present and accompanied the group.

Knowing that her best defense was an intelligent attack, Belle immediately offered to let the officers search her and her maid. In a blatant show of defiance, she emptied her handbag on the table so Colonel Beale could inspect its contents.

At the same time, Lt. H. recalled the package that he had agreed to carry, and he removed it from his pocket and gave it to his commanding officer, who turned it over and saw the note, ostensibly from Lt. H. Beale ripped open the packet, found the illegal newspapers, and assumed that one of his officers had been guilty of procuring them for Miss Boyd. Beale went into an understandable rage, which he began to vent upon the poor, innocent lieutenant.

Belle now took the concealed messages from her clothing and offered the sheets of paper to Colonel Beale, who in his rage snatched the materials, wadded them and threw them furiously to the ground. Belle's maid unobtrusively picked up the messages and held them while Beale continued his triade against Lt. H. When he was finished, he dismissed the entire group, leaving Belle and her

(Continued on page 41)

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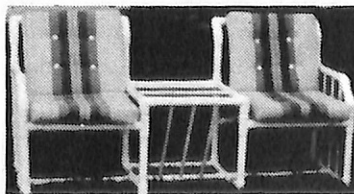
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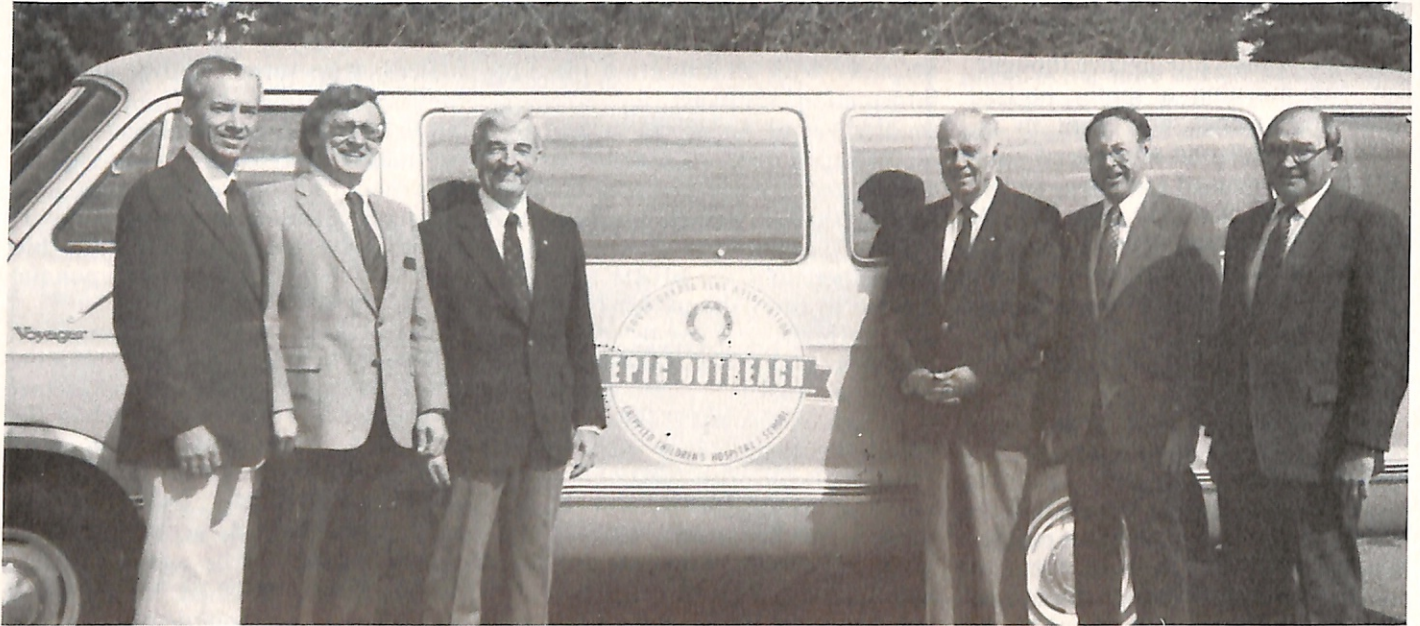
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# ON TOUR WITH

## JOHN T. TRAYNOR



When GER John T. Traynor (third from left) attended the fall workshop of the South Dakota Elks Association in Sioux Falls, he toured the state Crippled Children's Hospital and was able to see firsthand the EPIC (Early Planning for Infant Care) Program, which is the state Major Project. Also pictured are (from left) SP Harlan Huetson, Sioux Falls ER Greg Peterson, PGER Francis Smith, hospital board chm. Charlie Gaeckle, and hospital administrator Gaylen Holmes, PER.



While in Washington, DC, GER John T. Traynor took time to be photographed with "McGruff, The Crime Fighting Dog" at the U.S. Department of Justice. Wearing the McGruff costume was justice department official Richard Stobbs, a member of Bellaire, OH, Lodge. The department commended the Elks for their efforts to prevent drug abuse by the nation's youth.



At the annual convention of the Colorado Elks Association in Boulder, GER John T. Traynor and his wife Jane opened a gift which they received from the association.



GER John T. Traynor (center) attended the fall conference of the Wisconsin Elks Association in Appleton. He is pictured with SP Charles Green (left) and President-Elect Bob King.



## Drug Awareness . . .

(Continued from page 9)

ings of competence, consistent use often leads to irritability and paranoid ideas. Sometimes a full-blown paranoid psychosis develops with tactile ("coke bugs"), visual ("snow lights") and auditory hallucinations. When large amounts are taken, convulsions and death can occur.

Some people complain of headache following a single exposure. After a prolonged cocaine run, the "crash" is invariable. This consists of feeling "down," lethargic and mentally dulled. These unpleasant symptoms often become the reason for starting another run.

Weight loss because of reduced appetite may be considerable. Consistent inhalation of cocaine can produce sores and ulcers of the nasal membranes. Perforation of the septum of the nose is an infrequent but dramatic result of regular snorting of the drug.

The expectation that it will produce a "high" is the common reason for cocaine use. It is also an "in" drug at this time, and the symbolism persuades some people to indulge. The mistaken notion that cocaine is safe attracts those who are ordinarily cautious about what they put into their bodies.

Until recently it was believed that neither tolerance nor withdrawal symptoms occurred even if cocaine was used often. Now that frequent, large amounts are used by intravenous injection and smoking, tolerance has been documented (larger amounts are needed to produce the original effect after frequent use).

When large, repeated doses are suddenly stopped, a group of withdrawal symptoms emerges within hours. These consist of weakness, poor thinking ability, possibly increased appetite, various aches and pains, restless sleep and depression (the "coke blues") that can be profound. They are relieved by more cocaine. Therefore, if sufficient cocaine is used, physical addiction occurs.

Craving, the desire to continue using, is more intense with cocaine than with any other drug. In fact, confirmed users discontinue cocaine only when money, supplies or they, are totally exhausted.

(Continued on next page)

# Two Cherished Gifts for the Daughter You Love! Daughters are Special People

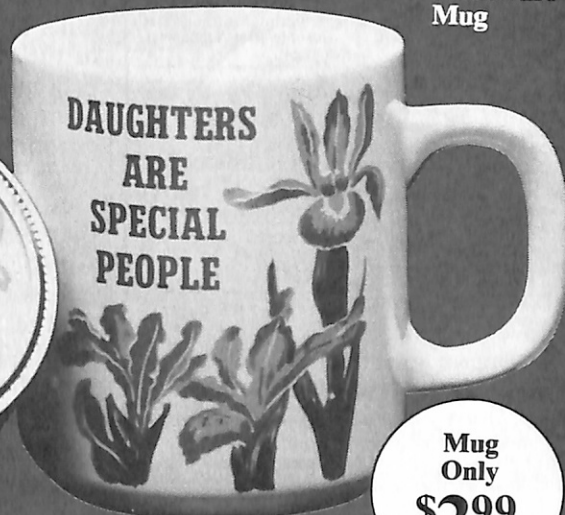
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## Drug Awareness . . .

(Continued from previous page)

Cocaine can cause death by rhythm disturbances of the heart, exhaustion of the breathing center, or repeated convulsions. A few people are very sensitive to small amounts of cocaine and can be poisoned by quantities well-tolerated by others.

It is estimated that 20 tons of cocaine enters this country illegally each year. This becomes 80 to 160 tons of street cocaine after adulteration. The cutting agents may be a sugar, quinine, amphetamine, ephedrine or one of the local anesthetics like procaine.

Some illicit cocaine contains no cocaine whatsoever. The adulterants are especially hazardous for the injectors of cocaine.

A kilogram (2.2 pounds) of cocaine that costs \$5,000 to \$10,000 in South America may sell for 10 times as much in a North American city. Adulterated cocaine goes for \$1,500 to \$2,500 an ounce, and there seems to be little relationship between price and percentage of pure cocaine.

Regrettably, the cocaine "industry" is a multibillion dollar enterprise. Bribery and corruption of officials are a part of the business expenses. Violence, including murder, is an occupational hazard for those involved.

### ALCOHOL

Alcohol is the most widely used drug among teenagers. According to recent studies, approximately 90 percent of high school seniors and more than 50 percent of seventh-graders have tried alcohol.

Ethyl alcohol is a drug contained in hard liquor or distilled spirits, beer and wine, which acts as a depressant to the central nervous system.

Distilled spirits or hard liquor contain 40 to 50 percent alcohol, compared with approximately 12 percent in wine and four percent in beer. When hard liquor is diluted in a highball, the resulting drink contains approximately the same alcohol content found in a 12-ounce can of beer or a four-ounce glass of wine.

Alcohol is often labeled an American tradition. Since the Pilgrims arrived with "bere" on the Mayflower, alcohol has been an important element in American society. Drinking is not only accepted, but on certain occasions it is expected among many segments of our population.

Although its effects can be devastating in both the short and long-term, alcohol is not regarded with the same fear and caution as many other drugs.

Surveys of high-school students show that 31 percent misuse alcohol, meaning they experience drunkenness at least six times a year, and 15 percent report problem drinking, consisting of regular drinking of at least five drinks per occasion. Six percent use alcohol daily.

The average age that kids begin to drink is 13, with some starting much earlier. A fifth of all 12 and 13-year-olds are estimated to be drinkers. Drinking is as much a problem among teenage girls as teenage boys.

The number of drinks per occasion is highest among 16 and 17-year-olds, as binge drinking has become a custom with many adolescents.

The effects of alcohol consumption are dependent on a number of factors including amount consumed, body size, tolerance, mood, health, other medications taken, food eaten, lack of sleep and many others.

Generally, alcohol taken in small amounts acts as a mild tranquilizer. As blood alcohol levels rise, the drinker experiences a period of stimulation and euphoria. When blood alcohol levels are .10 percent—which can be reached by a 150-pound boy consuming four cans of beer—memory, muscle coordination and reaction time are affected. This is the legal threshold of intoxication in most states, and for most people, driving is dangerous at this point.

As more alcohol is consumed, the senses become dulled and judgment is affected. The lack of judgment which accompanies intoxication can lead to further drinking by an overdosed individual. In cases where marijuana also has been consumed, the normal nausea and vomiting response of the body may be suppressed, leading to even further overdose.

Alcohol poisoning is a term often applied to alcohol overdose. Some signs of this condition may include nausea and vomiting, seizures, convulsions, subnormal temperature or fever as high as 104° to 107.6°F, cerebral swelling with severe headache, coma, depressed respiration, shock and death. The lethal blood alcohol level is cited as .40 percent; the level may be lower when other drugs have been consumed.

Alcohol is metabolized at the rate of one-half ounce per hour. Coffee,

tea and cold showers will not speed the process.

Other side-effects of drinking vary with the individual but may include aggressiveness, fluctuation of emotions, and others, sometimes leading to violence and other crimes, and suicide.

Heavy drinking can be the cause of several diseases, the most serious of which is cirrhosis of the liver, the fourth-leading cause of death among American adults. Abusive drinking also leads to a variety of heart diseases; high blood pressure; phlebitis; cancer of the throat, esophagus, tongue, larynx, mouth and liver; stroke and other ailments.

A number of chronic alcoholic brain syndromes can result as well and are characterized by erratic behavior, memory and recall problems and emotional instability.

Withdrawal from heavy drinking over the long term creates a number of undesirable effects. These range from anxiety to delirium tremens, and can include mental confusion, insomnia, visual and auditory hallucinations, and seizures.

Additionally, an undesirable cosmetic effect of heavy drinking can be the appearance of webs of broken capillaries on the face.

**The leading single cause of death among 15 to 24-year-olds is drunk driving.**

According to recent statistics, 14 teenagers die each day in drunk driving accidents. In a given year, 5,000 of the 25,000 who die in drunk driver accidents are teenagers; an additional 130,000 teenagers are injured in such accidents.

Of all fatal auto accidents involving a young driver, 40 to 60 percent are alcohol-related. Statistics show young drivers involved in traffic accidents are more likely to have been drinking than older drivers.

Between 1970 and 1973, 24 states reduced their minimum legal drinking age to 18 or 19, but many of these states have raised their minimum drinking age back to 21.

A year after the state of Michigan raised its drinking age in 1978 back to 21 from 18, statistics showed a 31 percent reduction in alcohol-related car accidents.

According to research done by the Alcoholism Unit Treatment and Research Program of the U.S. Veterans Administration Medical Center in Houston, Texas, the younger a per-

(Continued on page 34)

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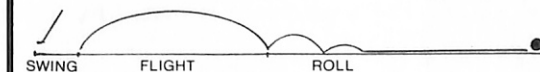
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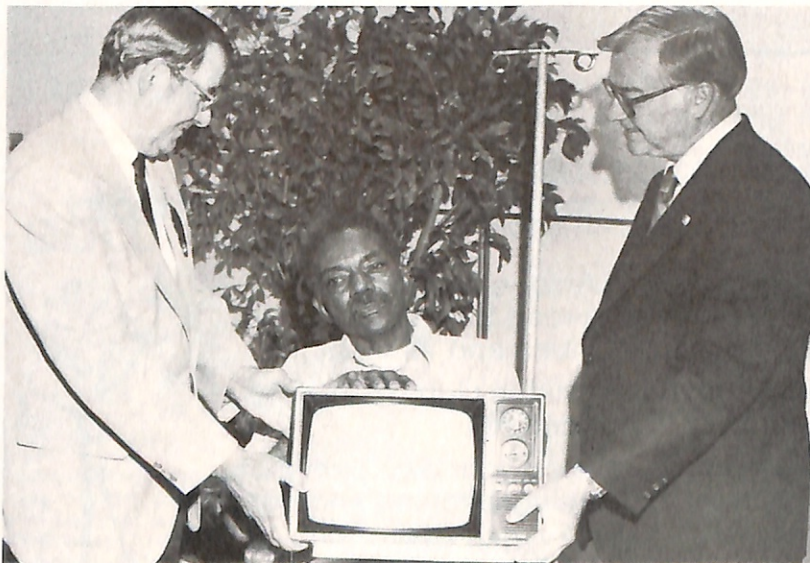
# ELKS NATIONAL SERVICE COMMISSION

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



Milton-Freewater, OR, Lodge presented numerous gifts to patients at the Walla Walla, WA, VA Medical Center. The gifts included model kits, lap robes, a 19-inch remote control TV set, and 12 pool cues donated by Past Grand In. Gd. Raymond

"Whitey" Schroth of Hermiston, OR, Lodge. Pictured from left are Trustee Howard Swagger; PER and Veterans Service Chm. Mike Lusk; and Tom Trujello, director of the center.



Samuel Turner (center), a patient at the Hines, IL, VA Medical Center, was the winner of an essay contest on the theme "Why I Am Proud To Be A Veteran." His prize was a portable TV set, which was presented to him by Samuel De Cero, state National Service Committee chm., and Walter Schaffer, chief of recreation service at the center.



During the last six years, the Hides Committee of Gateway (Portland), OR, Lodge has collected more than 1,000 hides to be tanned and given to VA medical centers. The lodge has placed more than 100 collection barrels at Elks lodges and other locations throughout Oregon and in neighboring states. Pictured from left are Steve Monsrud, who brought in the first hide of the 1985 season; ER Dave Miller; Chm. John Ceglia, Sr.; and Gene Langvenis, who brought in the 1,000th hide.

**WOOD, WI.** A check for \$2,000 was donated to the Clement Zablocki VA Medical Center in Wood by the National Service Committee of the Wisconsin Elks Association. The money is to be used toward the construction of a patient recreation pavilion at the center.

**SOUTH PLAINFIELD, NJ.** During Veterans Remembrance Month, the Veterans Committee of South Plainfield Lodge presented three color TV sets to the patients at the Disabled Veterans Home in Menlo Park, Edison, NJ.

**MIDDLETOWN, NJ.** The National Service Committee of Middletown Lodge recently named two area residents as "Outstanding Veterans."

George Kauffman, former mayor of the borough of Keansburg, was recognized for his efforts on behalf of Vietnam veterans and MIAs. Mary Weber, also of Keansburg, was honored for her service to hospitalized veterans. Ms. Weber made visits, picnics, and parties available to patients in veterans homes in the area.

**WAYNE, NJ.** At Wayne Lodge's National Service Charity Ball, Joseph Sessler, National Service chm., presented a \$1,000 check to Mike Sawruk, Elks veterans representative at the East Orange, NJ, VA Medical Center. The money is to be used toward the purchase of a bus for disabled veterans.

**TUCSON EAST, AZ.** Lodge held an ice cream social at the Tucson VA Medical Center, serving 175 veterans in and out of the wards.

# Retirement . . .

(Continued from page 22)

and on dentures should you need them?

**When selecting a vision care specialist**, remember that there are three different kinds of vision care professionals. **Ophthalmologists** are physicians who specialize in diagnosing and treating eye diseases; they prescribe drugs, perform examinations and eye surgery, and also may provide eyeglasses and contact lenses.

**Optometrists** are not medical doctors but may examine eyes, diagnose vision problems and provide eyeglasses and contact lenses; if they detect eye disease they will refer you to an ophthalmologist for definitive diagnosis and treatment.

**Opticians** may not examine eyes or prescribe lenses; they provide eyeglasses and contact lenses upon prescription of ophthalmologists and optometrists.

You may want to have an eye examination at least every two years, from an ophthalmologist or optometrist, because some eye diseases occur more often with age. You can shop for eyeglasses anywhere you like; federal law requires that you be given a copy of your prescription after an eye exam.

Some of the questions you'll want to ask are:

- How much does the basic eye examination cost and what does it include? A thorough exam includes scrutiny of both eye health (including tests for glaucoma) and eye function (muscle coordination, focusing ability, far-sightedness, etc.).
- Does the professional sell glasses and contact lenses? How much do they cost? Does he charge for follow-up visits

to adjust frames or contact lenses?

**Pharmacists** are also an important part of your health care team. They are an excellent source of specific information about drugs. You should always ask your pharmacist about possible interactions with other medication or with food, about possible side-effects, and about proper storage of specific medications. You may also want to ask:

- When appropriate, does he substitute generic equivalents for brand-name drugs? (Your doctor, in some states, may have to approve substitution.)
- Where can you get medicines in an emergency? Some pharmacies keep late hours, some have an emergency after-hours phone number, and some belong to a network of pharmacies which take turns staying open late.
- Does the pharmacy make deliveries and is there a fee for doing so? Is there a senior citizen discount?
- Does the pharmacist keep patient profiles listing all the medicines each customer has purchased? Such a profile should be kept, and should include a summary of your medical history so that the pharmacist can check for possible problems.

This is particularly important if you get prescriptions from more than one doctor, because one may prescribe something that will interact poorly with something prescribed by another. A profile will only be helpful, of course, if you fill all your prescriptions at the same pharmacy.

This is the first in a series of columns on your health. Next: Your patient's bill of rights. ■

## SPECIAL EDITION STILL AVAILABLE

Copies of the 24-page Special Edition of *The Elks Magazine* distributed at the Seattle Grand Lodge Session are still available, at no charge... while the supply lasts.

This Special Edition can be a great help with new-member indoctrination and for community-relations work, since it features articles about Elks charitable projects from across the nation, reprinted from recent issues of *The Elks Magazine*.

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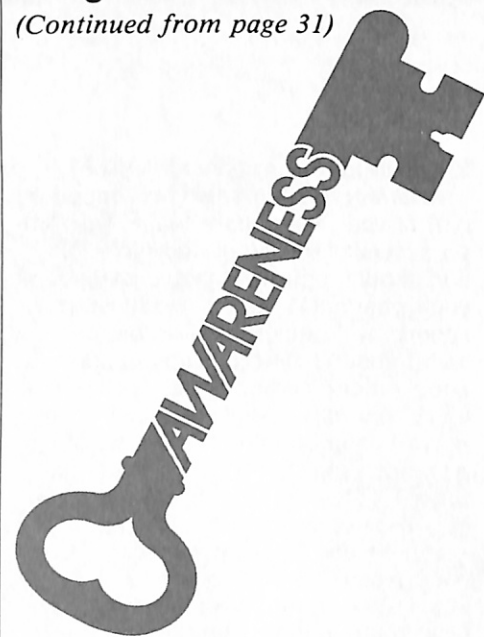
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## Drug Awareness . . .

(Continued from page 31)



son is when he or she begins drinking, the greater the chances for becoming a chronic alcoholic.

The hypothalamus gland, which plays an important role in human development, is at its peak of "imbalance" during adolescence. The research shows that when alcohol, which is both toxic and stimulating, is repeatedly introduced on an already imbalanced hypothalamus, the result may be chronic alcoholism.

VA researchers contend this damage to the hypothalamus makes it almost impossible for the teenage alcoholic to go back to social drinking.

One study done by the National Institute on Alcohol Abuse and Alcoholism found that 27 percent of high school students who smoke cigarettes and drink alcohol progress to marijuana use within a five to six month period.

Only two percent of those who do not use beer, wine or cigarettes become marijuana users, the study reported.

Marijuana and alcohol are the most widely used combination of recreational drugs according to national surveys. Research Triangle Institute studies show that the use of these two drugs is highly associated. Studies also indicate that alcohol is the first choice as a substitute for marijuana, and marijuana is the first choice as a substitute for alcohol.

Alcohol and marijuana both act as a sedative and neither counteracts or neutralizes the other when combined.

It is believed that, when used together, the drugs are generally additive, or that the combined effect is the sum of the two doses.

Research done by the National Institute on Drug Abuse shows that combined use of alcohol and marijuana results in a greater reduction in reaction time, conscious performance, standing steadiness and psychomotor coordination.

Most of the testing done using alcohol-marijuana combinations has been done in testing driving skills. The conclusion is that the combined use of the drugs worsens the ability to drive safely. The study also showed that this impairment seems to last longer than when one drug is used alone.

Studies also show that adolescents who abuse alcohol may not develop the personal, social, and professional skills needed to function as adults. A secondary effect is the variety of problems alcohol use can contribute to, such as family problems, child and spouse abuse, unwanted pregnancy, academic problems and drunk-driving charges.

With a significant number of teenage women giving birth, fetal alcohol syndrome (FAS) is an important issue for this age group.

FAS is a condition caused by drinking during pregnancy and may result in a variety of birth defects. Some conditions resulting from FAS include mental retardation, poor motor ability, growth deficiencies, and abnormalities of the face.

Miscarriage and birth weight are other factors influenced by alcohol consumption. Research shows that as little as two drinks a day, twice a week, can increase the risk of miscarriage. Females consuming two average alcoholic drinks a day are likely to give birth to babies whose birth weight, on the average, is six ounces less than that of babies of mothers who drink less frequently or not at all.

### WHAT CAN PARENTS DO?

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

Young children must be equipped with motivation, self-esteem, and the tools to resist peer pressure. Preven-

tive education at an early age is the most important key in the fight against drug use by youth.

Additionally, parents must set the right example for their children. Parents who themselves use illegal drugs can expect only that their children will want to imitate them.

Care must also be taken in the use of prescription and over-the-counter medicines in the presence of children. It is far too easy for a child to pick up the notion that a pill will solve all of life's little unpleasantities from observing parents who take tranquilizers when they feel nervous, or even aspirin every time they are tired or "out of sorts."

In families where drinking alcoholic beverages is done in moderation, alcohol usually is not considered a major issue. When drinking is associated with mealtime or special occasions, it is not likely to be viewed as an indication of adulthood or as a means for coping or escaping.

Most parents give their children very specific guidelines for acceptable behavior as soon as the children can understand the meaning of the word "NO." Youngsters learn from their parents that crossing the street alone, playing with kitchen knives, and numerous other dangerous activities are unacceptable.

This approach is necessary with drug use also. Children need to be taught at an early age that not only are marijuana, cocaine and alcohol harmful to their well-being, but also that their use is not acceptable within the family structure. Setting limits for young children, and discussing the reasoning behind those limits, helps prepare the children to set acceptable limits for themselves as they get older.

Finally, if your child is already involved with illegal drugs, there are many sources of professional help available. Chemical dependency programs have been established throughout the country. Alcoholics Anonymous (AA), Al-Anon Family Groups, and Al-Teen, an organization of Al-Anon for teenagers, all have chapters in cities across the U.S.

**NOTE: Excellent Drug Awareness Education pamphlets are now available from your Elks lodge. Get them, and read them! They may be of great value to you, your family, and your friends.**

(Our next article will tell how each lodge can develop an effective Drug Awareness Education Program in its community.)



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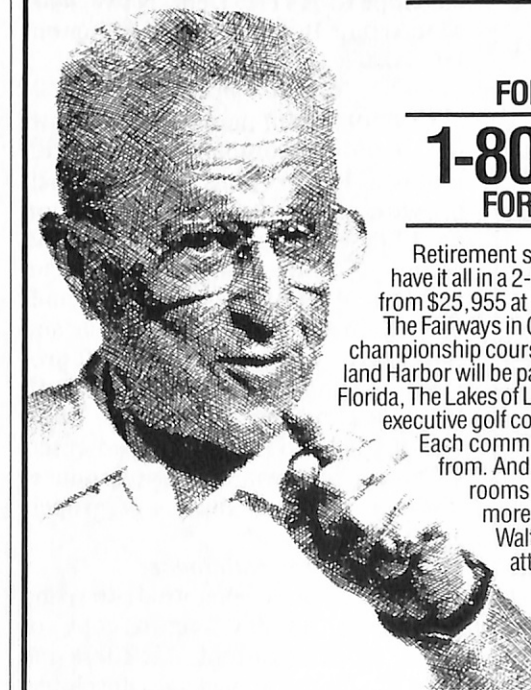
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**Travel Tips . . .**  
(Continued from page 17)

MP says it has "no tie-ins" with shops, restaurants, "no arrangements" with gallery owners. It handles limousine service, hotels, apartments, and do-it-yourself or guided tours. (A knowledgeable artist is your guide on the museum circuit.) MP also sets up schedules for business travelers. Contact Manhattan Passport, 344 West 23rd St., New York, NY 10011.

**Minnesota**

Minnesota's tourism people have produced three guides pinpointing 1,400 resorts, hotels, restaurants. Shaped to fit in a pocket or purse, each guide contains a map and temperature chart. One contains details on 500 resorts, another names 700 restaurants (fast-food to fine dining), a third deals with lodges. Copies are free by writing to the Minnesota Restaurant, Hotel and Resort Assn., 20001 University Ave., Room A, St. Paul, MN 55104. Indicate which guide you are requesting.

**Handicapped Travelers**

As an aid to the handicapped, the American Society of Travel Agents in cooperation with Holiday Condominiums has developed a listing of 100 resorts with condominiums designed for the physically handicapped. Send a stamped, self-addressed business envelope to ASTA, Dept. NTW, 4400 MacArthur Blvd. N.W., Washington, DC 20007.

**Condo Vacations**

Condominium pools keep on growing. Another company dealing with rentals, Reservations International, provides computerized information on 30 destinations from Hilton Head Island in South Carolina to Cancun in Mexico. Even ski areas are included. All units feature full kitchens and multi-bedrooms. One phone call provides the answers on prices, amenities. Telephone toll-free (800) 643-1000 for descriptions and reservations. (This company also produces a directory listing dozens of properties.)

**Free Catalogue**

If you're wondering where to spend your next holiday, get a copy of "Successful Vacations." It's free and tells all about 850 packages developed by dozens of tour operators. It has ideas for everyone from teens to seniors. The publisher is giving away

250,000 copies. Write to Target Tourism, P.O. Box 6583, FDR Station, New York, NY 10022.

**Golden State**

California has produced a stunning map/guide. It describes a dozen geographical regions—the North Coast, Shasta-Cascade, the High Sierra, the Central Coast, Central Valley, Inland Empire, the Gold Country, San Francisco Bay Area, the deserts, San Diego, and Los Angeles and Orange Counties. The three-foot map pinpoints everything from the redwoods of northern California to the beaches of San Diego. Service stations would charge at least \$3 for this slick package. It's yours free by writing to the California Office of Tourism, 1121 L St., Suite 103, Sacramento, CA 95814.

**Biking New York**

A group that calls itself the Hungry Pedalers does bike tours of Manhattan with pit stops at ethnic restaurants. Trips take in Harlem, Little Italy in the Bronx, the Russian sector of Brooklyn, and Greek and Armenian neighborhoods in Queens. Figure on about \$10 per biker. Meals are extra. Contact the Hungry Pedalers at (212) 222-2243. Other bike tours are sponsored by American Youth Hostels, (212) 431-7100 and Country Cycling Tours, (212) 874-5151.

**Checklist**

Whenever I pack for a trip I nearly always forget something, even after 25 years—a topcoat, razor, sweater. Something. Now Irv Yudin of Worldwide Travel has come up with a handy checklist that almost guarantees you'll leave nothing behind. The list has a total of 90 items—everything from antihistamines to umbrellas. On the opposite side, Yudin has prepared a list of hints/tips for travelers. And it's all free. Contact him c/o Worldwide Travel, 4605 Barranca Parkway, Suite 103, Irvine, CA 92714, or telephone (714) 552-0836.

**Worldwide Health**

Here's a new toll-free hot line to learn the facts about health/immigration for foreign countries: (800) 368-3531. Call 9 a.m.-6 p.m. EST. This is a service of the International League of Travelers in cooperation with the Centers for Disease Control, the World Health Organization and the U.S. State Department.

**Colorado**

If you're traveling to Colorado, write for a copy of the "Denver & Colorado Guide" c/o the Denver Metro Convention & Visitors Bureau,

Box 101, Denver, CO 80202. The guide lists hotels, motels, and B&Bs in the Denver area, as well as details on restaurants and sightseeing. One section is devoted to day trips from Denver.

You'll also find ski information on Aspen, Beaver Creek, Breckenridge, Copper Mountain, Crested Butte, Keystone Resort, Snowmass, Steamboat Springs, Telluride, Vail, and Winter Park (background on lifts, tours, accommodations). This is a slick, 76-page full-color magazine. And it's free for the asking.

**Insurance**

If you've gone through the nightmare of losing an airline ticket, you'll appreciate the latest offer by NEAR, the company that insures travelers. Under a new policy that covers lost and/or stolen tickets, NEAR arranges immediate replacements. This eliminates the aggravation of buying another ticket from the airline and waiting for reimbursement for the lost/stolen ticket. Besides, if the missing ticket is used by the finder or thief, you're plain out of luck. There's no refund from the airline. Besides ticket insurance, NEAR has other deals: accident, baggage, death, medical evacuation. Contact NEAR, 1900 N. MacArthur Blvd., Oklahoma City, OK 73127 or call toll-free (800) 654-6700.

**Telephone Rip-Offs**

Overseas travelers have been complaining of getting ripped off on phone calls to the United States. In most cases hotels are to blame. They tack on surcharges amounting to as much as 300 percent. Sometimes more. Example: One couple made a \$39 call from Italy to the United States. The hotel added a \$117 surcharge. When the couple objected the hotel threatened to call the police. Rather than fight, the guests paid.

Now AT&T has come up with a solution called Teleplan, an agreement whereby certain hotel groups limit the amount that can be added as a surcharge. Agreements have been made with hotel associations in Ireland, Israel, Panama, and Portugal, as well as with Hilton International, Marriott, Inter-Hotels of Switzerland, Novotel Hotels in Germany/Austria, and Regent International of the Orient. For a free brochure describing the plan call toll-free (800) 874-4000 or write to the International Calling Information Center, AT&T Communications, 500 Amsterdam Ave. N.E., Atlanta, GA 30306.

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"We were in Germany on the very first day of our vacation but my feet were killing me already. I thought a pair of more comfortable shoes might help and I fell in love with a pair in a shoe store in Wiesbaden, Germany.

But when I tried them on, they hurt too. I explained my problem of sore aching feet to a friendly clerk and she pointed to a counter display and said, maybe I needed a pair of special Leather Insoles.

I took her advice and was I glad I did . . . the instant I slipped them into my shoes, my foot pain vanished! I've worn them ever since and my painful foot problems are a thing of the past."

Over the last 15 years more than 8,000,000 pairs of these Leather Insoles have been sold in German shoe stores. They've relieved all types of foot problems for folks of all ages and if your feet are killing you, we urge you to try them.

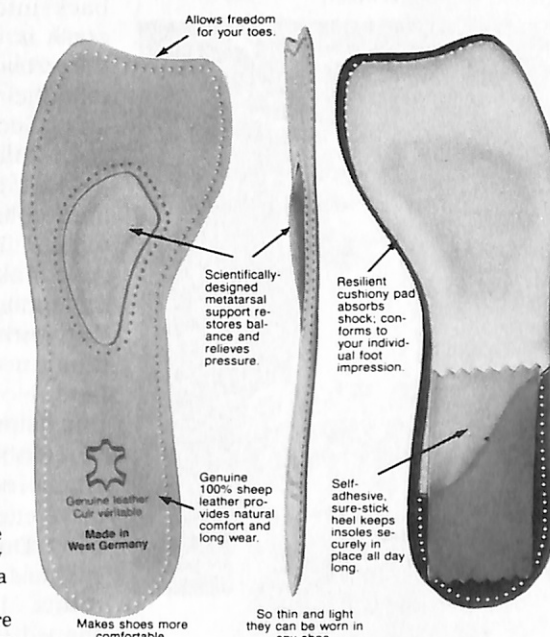
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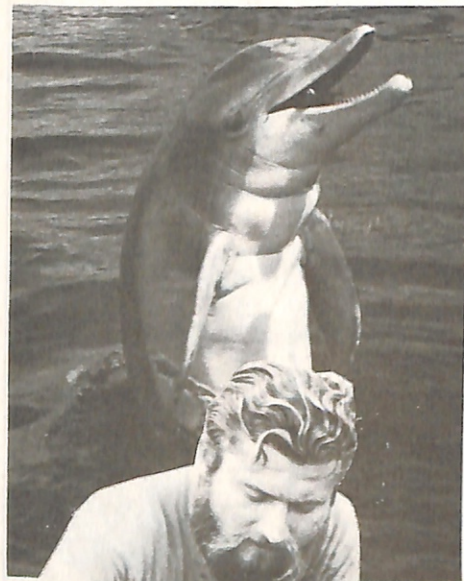
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# Children of the Sea

by Jerome Greer Chandler

Tuffy, a seven-foot, 270-pound dolphin, was trained to deliver messages and packages to sealabs 200 feet underwater.



With the power and grace of a ballet dancer cloaked in sea-foam gray, Dolly explodes from the water, does a double pirouette and splashes back into the tank. The thunderous crash is drowned out by the roar of the crowd as Dolly and her trainer take their bows. The place is Six Flags Over Georgia and the star of the show is an Atlantic bottlenose dolphin.

Most often we think of these remarkable creatures as playful entertainers. There's considerably more to their makeup than that, however. For millennia man has felt a special kinship with these mammals whose distant ancestors once lived upon the land. Now we are teaching them to be our helpmates.

Dolphins and porpoises are really small toothed whales, *Cetacea*. The differences between them are slight. Most Dolphins have a beak and conical teeth, while porpoises have a rather flattened head and spade-shaped teeth.

Although the exact number is open to question, there are perhaps 45 species of dolphins and porpoises. Their habitat is far-ranging. Some are true voyagers, traveling the temperate and tropical waters of the world. Other species of the gregarious mam-

mals stick close to one particular home area.

In 1960, a Pacific white-striped dolphin named Notty was drafted by the United States Navy for use in the study of hydrodynamic efficiency. Scientists who designed torpedos wanted to learn from Mother Nature's sleek design, a blueprint refined by millions of years of evolution.

Research efforts began modestly in a lagoon at Point Mugu, California. Since then, the Navy's activities have expanded to include the enlisting of playful sea lions and huge beluga whales. Specific projects of the Marine Mammal Program range from recovering rockets from the depths of the ocean floor to developing super-sophisticated sonar devices.

Stories surrounding these air-breathing, warm-blooded animals are filled with marvels and laced with myth. In recent years their exploits have leaped from the pages of popular novels to some of the most secret journals of the Pentagon.

What makes dolphins special is their ability to learn. Comparison of average brain weights in dolphins, men and chimpanzees shows that we actually come in second. The dol-

phin's brain is some 3¾ pounds; ours weighs about three pounds, and the chimp's is ¾ of a pound. The cerebral cortex of the dolphin is its least visible, but perhaps most striking feature. It is highly developed and, like man's, is the seat of consciousness. The animal's wide, perpetually mischievous mouth only hints at its extraordinary intelligence.

In oceanariums we're used to seeing dolphins and porpoises perform. Sometimes the motive is food: a jump through the hoop nets a fish. But there's more to it than that. Provided with small inner tubes, porpoises have actually invented a game of catch played with visitors.

Sometimes it's the *human* who has to be trained. On more than one occasion, playfully patient porpoises had to toss the inner tubes back to the uncomprehending spectators before the people realized what was happening; that the object of the game was to toss back the tube so as to make a "ringer" on the animal's snout. On occasion, trained porpoises have gone through their entire routine for six shows without taking a fish. The words "Pavlov" and "porpoise" have a lot less in common than most people believe.

The dolphin's ability to nail down repetitive actions was graphically illustrated in the late summer of 1965 in the waters off La Jolla, California. The Office of Naval Research selected an amusement park dropout named Tuffy, and trained the animal to assist in the ambitious Sealab II underwater research project.

Tuffy, a less than jolly dolphin who rammed and bit when angered, blossomed after the Navy got hold of him. He eventually became aquanaut (and former astronaut) Scott Carpenter's errand boy. Tuffy transported mail and necessary tools from the surface to the specially designed human habitat 200 feet below the surface where Carpenter conducted a series of experiments. Human divers, with all their elaborate equipment, were simply outclassed.

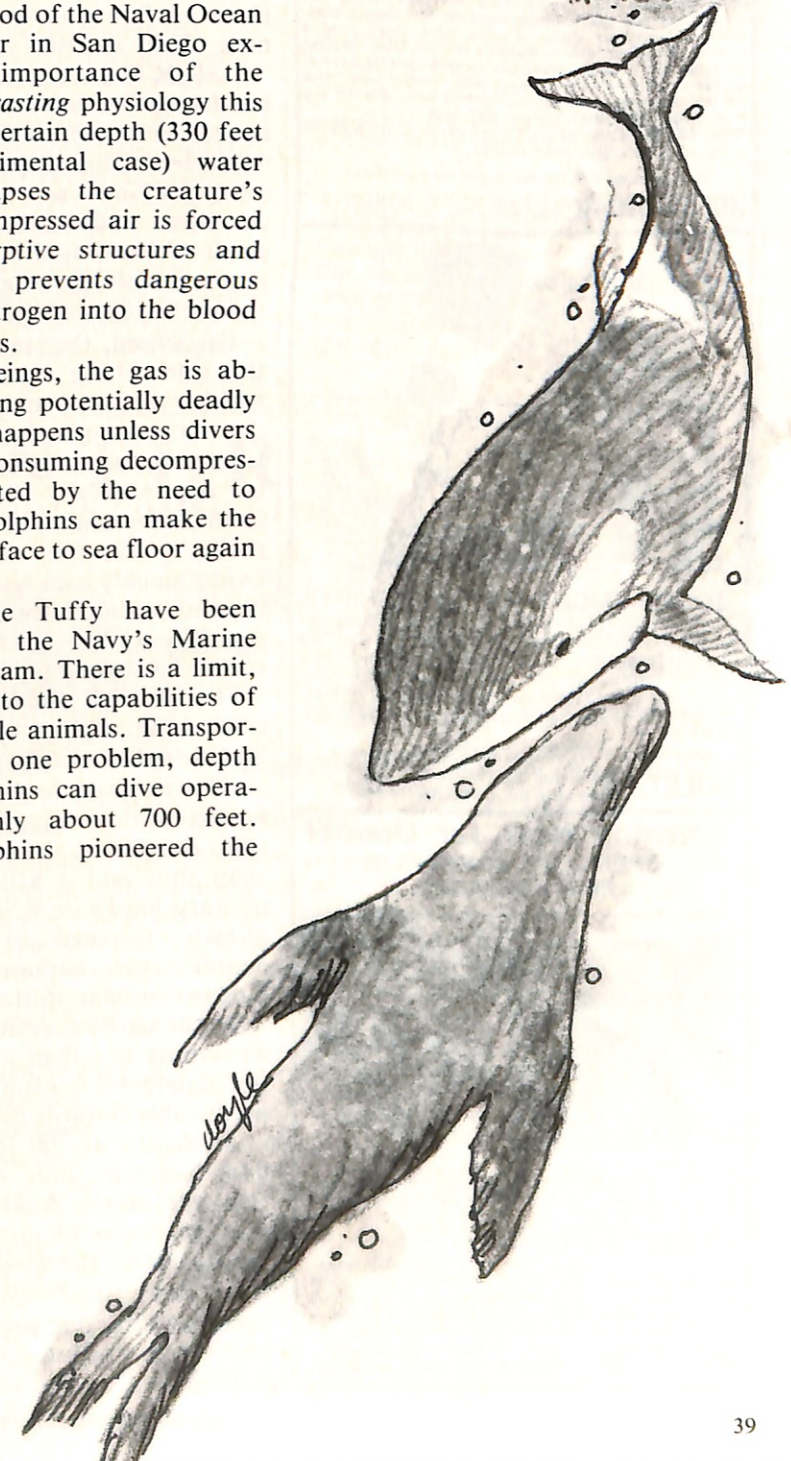
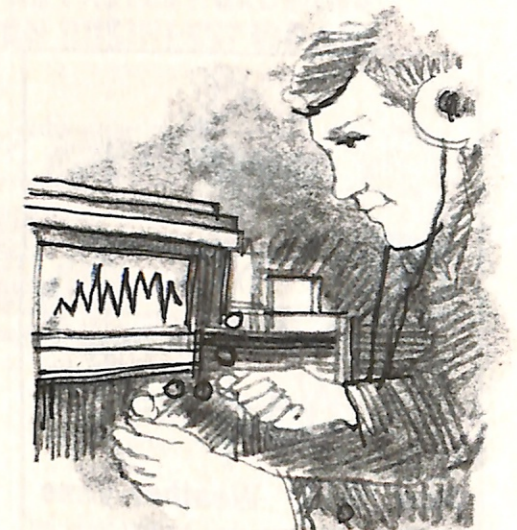
In an evolutionary sense, we share much with these marine mammals. Once, a theory goes, the distant ancestors of porpoises, dolphins and whales lived on dry land and got around on four legs. Over millions of years, scientists believe, these

creatures re-adapted to an aquatic way of life. Forelimbs became flippers while still retaining typical mammalian features like a five-fingered "hand." The hind legs were lost. But, intriguingly, even today two small bones can be found in the animal's pelvic region: the vestigial remnants of the hip bones. Flukes developed at the end of the tail and mammalian body hair disappeared. As for ears, all that external cartilage became a drag (literally) and eventually disappeared.

So much for the similarities. Professor F.G. Wood of the Naval Ocean Systems Center in San Diego explained the importance of the dolphin's *contrasting* physiology this way: below a certain depth (330 feet in one experimental case) water pressure collapses the creature's lungs. The compressed air is forced into non-absorptive structures and passages. This prevents dangerous diffusion of nitrogen into the blood and body tissues.

In human beings, the gas is absorbed, triggering potentially deadly 'bends.' This happens unless divers undergo time-consuming decompression. Uninhibited by the need to decompress, Dolphins can make the circuit from surface to sea floor again and again.

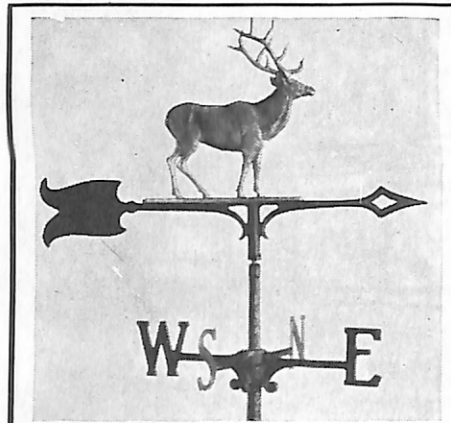
Dolphins like Tuffy have been point men for the Navy's Marine Mammal Program. There is a limit, however, even to the capabilities of these remarkable animals. Transportation presents one problem, depth another. Dolphins can dive operationally to only about 700 feet. Although dolphins pioneered the



A Navy trainer fits a grabber device over the nose of a sea lion. A team of sea lions has been taught to locate and place these devices on anti-submarine rockets fired from Navy ships during tests off the Pacific Coast.

As part of the Navy's "Project Deep Ops," Morgan, a pilot whale, prepares to fasten a grabber claw to a torpedo located on the ocean floor.





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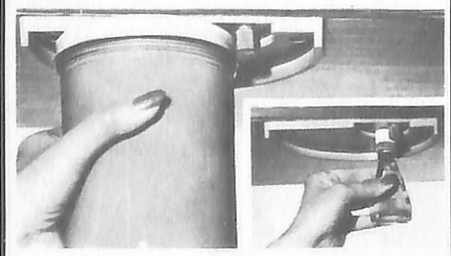
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## Children of the Sea . . .

(Continued from previous page)

locating of underwater military hardware by learning to home in on electronic "pingers," it took sea lions to make the concept of underwater retrieval practical.

A special sling and holding tank have to be employed to transport dolphins from one site to another. Sea lions don't need the elaborate equipment. It may be stretching the point a bit, but you could almost give them carfare and a fishy smelling map. Well, almost.

ASROC'S (anti-submarine rockets) are deadly and expensive. In an effort to recover the test versions and their valuable instrument packages, "Project QuickFind" was born. Teams of sea lions and trainers work from small rubber dinghies. Together, they motor to the approximate area where the rocket entered the water.

On arrival, the sea lion leaps over the side. Using "passive" sonar—which receives sound waves but doesn't transmit them—the animal locates an acoustic beacon attached to the ASROC. After eyeballing special markings painted on the rocket's tail, the sleek amphibian swims quickly back to the raft, jumps in, and pushes a special rubber button. This signals the trainer that the rocket has been found.

His job half finished, the whiskered aquanaut dons a jaw-like "grabber" fitted over a neophrene muzzle, and hurries back to the target. On the bottom of the ocean, the animal positions the device, the mechanical jaws snap shut and a \$100,000 piece of military hardware is in hand. A line already fastened to the grabber enables the supporting cast of humans to haul up the prize.

To the sea lion, ASROC recovery is something less than a matter of national defense. It's fun; a game with a predictable reward: fish.

At depths of 700 feet or less, sea lions perform quite nicely. Beyond that, the murky depths and tremendous pressures require a real heavy-weight. Enter the whale.

At first, the Navy recruited two candidates for the job: a two-and-a-half ton killer whale named "Ishmael" and a considerably

smaller but more cooperative pilot whale named "Morgan." In the contest to determine which one could more dependably fetch a submerged Mark-46 dummy torpedo, Morgan won. Again, an acoustic pinger was the homing device.

After research with the pilot whale, progress was made using half-ton beluga whales in an effort the Navy terms "Project Deep Ops." Taking a specially designed grabber in mouth, these gentle giants have successfully plumbed depths of more than 2,100 feet to find and retrieve Mark-46's. Hooked to the grabber is a hydrazine gas device which inflates after the apparatus is attached. The torpedo then simply pops to the surface.

As with their smaller cousins, the dolphins, there seems to be more to the psychology of training whales than mere reward. Recently, the Navy was conducting Deep Ops exercises in the waters off British Columbia when someone slashed netting holding a pair of belugas in specially designed pens. The Greenpeace Foundation, a well-known environmental group, claimed responsibility saying they had been planning to set the creatures free for some time. A spokesman for the group said the operation was the act of an organization representing the majority of people in North America who believe whales should be free.

Apparently the belugas didn't see things from Greenpeace's perspective, however. A 900-pound female either refused to leave or returned to her pen. A couple of days after the incident, her companion, a 1,100-pound white male, was seen swimming in waters near the enclosure. The pen was opened, and the gentle giant swam back in.

There is much more to the Marine Mammal effort than projects Deep Ops and QuickFind. Bionic sonar is perhaps the most fascinating area of research. Again, we turn to the dolphin. In this case *he* is the teacher and we are the pupils.

The dolphin can locate and identify underwater objects several hundred yards away. To do this, the animal emits a series of clicks composing an acoustic rainbow of sound frequencies ranging from quite low, to exceedingly high.

The low frequencies are used for "echo-location" (determining where the object is). Much higher frequencies, which can range up to 600 clicks *per second*, are needed for more  
 (Continued on page 43)

## Belle Boyd . . .

(Continued from page 27)

maid to deliver the messages.

Belle's escapades were not always peaceful, as she was to learn in the next few weeks, and neither were her accomplices and admirers always friends. A Mr. Clark, a reporter for the New York *Herald*, came to Belle's hometown and immediately became enamored of Belle and her charms. Unfortunately, he was a severe critic of the South, and Belle rejected him quickly. Clark's infatuation turned to dislike. Clark's greatest desire, at that point, was to see Stonewall Jackson and his army destroyed, but before the next battle started, Clark made plans to leave town.

Belle learned that the combined armies of White, Banks, Shields, and Geary planned an all-out attack on Jackson's army, which was only three-fourths of a mile from Front Royal, near Belle's place of residence. She tried in vain to persuade the men of the area to warn Jackson, but no one was willing to risk his life to deliver the message. Belle was worried that Clark might try to foil her plans, so she locked him inside his room and, pausing only long enough to get a sunbonnet and the message, headed in broad daylight toward Stonewall Jackson's army.

She was spotted instantly, and Federal troops opened fire on her. Bullets kicked up dirt all around her, ripped through her clothing, and even threw dirt into her eyes as she ran wildly across the open fields. A shell explosion knocked her to the ground, but she rose, climbed a fence, crossed a ditch, and found cover in a grove of trees before attempting to cross the next stretch of open territory.

Miraculously, her flight succeeded, and Union plans were foiled as Jackson was able to elude the trap. For the second time, Belle had saved Jackson's army and perhaps his life.

By now Belle was as well-known as many leading commanders of the Civil War; her fame proved to be her worst enemy. Celebrated as a battlefield angel, sword in hand and leading her troops to victory, she was compared often to Joan of Arc. It

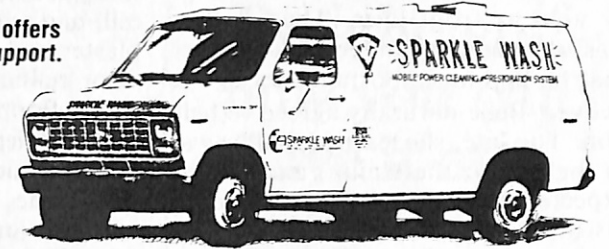
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was impossible for Belle to remain unrecognized as she moved from battle area to front lines. Thus, a trap was set when a man confided in her that he had an important message to deliver. Belle naturally agreed to help him. Too late, she learned that he was in the pay of the Union, and, as she expected, he promptly reported her to his superiors.

This time there were witnesses against her. Belle was tried, found guilty, and sentenced to serve a prison term at the Federal prison in Washington, D.C. But even here, at the old Duff Green Hotel, which had been converted into a prison, she continued her espionage activities.

Living among murderers, blockade runners, spies, hostages, smugglers, and desperadoes, she was nevertheless such a celebrity that she was sentenced to solitary confinement. Prison provided the backdrop where her ingenuity was given its greatest challenge.

Belle would sit at an upstairs window and sing "Take Me Back to My Own Sunny South" nearly every evening. Beside her in the window was a candle, clearly visible in the semi-darkness. After her song, she would leave the window, remove the candle, and crouch under the window until the arrow from across the street whizzed into the room. Attached to the arrow shaft would be a note, a message or a plan that she would become involved in.

At times the arrow, launched by a Rebel sympathizer whose aid had previously been enlisted by Belle's friends, would have a sleeve of a garment tied to the shaft. At other times it would be various parts of a uniform, sometimes needles and thread. Belle would take the cloth and other materials and sew the sleeve or other part of the uniform together; in a short time she had a complete Union uniform. Later, when mealtime arrived, Belle would covertly give the uniform to a prisoner, who would manage to slip it on over his prison clothing and casually walk out of the prison as if he were a Union officer on assignment.

She obtained a large marble, and she wrapped messages around it and rolled it from her cell across the hall to another cell. In this fashion the message was passed around the prison. She did the same with a small

ball that was smuggled to her. She smuggled her dinner knife back to her cell, and with it she dug a hole in the plaster and passed notes to the next-door cellmate. She loosened a board in the floor and dropped messages to the prisoner below.

Sometimes when the arrows arrived, she would attach a note or message on troop movements or other Union plans she had learned of while in the prison mess hall, and drop the arrow from her window. Her ally across the street would then pull the arrow, by the string attached to the shaft near the feathers, back to his room and take appropriate actions on the information received.

**"If it is a crime to love the South and its president, then I am a criminal."**

Prison officials were aware that she was still acting as an enemy agent and tried many methods to stop her. Once a guard smashed her hand with the butt of his rifle, breaking her thumb. Another guard attacked her with a bayonet, the blade piercing her dress and passing through part of her flesh, pinning her to the wall. She was warned repeatedly that her acts were capital offenses and that she would be treated as a common criminal.

She replied, "If it is a crime to love the South and its president, then I am a criminal. Then do with me as you please."

The guards increased their vigilance, but nothing seemed to stop Belle Boyd's work. The messages continued to pour into the prison and out of it. She provided troop information data, organized disturbances in order to allow prisoners to escape during the confusion, smuggled money, and, as an added insult, kept her wall festooned with small Confederate flags.

During one search of her cell, guards discovered two privates'

uniforms, a major general's uniform, a dozen shirts, and nearly thirty thousand dollars in Confederate money, Union greenbacks and silver.

When her father's death was reported, Belle was given temporary leave to attend the funeral. Instead of returning, she went to Wilmington and boarded a ship headed for Europe. Two days later the *USS Connecticut* captured the crew of her ship and returned Belle to New York.

Her guard was Lt. Sam Hardinge, who fell in love with her immediately. Belle agreed to marry him if he would help her to escape to England. He agreed; they honeymooned in England, but when he returned alone to visit family members in America, Hardinge was arrested and put in prison.

Totally alone and in a strange land, Belle Boyd wrote a book about her life, which earned her a small amount of money. Still in desperate need, she agreed to go on stage and act in a series of dramas. Meanwhile, Hardinge died in prison and Belle remarried. She married a third husband after her second marriage ended, but she still was in need of financial aid, so she went on stage again, this time to give her own version of her life story. To her shock, audiences frequently refused to believe that she was Belle Boyd. Rumors spread that the real Belle Boyd had died in prison or had perished in battle, and that this woman was in reality the infamous outlaw, Belle Starr, who was in actuality married to Cole Younger and to his brother and two Choctaw Indians.

Leaving the stage, Belle and her husband moved back to America and settled in Wisconsin, where she lived anonymously until her death in 1900. She enjoyed her private life, was well-liked by her neighbors, and appreciated by her numerous friends. She died, not in controversy but in comfortable seclusion from the bitterness and tragedy of battle.

On Belle's grave marker in Wisconsin Dells her story is told succinctly:

BELLE BOYD

Confederate Spy

Born in Virginia

Died in Wisconsin

## Children of the Sea . . .

(Continued from page 40)

refined "echo-examination" (determination of the size, shape and nature of an object).

Professor Wood of the Naval Ocean Systems Center compares the dolphin's rasping, grating clicks to the sound of a rusty hinge. The animal's active sonar is so acute, says Wood, that it can discriminate between two similarly shaped objects of different size. A blindfolded bottle-nose can tell the difference between two steel balls 2 1/8 and 2 1/2 inches in diameter respectively. The dolphin's ability to "see" with sound is so sophisticated, says Wood, that copper plates can be discriminated from aluminum, even though both have the same thickness. The density of the metal is the apparent key. Military implications are not lost on the Navy.

To duplicate the dolphin's amazing sounding ability, it is possible to build a set of mechanical sonars that operate in the same (sonic) region the mammal does. The real difference lies in the intricacies of how the dolphin processes those signals.

Although the dolphin is still the sonic master, we are learning. Professor Wood says that a prototype "bionic" sonar has been developed for use by divers. In blindfold tests, humans scored as well or better than dolphins when presented with the same target. Still, there is much to be done, and the United States is not the only superpower studying the capabilities of marine mammals. Navy officials acknowledge that the Soviet Union's research efforts parallel ours. Beyond that, they are silent on the subject.

Will we someday be able to communicate with dolphins as we can members of our own species? The following reproduces part of a conversation between a reporter and Fa, a creation of author Robert Merle:

REPORTER: Do animals have a language of their own?

FA: Dolphins do. I don't know whether the other animals in the sea

talk. I do not understand them.

REPORTER: Since you started speaking English, do you consider yourself a reasoning animal?

FA: I could reason before.

REPORTER: But you couldn't show it?

FA: I couldn't show it as well.

REPORTER: Now that you can talk, do you regard yourself as a dolphin or a man?

FA: I am a dolphin.

Despite what we would like to believe, such an exchange has never taken place. It is the imaginative product of novelist Merle in his widely acclaimed book *The Day of the Dolphin*. The premise that dolphins can be trained to talk, is myth; a myth which has been accepted by more than a few intelligent people as fact. Dolphins don't use language as we define it, but they do communicate.

Aside from the staccato echo-location clicks, dolphins squawk, squeak, bark and whistle. The last sound, the whistle, appears most significant. David K. and Melba C. Caldwell of the Communications Laboratory of the University of Florida believe that whistling is vital to the animal's interaction. "As we see it," they write, "the social functions of the whistle are alerting animals to another animal's presence, the identification of that particular individual, the localization of that individual, and some indication of the emotional state of the animal doing the whistling."

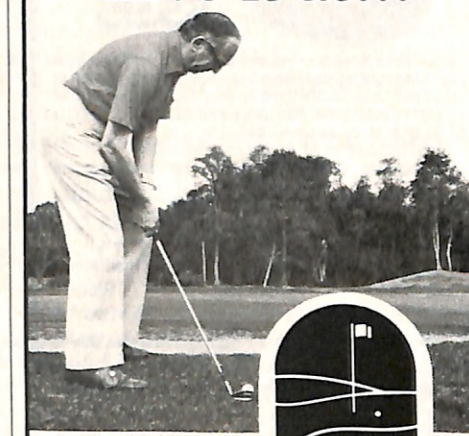
Whistling, in other words, mirrors the dolphin's emotions. An excited animal will whistle a lot, unless it's frightened. The whistle is also one way of saying, "Hi, I'm Dolly!" It is the creature's vocal signature.

The Caldwells believe that man can communicate with dolphins in much the same way he does with an intelligent dog; a far cry from Fa's imaginary conversations.

That dry scientific note, however true, doesn't rob the dolphin of its magic. This piece opened with a look at Dolly. When my family and I last saw her, she performed her unique act with a special kind of class. At the time, unknown to her trainer, a tumor was growing in the magnificent creature's subtle brain; a brain 3/4 of a pound larger than ours.

After Dolly died, no one spoke of her as a pet, a performer or even as a companion. Her death was likened to the loss of a young and wonderful child. A child of the sea who—long ago—lived upon the land.

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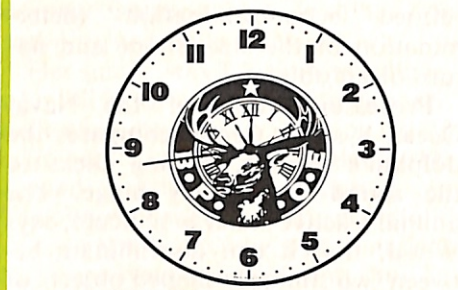
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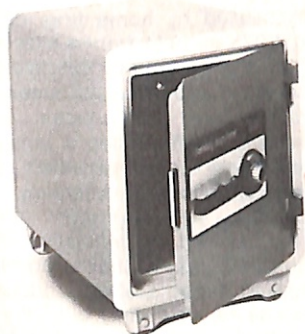
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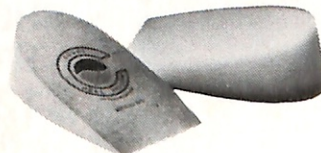
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Why suffer another day with sore heels (and even heel spur aches) when **Cushie-Heel Pillow** gives you quick relief while you walk or run? Developed by an athlete, who suffered just as you do, and who couldn't find anything which helped. His U.S.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

Calderon Products, Inc.  
119 Fairlawn Plaza Drive, Dept. 294  
P.O. Box 5387, Akron, OH 44313 • (216) 864-8100

- One pair Cushie Heel Pillows \$6.75 p.pd.
- Save! Two pairs for only \$11.40 p.pd.
- Save more! Three pairs for only \$15.30 p.pd.

**Fast delivery! Shipped by First Class Mail.**

Enclosed:  check  money order  cash

Visa — MasterCard holders order  
**Toll Free 1-800-824-7888, Operator 941**

24 hrs. a day, 7 days a week.  
Ohio residents add sales tax.

**Specify shoe size:**

Men's shoe size \_\_\_\_\_ Women's shoe size \_\_\_\_\_

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City \_\_\_\_\_

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

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Fischer's

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Aurora, CO 80014

## Elks Family Shopper consumer/news

Life-saving tips on developing a family escape plan are included in the Insurance Information Institute's "Be Fire Smart" leaflets.

The leaflets are designed for homeowners and renters, and high-rise apartment dwellers. Other leaflets offer tips for travelers and meeting planners. Single copies may be obtained free by calling toll-free 1-800-221-4954.

Your house is dark and the family is sleeping. Suddenly, you're awakened by your smoke detector. Would you know what to do so everyone could get out quickly?

Deaths caused by home fires declined to 4,075 in 1984 from 4,670 in 1983. That is a savings of 595 lives. The increasing presence of smoke detectors may have been a factor.

If there is one single step a family can take to help ensure its safety, it would be to buy a smoke detector.

Most home and apartment fire deaths are caused by inhalation of smoke and toxic gases. Chairs, tables, carpeting and curtains often produce poisonous gases when they burn.

The Family Escape Plan consists of:

- Sketching the layout of each floor, including windows, doors and stairways, and making sure every family member is familiar with the layout.
- Working out two escape routes, if possible, for each room, and making sure there are no obstructions blocking escape routes.

- Holding fire drills, including some at night, so everyone will know what to do and be able to act in an emergency.

- Assigning a family member to help the elderly or very young to escape.

(Continued on page 48)

See Advertisement Inside Front Cover

**LEATHER DRESS SHOES 24<sup>95</sup>** Per Pair in lots of 2 pairs

**Haband Company**  
265 North 9th Street  
Paterson, N.J. 07530

Sirs: Please send at once the \_\_\_\_\_ pairs of shoes as specified hereon:

FIND YOUR SIZE HERE:	
Medium (D):	6½-7-7½-8
8½-9-9½-10-10½-11-12-13	
Wide Width (EEE)	(please add \$1 per pair)
	6½-7-7½-8-8½-9-9½
	10-10½-11-12-13

45A	COLOR	HOW MANY	SIZE	WIDTH
A	Black Loafer			
B	Brown Tassel			

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

PRICE	
Please add 2.40 Postage and hdg.	2.40
Add \$1 per pair if you ordered Wide Width	
TOTAL:	

7DG-45A

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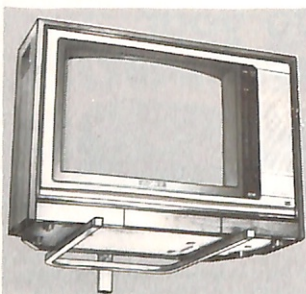
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Only

**\$12.98**  
Plus  
**\$2.95 Shpg.**



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Stretch Wig Completely Covers All Your Hair

no need to pay \$50



Style M-776

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Stays in place on all size heads—easy to put on. Thinned and razor cut—handsome tapered look and full sideburns. Cool and lightweight. Made of modacrylic fiber—looks and feels like real hair—has luster, rich body

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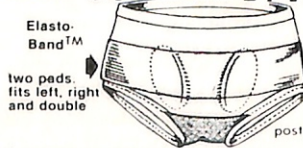
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VISA & MC are OK. Give No. & Exp. Date

See Advertisement Inside Back Cover

Mail to: AMBASSADOR, 7822 S. 46th Street, Phoenix, Arizona 85044.

YES! Rush me the Le Claire Handbag(s) and Matching Wallet Set(s) No. 56689 listed below for \$12.98 each...plus shipping and handling. I understand I may use my purchase for 30 days, then return it for a full refund if I am not 100% delighted. FREE GIFT with every order.

**METHOD OF PAYMENT**

Check enclosed (payable to "Ambassador").

Charge to my:  VISA  Master Card Card Expires: Mo. Yr.

Credit Card No. (Print ALL digits.)  
Signature X \_\_\_\_\_

How Many?	Color and No.	3 Initials	Total for Merchandise	\$
	Buckskin (27)		Shipping and Handling	3.00
	White (25)		Total Enclosed or Charged	\$
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	Navy (16)			

6R0586  
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 Mr. First Name \_\_\_\_\_ Last Name \_\_\_\_\_

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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.  
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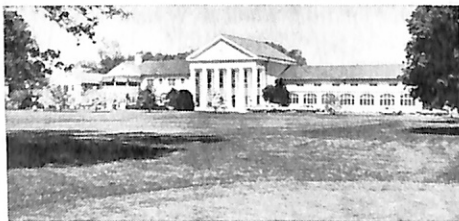
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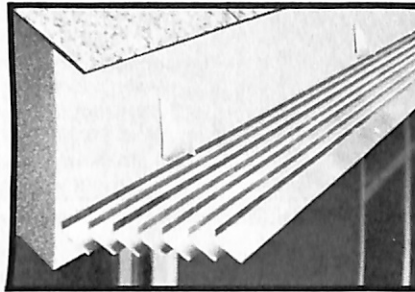
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**NOW—END GUTTER PROBLEMS FOREVER WITH NEW**

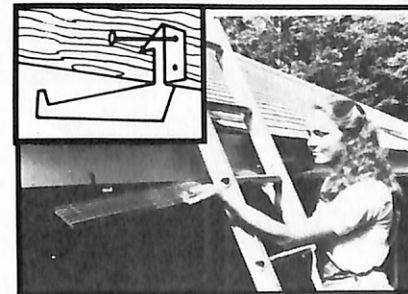
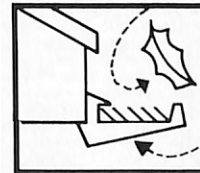
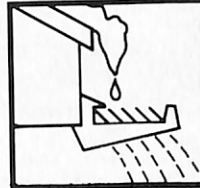
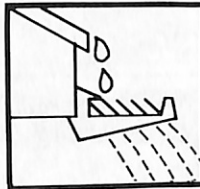
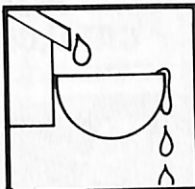
**THERMAR WEATHER-FOIL™**  
**THE AMAZING GUTTER ALTERNATIVE**



- Can't clog
- Stays clean automatically
- Eliminates downspouts and dry wells
- Works to prevent ice damage
- Helps stop water leaks
- Installs easily in 3 hours (average home).

Ordinary Gutter

THERMAR Weather-Foil



**STOPS TRENCHING. EROSION.**

Air Foil designed THERMAR WEATHER-FOIL breaks up water sheet which usually runs from roof edge. Weather-Foil DISPERSES WATER—produces millions of tiny droplets which fall harmlessly to earth—pleasantly as a light spring rain. NO DOWNSPOUTS NEEDED! Eliminates TRENCHING, EROSION. Helps prevent basement water leakage too.

**AVOIDS SNOW & WATER DAMAGE.**

In winter snow can freeze on roof edge making gutters ineffective. Heat "leaking" from inside home and through roof causes some melting where ice and roof meet. Water trapped inside this ice blanket can then flow under shingles causing costly damage. WEATHER-FOIL'S "WEB" design helps prevent ice dams.

**NO CLOGGING, NO CLEANING.**

Gutter maintenance can be a constant problem. Gutters tend to fill with leaves, twigs, and debris. WEATHER-FOIL design avoids these problems. If cleaning should ever be necessary just use ordinary garden hose—right from ground level... Amazing—because it's so very simple!

**INSTALLS IN JUST THREE HOURS.**

First Really New Advance In Gutter Design In 100 Years. Units snap in place using simple mounting brackets. Installation for an "average" home can be made in three hours or less—with just a hammer and screwdriver. No experience necessary. WEATHER-FOIL is rustproof, corrosion proof—should last the life of your home. AND THE COST IS MODEST TOO—usually less than the cost of a traditional gutter system with its downspouts and leaders. WEATHER-FOIL IS VIRTUALLY INVISIBLE ONCE INSTALLED.

If your gutter system is more than ten years old, you should investigate  
**THE THERMAR WEATHER-FOIL NOW!**

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## Elks Family Shopper consumer/news

- Designating a meeting place outside the home and instructing everyone to go there in case of fire.
  - Once outside, counting heads, staying together, and **not** going back into the house for personal belongings.
- 

As the number of stolen vehicles continues to rise, more car owners are purchasing **auto security devices**. Many theft-deterrents cost under \$50, require little professional assistance, and provide good protection from professional car thieves.

The Automotive Information Council (AIC) provides the following overview of the most common auto security devices.

Traditional auto alarms usually scare away even the most daring car thief. In most systems an opened door, trunk or hood will activate a wailing siren or blaring horn. Other alarms sound when a special device is not deactivated by the car owner upon entering the vehicle. These more elaborate (and more expensive) systems often have special digital keypads or accompanying beepers which the owner carries in a purse or pocket.


A motion detector sounds an alarm when, for example, a vehicle is lifted in an attempt to steal the tires. Glass breakage detectors are also available.

Another popular anti-theft device is a hidden "kill switch." When activated, this device prevents the engine from running for more than a few seconds at a time, bringing attention to the stalled vehicle and a would-be thief.

Hood and trunk locks are also good theft deterrents. Without them, a skilled thief can deactivate most auto alarms or engine cut-off switches in seconds. Special locks are also available for the ignition, steering wheel, brakes, car stereo and wheels.

Etching the car's vehicle identification number (VIN) on each window or on metal body parts can be an effective security measure because a thief would have to replace or discard them before selling the car or its parts. Most thieves will think twice before stealing such a marked vehicle.

The AIC advises all owners of cars with high-theft rates to consider purchasing an appropriate anti-theft device.



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The Le Claire Handbag is a fresh, smart look crafted in durable **Ambahyde™ Expanded Vinyl** for years of quality wear. Inside you'll find 2 spacious zippered main sections divided by a roomy, center snap-closed section. The front main compartment has a zippered wall pocket. The rear main compartment has a wall pocket that holds your matching **Bi-fold Wallet** and has two separate places for your **Snap-in Key Holders**. On the front are two more zip-close pockets. All pockets are vinyl lined for added durability. Approx. 12"L x 9½"H x 3"W with 20" double handles...personalized with your 3 initials. Available in Buckskin (27), White (25), Navy (16) or Black (04), Organization, style, value!  
Order within 15 days and a **FREE BONUS GIFT** will be sent with your bag!

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This Genuine Leather sewing kit with 3½" Gold-plated frame comes complete with all the essentials you need for quick emergency repairs. In assorted colors. Yours to keep even if you decide to return the merchandise.

Mail to: **AMBASSADOR**, 7822 S. 46th Street, Phoenix, Arizona 85044.

**YES!** Rush me the **Le Claire Handbag(s)** and **Matching Wallet Set(s)** No. 56689 listed below for **\$12.98 each**...plus shipping and handling. I understand I may use my purchase for 30 days, then return it for a full refund if I am not 100% delighted. **FREE** GIFT with every order.

#### METHOD OF PAYMENT

- Check enclosed (payable to "Ambassador")  
 **VISA**  **Master Card**  
 Charge to my:

How Many?	Color and No.	3 Initials
	Buckskin (27)	
	White (25)	
	Black (04)	
	Navy (16)	

Total for Merchandise	\$	
Shipping and Handling	\$	3 00
Total Enclosed or Charged	\$	

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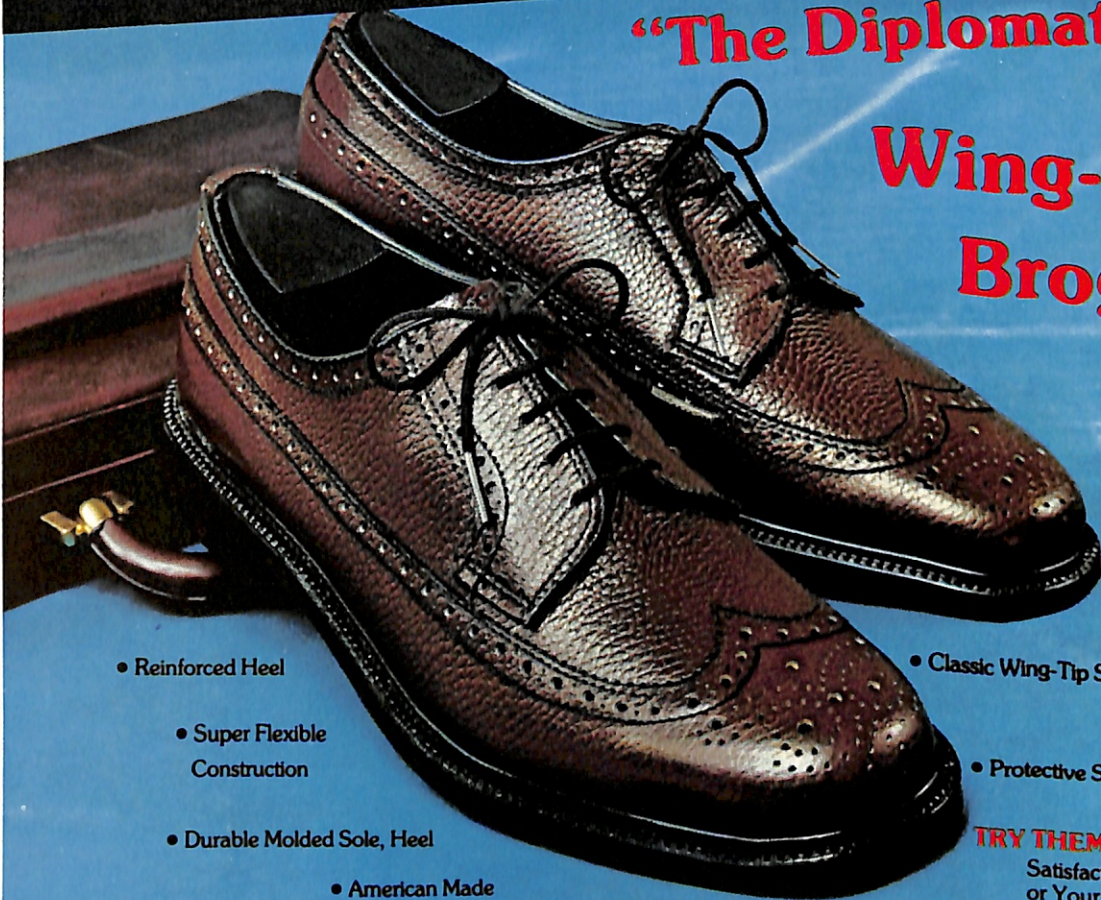
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This husky, handsome favorite never looked better! The quality and comfort are built in for years of easy walking! All at far less than the prices charged by fancy men's shops! Just check all these features! The textured leather upper fits your foot like a glove... perfs and wing-tip stitching make it a classic. Strong, flexible molded composition sole and heel cushion every step. Heel's reinforced for support and durability, storm welt adds extra protection. Nylon laces resist soil, acid, oil. Step on it... don't miss out on the shoe value of the year!

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**OLD VILLAGE SHOP, Dept. FM-5423, Bldg. #9, Hanover, PA 17333**

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 and handling on same money-back guarantee.

\_\_\_\_\_ prs. Black (M271981B)      Size \_\_\_\_\_      Width \_\_\_\_\_

\_\_\_\_\_ prs. Brown (M271999B)      Size \_\_\_\_\_      Width \_\_\_\_\_

Enclosed is \$ \_\_\_\_\_ (NV res. add sales tax)      (Please add \$2.00 for wide width.)

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