

the
Elks
magazine
April 1986



Weymouth, MA No. 2232
One Of Elkdom's
All-American Lodges

Sale!

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

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

The World's Most Comfortable Shoe!

The Famous
CosmoPedic™

Don't Pay \$50

Don't Pay \$25

Here Only

\$14.88



Tan Smooth
Leather

Genuine Leather Smooth or Sueded

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

for Men and Women

MEN'S SIZES

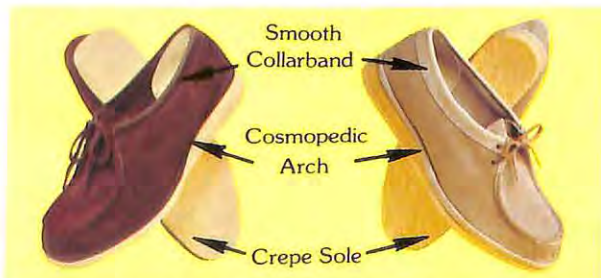
6½, 7, 7½, 8, 8½, 9, 9½, 10,
10½, 11, 11½, 12, also 13.
WIDTHS: C, D, fits medium width.
E, EE, EEE fits wide width.

WOMEN'S SIZES

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

FAMOUS 30 DAY COSMOPEDIC GUARANTEE

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



Brown Sueded Leather

Sand Sueded Leather



OLD VILLAGE SHOP

Hanover, PA 17333

— SATISFACTION GUARANTEED! MAIL TODAY! —

OLD VILLAGE SHOP, Dept. FM-5424, Bldg. #9, Hanover, PA 17333

Sure, I'll try the world's most comfortable shoes. Please send me:

MEN'S SHOE	— prs. Men's Tan Leather (M242578B)	Size _____	Width _____
	— prs. Men's Black Leather (M236802B)	Size _____	Width _____
	— prs. Men's Brown Sueded (M242586B)	Size _____	Width _____
	— prs. Men's Sand Sueded Leather (M233361B)	Size _____	Width _____
WOMEN'S SHOE	— prs. Women's Tan Leather (M203562B)	Size _____	Width _____
	— prs. Women's Black Leather (M203687B)	Size _____	Width _____
	— prs. Women's White Leather (M223693B)	Size _____	Width _____
	— prs. Women's Brown Sueded (M223784B)	Size _____	Width _____

for just \$14.88 pr., plus \$2.90 per pr. postage and handling.
SAVE MORE! Order TWO pair for just \$28.99 plus \$5.00 postage and handling.
CHARGE American Express MasterCard (Please add \$2.00 for wide width.)
IT: VISA Diners' Club

Enclosed is \$ _____ (NV res. add sales tax) Acc't # _____ Date Exp. _____

PRINT NAME _____

ADDRESS _____

CITY _____ STATE _____ ZIP _____

Check here and send 50¢ for a year's subscription to our full-color catalog of fine gifts (Z389965X). Our policy is to process all orders promptly. We charge your credit card only when order is shipped. Delays notified promptly. Shipment guaranteed within 60 days.

© H.H.I., Inc. 1986

hearing help for Nerve Deafness

If you hear, but don't always understand the words, Miracle-Ear may be your answer.

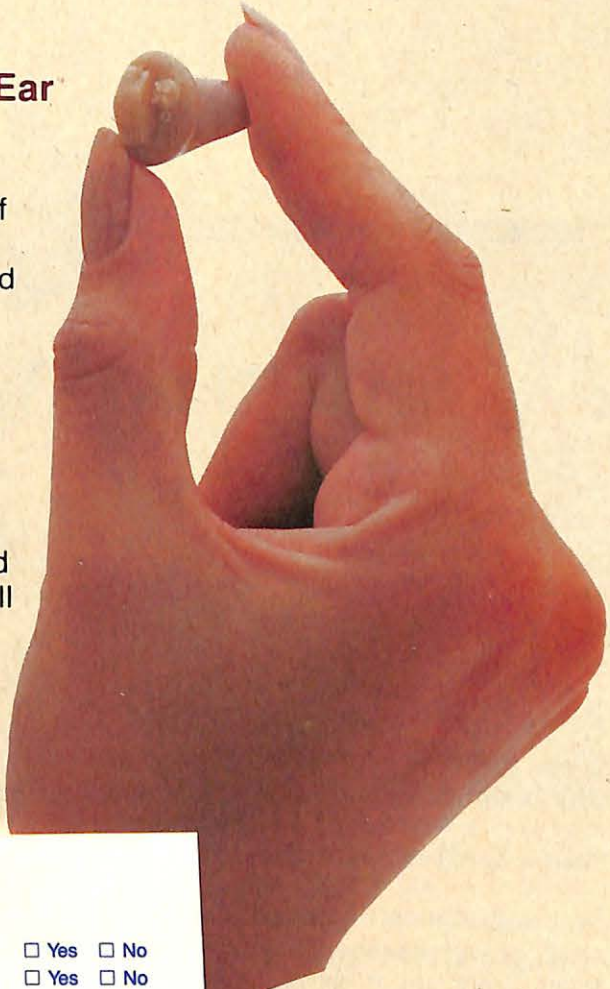
Miracle-Ear can help many people overcome problems like hearing only parts of words...straining to hear...asking others to repeat...or becoming confused when spoken to. These are classic symptoms of nerve deafness.

If you've been told a hearing aid won't help, now there's Miracle-Ear.

Miracle-Ear canal aid is a comfortable "custom-fit" hearing instrument designed to help nerve deafness. Notice how small it is compared to other hearing aids you may have seen; it is so small, almost unnoticeable.

Find out if Miracle-Ear is right for you.

Of course, not everyone can be helped.



Complete this short quiz. Answer these important questions... your first step towards better hearing.

- | | | | |
|--|--|--|--|
| 1. Are you now or have you ever worked in a noisy place? | <input type="checkbox"/> Yes | <input type="checkbox"/> No | |
| 2. Do you hear people speaking, but have difficulty understanding the words? | <input type="checkbox"/> Yes | <input type="checkbox"/> No | |
| 3. Do you have difficulty understanding on the phone? | <input type="checkbox"/> Yes | <input type="checkbox"/> No | |
| 4. Do you have to turn the radio or television up louder than normal? | <input type="checkbox"/> Yes | <input type="checkbox"/> No | |
| 5. Can you hear car horns, sirens, or other warning signals when they occur? | <input type="checkbox"/> Yes | <input type="checkbox"/> No | |
| 6. I am now wearing: | <input type="checkbox"/> Cord Type | <input type="checkbox"/> Behind-the-Ear Type | <input type="checkbox"/> In-the-Ear Type |
| | <input type="checkbox"/> Eyeglass Type | <input type="checkbox"/> No Aid | |

Please tell me more about Miracle-Ear, the custom-made canal aid without cords, tubes or wires.

Name (Please Print) _____

Address _____

City _____ State _____ Zip _____

Telephone (____) _____

For faster service—Call toll free
1-800-245-HEAR
(In Nebraska and Alaska call 1-800-228-8500
EM-240

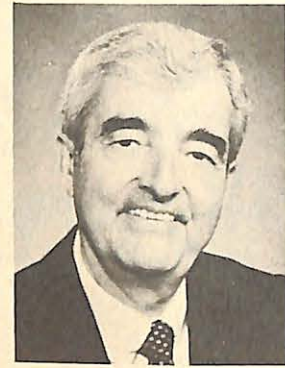


Mail this
stage-paid
card Today!

Miracle-Ear®

The Miracle-Ear

A MESSAGE FROM
THE GRAND EXALTED RULER



All's Right With The Order

*"The year's at the spring
The day's at the morn;
Morning's at seven;
The hillside's dew-pearled;
The lark's on the wing;
The snail's on the thorn:
God's in his heaven—
All's right with the world!"*

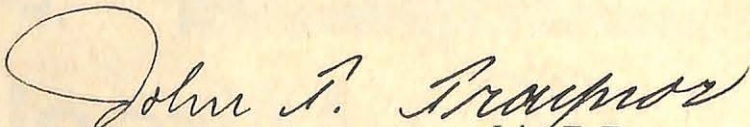
These words from the pen of Robert Browning entitled *Pippa's Song* are appropriate for April, the month we welcome spring. It also marks the morning of the new year in our Lodges—a time for planning and preparation for the newly installed officers. The opportunity for an excellent year lies before us ("The hillside's dew-pearled").

As our Lodges prosper and progress, so does our Grand Lodge. Will the record be that of the snail, or will we soar like a lark on the wing? The words of the poem tell us that "Morning's at seven"; it's not at eleven. An early hour for action is necessary to insure a positive year.

All of us love to hear—

*"God's in his heaven—
All's right with the world!"*

We can make all things right with the Order of Elks by making a good beginning. As **AMERICAN GENTLEMEN** we have the capacity for excellence, and let us so conduct ourselves that one year hence, we can say: All's right with the Order.


John T. Traynor



REPLICAR 1952 MG-TD
Available in front or rear engine drive

The affordable dream

The King of the Road, Fiberfab's 1952 MG-TD Replicar Assembly, a legendary recreation is designed to be built by an average person with basic mechanical skills using ordinary tools. If you're enchanted by the way it looks, wait until you're behind the wheel. It's easy, it's fun, and it's challenging. **Take the challenge.**



Replicar
1929 Mercedes Benz

©1983 Fiberfab International Inc.
Some Equipment depicted is optional

Fill out the coupon below and begin the most rewarding experience of your life.



FIBERFAB INTERNATIONAL INC.

8800 West Highway 7
Minneapolis, MN 55426

Enclosed is \$1 ea. for a full color brochure and Replicar Kit Information.

Replicar 1952 MG-TD Replicar 1929 Mercedes Benz

OR COMPLETELY FACTORY FINISHED

Replicar 1952 MG-TD Replicar 1929 Mercedes Benz

Name _____

Address _____

City _____ State _____ Zip _____

Home Phone () _____

Bus. Phone () _____

Please charge on my: MasterCard Visa Am. Exp.

Acct. No. _____ Exp. Date _____

Signature _____

Call Toll-Free 1-800-328-5671
For Exciting New Business Opportunity

31-D-6

6 Elkdom's All-American Lodge

A visit to Weymouth, MA, Lodge No. 2232, a finalist in the Third Annual All-American Lodge Contest.

Sam Fitzsimmons

12 Awareness: The Key To Drug Free Children

Part III: Lodge Programs That Work
Staff Report

20 Setting The Body's Internal Clock

Adjusting to Daylight Saving Time, shift work and jet lag.

Karen Judson

24 Elks Baseball Greats

As another season begins, former BPOE major-league stars are remembered.

41 The Elks Raffle Off A Baby

Sixty years ago, the Elks of Portage, WI, came up with a unique fund-raising idea.

Willard K. Baker

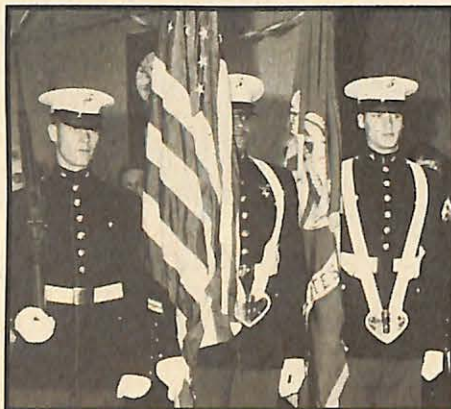
48 3rd Annual Elks- Basketball Hall of Fame Classic and "Hoop Shoot" Finals

A day of basketball excitement is planned in Indianapolis.

Departments

- 9 Letters
- 10 You and Retirement:
After the Hospital
- 16 News of the Lodges
- 18 It's Your Business:
Productive Coffee Breaks
- 22 Candidates for Grand
Lodge Office
- 28 On Tour with
John T. Traynor
- 30 For Elks Who Travel:
Resort/Gambling Capitals
- 32 Elks National Service
Commission
- 33 National Home's World
War I Veterans Are Honored
- 34 Elks National Foundation/
Joy of Giving

Cover: A tribute to one of this year's All-American Lodges.



6



12



24

ELKS MAGAZINE POSTAGE RATES RISE AGAIN!

After sustaining a 30% increase in Third Class Not-for-Profit postage rates on January 1st, *The Elks Magazine* was then hit with another 18% increase effective with this issue.

Postage for this issue is over \$107,000, an increase of \$16,000 over January and an increase of \$38,000 per issue over 1985 rates.

VOL. 64, No. 9 / April, 1986

National publication of the Benevolent and Protective Order of Elks of the United States of America. Published under the direction of the Grand Lodge by The National Memorial and Publication Commission.

The Elks National Memorial and Publication Commission

EDWARD W. McCABE/Chairman
RAYMOND C. DOBSON/Past Chairman
R. LEONARD BUSH/Vice-Chairman
GEORGE B. KLEIN/Secretary
H. FOSTER SEARS/Treasurer
WADE H. KEPNER/Chairman Emeritus

Staff

JOHN R. RYAN
Publisher/General Manager

CHARLES T. COFFIN
Associate Editor

JUDITH L. KEOGH
Associate Editor

SHIRLEY STERLING
Advertising Manager

ANTHONY P. INVERGO
Circulation Manager

**EDITORIAL OFFICE, 425 W. Diversey
Pkwy., Chicago, IL 60614**

ADVERTISING OFFICE

Direct all advertising inquiries to:
Advertising Department
The Elks Magazine
425 W. Diversey Parkway
Chicago, IL 60614
(312) 528-4500



THE ELKS MAGAZINE, Vol. 64, No. 9/April, 1986 (ISSN 0013-6263) Published monthly, except bi-monthly July/August and December/January, at 425 W. Diversey Pkwy., Chicago, IL 60614 by the Benevolent and Protective Order of Elks of the United States of America. Single copy price is 25 cents. Subscription price in the United States and its Possessions, for Elks, \$1.25 a year, for non-Elks, \$2.50 a year. Subscriptions are payable in advance. Manuscripts must be typewritten and accompanied by sufficient postage for their return via first class mail. They will be handled with care but this magazine assumes no responsibility for their safety.

The word **Elks**, is a registered trademark of The Benevolent and Protective Order of Elks of the United States of America.

Copyright, 1986, by the Benevolent and Protective Order of Elks of the United States of America.



Moving?

THE ELKS MAGAZINE, Circulation Dept., 425 W. Diversey Parkway, Chicago, IL 60614. **Members:** The Postal Service, by our request, will no longer notify us of your move. Change of address should be made through your Lodge Secretary and directly to THE ELKS MAGAZINE Circulation Department. Give advance notice of at least 60 days, indicating when your move will take place. Please give us your full name, lodge and membership numbers, complete new address, and zip code. Attach the label from a recent issue if available.

HenryField's

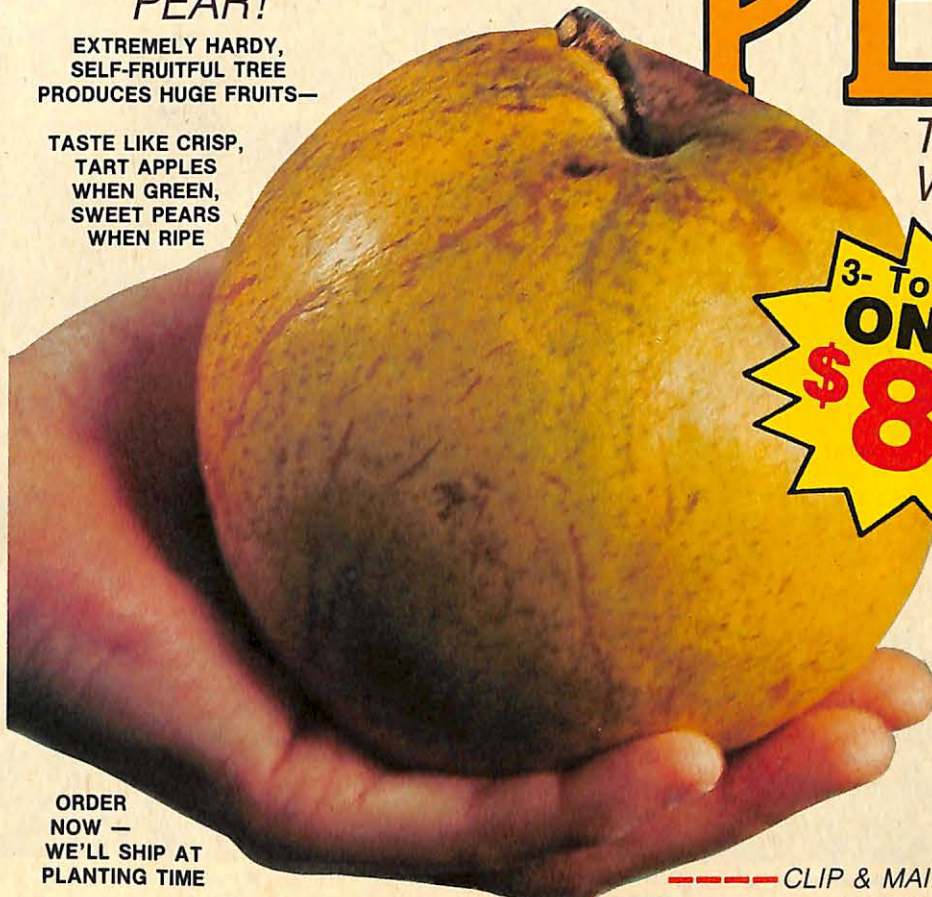
EXCLUSIVE

TURNBULL GIANT PEAR

IT CRUNCHES LIKE AN APPLE AND TASTES LIKE A PEAR!

EXTREMELY HARDY, SELF-FRUITFUL TREE PRODUCES HUGE FRUITS—

TASTE LIKE CRISP, TART APPLES WHEN GREEN, SWEET PEARS WHEN RIPE



3- To 4-Foot ONLY \$8.95 Each

TASTY FRUITS OFTEN WEIGH 3 POUNDS!

- Self-fruitful, unlike most varieties which need a second tree planted nearby for pollination
- Super-hardy—bred for disease resistance
- Sets heavy crops of giant pears
- Immature, green fruit tastes just like crispy, tart, green apples
- Ripe fruit has a sweet pear flavor

ORDER NOW — WE'LL SHIP AT PLANTING TIME

SETS FRUIT SO HEAVILY YOU'LL PICK TWO FULL CROPS!

Our Giant Turnbull Pear is a fruit-lover's dream come true! The fruit size is unbelievable—often 3 pounds each, and that's a lot of pear! The tree blooms over an unusually long period, setting fruit so heavily that you can actually pick two crops every year. The immature, green pears taste like tart apples with that same satisfying crunch! They're delicious fresh and make delightful pies, too. Just one fills a crust! Once they're fully ripe, the fruits have a smooth, juicy texture and a sweet pear flavor. Unlike most pears, this variety is self-fruitful, so a single tree will produce a good-sized crop. It's extremely hardy and has been bred for good resistance to fire blight and foliage diseases. You can count on a crop every year. 3- to 4-foot size trees, 8.95 each; 2 for 16.98; 4 for 29.97.

FIELD'S TURNBULL GIANT PEAR GUARANTEE

If for any reason you're not completely satisfied with your Turnbull Giant Pear, we'll refund your money in full. Just notify us. That's our guarantee — the way we've done business for 94 years.

CLIP & MAIL

HenryField's

 SEED & NURSERY CO. Shenandoah, IA 51602

CHECK ENCLOSED MASTERCARD VISA

CREDIT CARD HOLDERS ORDER TOLL-FREE 1-800-248-2110 EXCEPT IN IOWA

EXP. DATE _____

PLEASE Do Not Write In This Space

CK _____ BD/OP _____

CR _____

SFABA-4

CARD NO. _____

NAME _____

STREET _____

P.O. BOX _____ RT. _____ BOX _____

CITY _____ STATE _____ ZIP _____

SORRY, ORDERS SHIPPED TO U.S. ADDRESSES ONLY

QTY.	ITEM NO.	NAME / DESCRIPTION	PRICE
	S09-197	Turnbull Giant Pear Tree	

Please fill in quantity and price above. Use prices listed below: PRICES: 3- to 4-foot size. 8.95 each; 2 for 16.98; 4 for 29.97.

Thank You!

IA RESIDENTS: Add 4% Sales Tax	
Postage and Handling on All Orders	1.00
TOTAL ENCLOSED OR CHARGED	

FOR TRUSTING US WITH YOUR ORDER



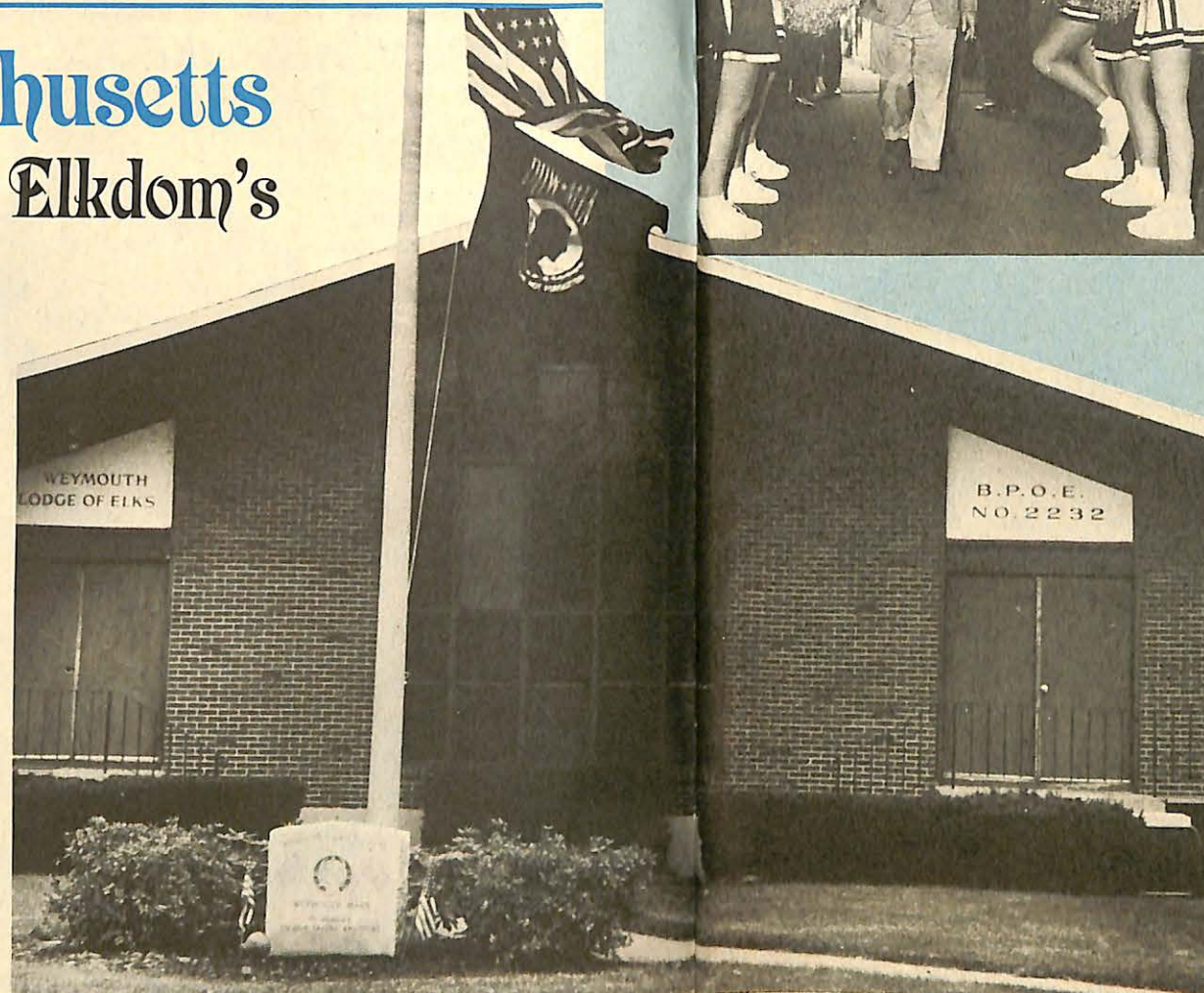
Weymouth, Massachusetts

Lodge No. 2232, One of Elkdom's All-American Lodges

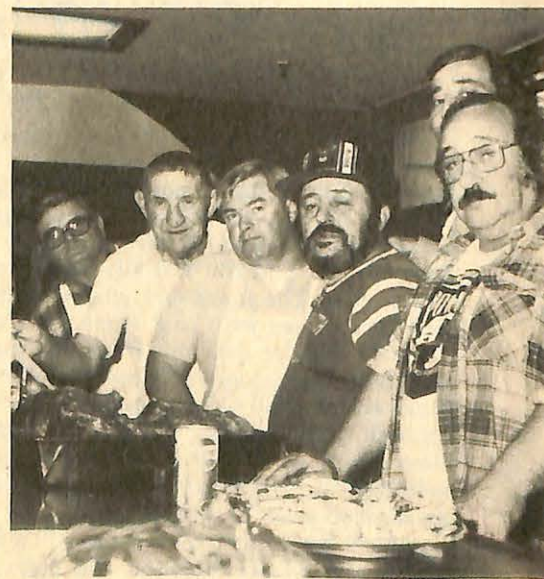


Weymouth Elks look over POW-MIA material. Seated is PDD Secretary Henry "Bud" Gibbons. Standing from left are Michael Ruggiero, trustees chairman; Est. Lead. Kt. Kenneth Palladino; David LaBadie, chaplain and chairman of the POW-MIA program; and ER Frank Conley.

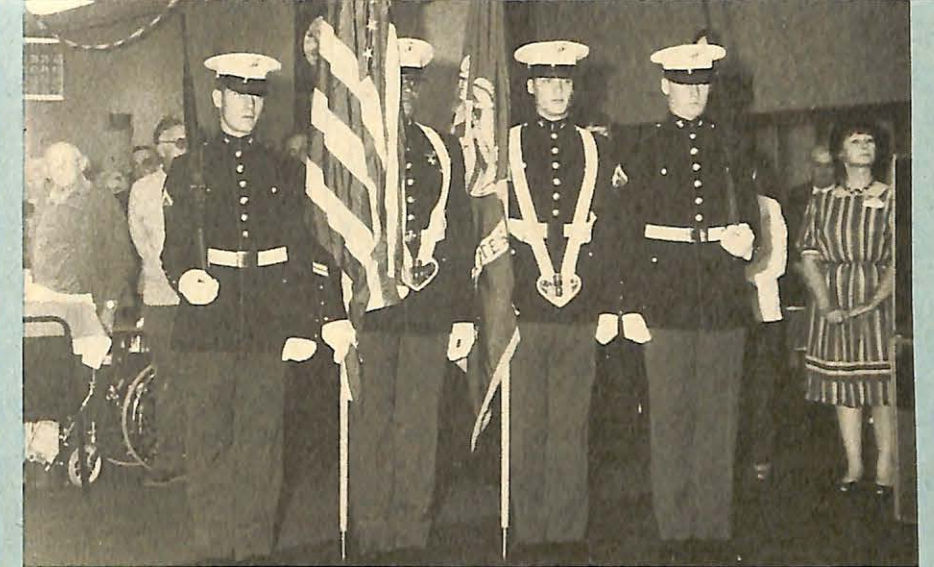
by Sam Fitzsimmons



A front view of the Weymouth, MA, Lodge building. Note the POW-MIA flag flying under the American flag and the monument for departed Brothers at the base of the flagpole.



The famed "Kitchen Krew" is shown preparing a meal in the lodge kitchen.



Left
The Circle District's outstanding Veterans Ball, hosted by Weymouth Lodge and kicking off Veterans Remembrance Month, has become a traditional affair. About 400 veterans are bused into Weymouth from the veterans hospitals in the district. This veteran gave a snappy salute as he entered the lodge room to stirring march music and a cheery greeting by cheerleaders.

Above
Veterans were greeted by a color guard from the U.S. Marines, above, and also by a U.S. Navy color guard (not shown). Both units participated in the opening ceremonies.

"We don't have fancy facilities with a swimming pool, bowling alley or a golf course," PDD Henry "Bud" Gibbons, Weymouth, MA, Lodge secretary told *The Elks Magazine*. "We're just a good Elks lodge."

The All-American Elks Lodge for 1984-85 was Clawson-Troy, MI, Lodge No. 2169. Placing second was Santa Maria, CA, Lodge No. 1538. Both lodges were previous winners of the All-American Lodge Award Contest sponsored by the Grand Lodge Activities Committee.

Since both of these lodges had previously been All-American Lodge

winners, with stories on each in *The Elks Magazine*, it was decided to do this year's in-depth story on the third-place lodge, Weymouth, MA, Lodge No. 2232.

Weymouth is a town of about 65,000 population with delightful, quaint New England homes. It is situated adjacent to teeming big-city Boston. The folks in Weymouth know about the Elks Lodge, because it is in the forefront in community service.

For instance, when hurricane "Gloria" hit, all the eating establishments in Weymouth were ordered closed. The Weymouth Elks, how-

added that the lodge had raised \$5,000 for leukemia research, which was presented on television during the telethon.

Weymouth Lodge has 1,879 members. "We hope to make it over 1,900 by the next initiation," said Exalted Ruler Frank Conley, who is a charter member of the lodge. The lodge has had a gain in membership every year but one since its institution. ER Conley said the lodge has also met its Elks National Foundation quota annually. It was noted, too, that the lodge has an effective and energetic program to curb lapsation.

The lodge was instituted on June 26, 1961, in a rented hall. Shortly thereafter the lodge acquired a house. The Weymouth Elks' present lodge home was built next door to the house in 1965 and the house was torn down to make way for a parking lot. An addition to the building was constructed in 1973, built by the members themselves.

A tour of the facilities revealed a clubroom, a couples lounge, offices for the secretary and treasurer, and a unique double lodge room. One side is a small but adequate lodge room, while the other is a larger room used for initiations, district deputy visits and other special events. Or the two rooms can be opened into one huge hall for major events.

"Membership involvement is the

key to success," said Secretary Gibbons.

"Every single day of the month there is some special activity going on," added Est. Lead. Kt. Kenneth Palladino. Lodge members are involved in numerous activities, such as leagues for golf, bowling, couples bowling, racquetball, softball and horseshoes. The lodge horseshoe team was the state Elks champion and placed second in all of New England.

In addition, shuffleboard has become so popular that it was necessary to add a second board. Here again the members pitched in to build the horseshoe courts and remodel the clubroom to accommodate the second shuffleboard.

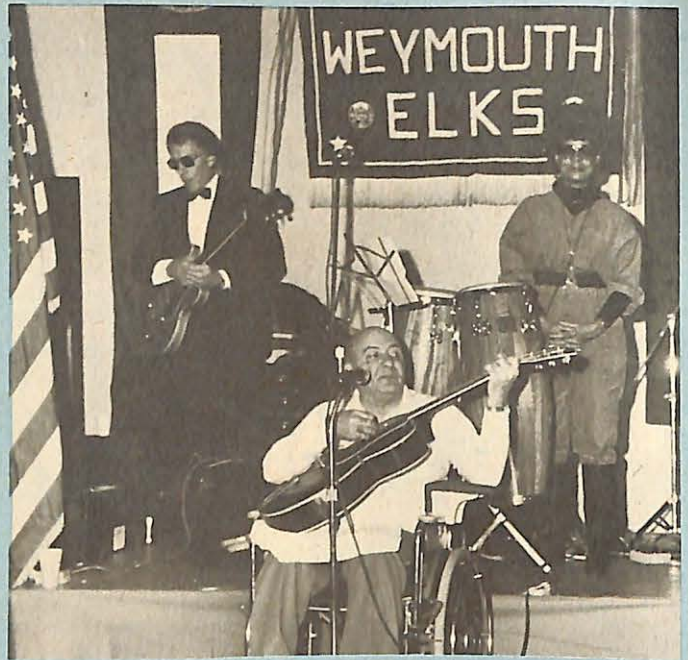
Add dancing classes, committee meetings, clambakes, picnics and other activities for families and children, and a visitor can readily see why Weymouth is an outstanding lodge.

"Our membership is from all walks of life—laborers, doctors, lawyers, schoolteachers—and they are all compatible," said Trustee Ruggiero. "I was a visitor to the lodge facilities before I became a member, and when I saw everything going on and the friendly people, I wanted to become an Elk."

A stop at Weymouth Lodge on a recent Saturday afternoon revealed a crowded clubroom. Some members



Cheerleaders from Weymouth South High School greeted and performed for the veterans. In the background is the Canton, MA, American Legion Band.



For the opening and closing ceremonies veteran Gae Borgosano sang "The Star Spangled Banner" and "God Bless America."



Veterans filled Weymouth's unique double lodge room for their annual dinner and dance. Those in wheelchairs ate at special tables built up to accommodate them.

were watching a ballgame on a big-screen television, others were playing shuffleboard. Some were simply socializing and enjoying their Elks' brotherhood.

That night there was a country and western dance in the couples lounge. The lounge is named for Bill Daley, a former club steward who was killed in an auto accident.

The big event of the year at Weymouth Lodge occurs when it hosts the Circle District's Veterans Ball on the first Sunday in November.

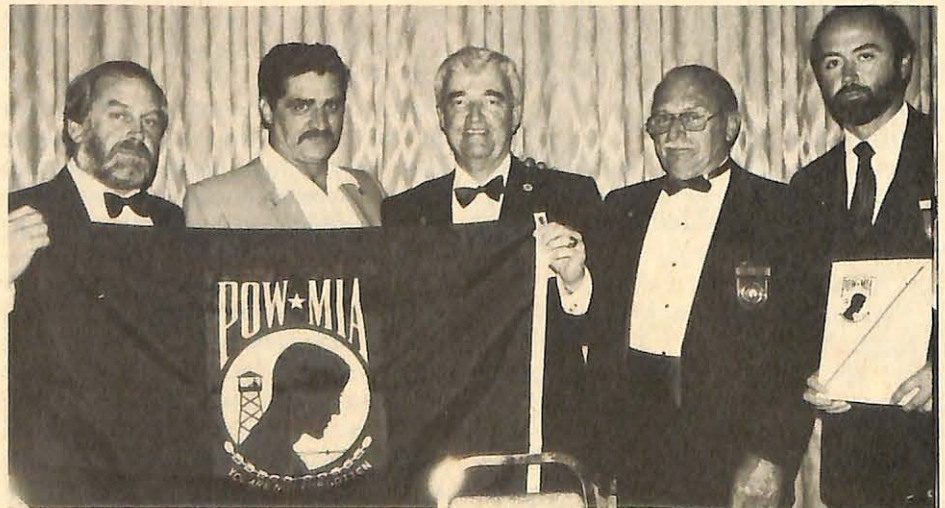
The program kicks off Veterans Remembrance Month. The chairman of the event is none other than Secretary Gibbons.

The event begins about 3 p.m. as veterans begin to arrive in buses from the five veterans hospitals in the area. Providing stirring march music for their arrival this year was the Canton, MA, American Legion Band. Standing at attention as the veterans arrived were color guards from the U.S. Marines and U.S. Navy. Cheerleaders from Weymouth South High School were the next to greet the veterans.

Then on one side were the exalted rulers in tuxedos and jewels from all the lodges in the Circle District. On the other were the Lady Elks from Weymouth Lodge. They not only helped greet the veterans, but danced with them and served the dinner that

the famed "Kitchen Krew" had spent all day preparing.

The veterans arrival was a stirring sight that brought tears to the eyes. Weymouth's double lodge room was decorated with red, white and blue
(Continued on page 38)



GER John T. Traynor made a recent visit to Massachusetts where he was presented with a POW-MIA flag as well as a POW-MIA handbook. From left are David LaBadie, POW-MIA chairman; Joseph Pyne of Randolph; GER Traynor; ER Frank Conley; and James Cicchese, past chaplain.

LETTERS

• The Dec. '85/Jan. '86 cover of "Clinton Mill" is beautiful. I liked it very much. Besides being an Elk, I am a model-railroad enthusiast and plan to make a model of this mill.

Michael Fox
Minneapolis, MN

• The article on Social Security (Nov. '85

The Quality Alternative to High-Cost Inflatable Boats!



- 11'8" x 4'8" inflated
- Holds 5 adults (1200 lbs.)
- Takes 15 hp engine

Our instant classic:
The Sea Eagle GT-15

Why spend hundreds of dollars more than you have to for a quality inflatable boat? Sea Eagles last for years and cost hundreds of dollars less. The Sea Eagle GT-15 shown takes up to a 15 hp engine and goes 22 mph. Ideal for fishermen, yachtsmen, campers on lakes, bays and oceans. Just one of many quality Sea Eagle inflatable boats. Canoes, dinghies, motorboats, \$60 to \$680.



SE-8H, our most popular inflatable boat, shown on back!

Send me FREE 24-page catalog

NAME _____

ADDRESS _____

CITY _____

STATE _____

ZIP _____

Sea Eagle, Dept. EM64B, P.O. box 944, Smithtown, NY 11787

Phone: 516-724-8900, Mon-Fri, 8:30 am to 4:30 pm, EST

SEA EAGLE

cut out coupon
and mail today!

... was very informative on the Elks Drug Awareness Education Program. It was a very straightforward, informative article. I know that Elks are involved in many beneficial and helpful programs, but I did not know that they were working against the great drug-use problem in our country.

Grand Exalted Ruler John T. Traynor certainly is right about the magnitude of this problem. I hope that he will encourage *all* of the communities to do their part in fighting it by distributing in-

Education and was delighted to find our organization concerned with a problem that affects perhaps one-fourth to one-half of the student population directly, and everyone indirectly.

We in Hood River, OR, are in the process of establishing an alcohol and chemical abuse prevention program, and it is good to know that we can turn to the Elks for information and support.

Stephen Labadie
Hood River Valley High School
Hood River, OR

... and Protective Order of Elks Rose Bowl Parade Float was magnificent, heartwarming and timely.

Congratulations on a beautiful job.

Lee Delforge
Green Bay, WI

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



The Quality Alternative to High-Cost Inflatable Boats!

Our new Sea Eagle 8H with improved 6-point attachment motormount



- 9'7" x 4'6" inflated
- Holds 4 adults (950 lbs.)
- Takes 8 hp engine



Why spend hundreds of dollars more than you have to for a quality inflatable boat? Sea Eagles last for years and cost hundreds less. The Sea Eagle 8H, shown, can be rowed, motored or sailed. Ideal for fishermen, yachtmen, campers, river runners, hunters. Just one of many quality inflatable boats. Canoes, dinghies, motorboats: \$60 to \$680. Also, fun floats and accessories.

Send me FREE 24-page catalog

NAME _____

ADDRESS _____

CITY _____

STATE _____

ZIP _____

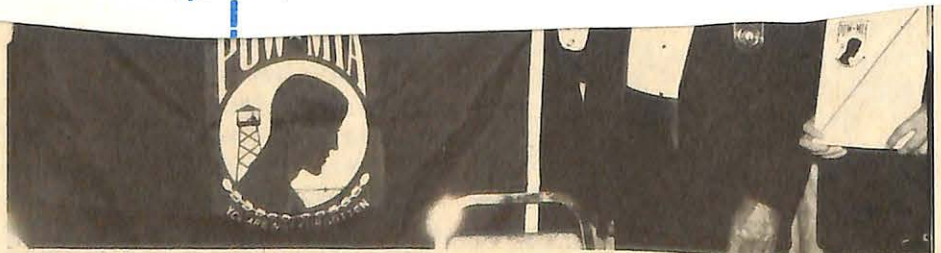
Sea Eagle, Dept. EM64B, P.O. box 944, Smithtown, NY 11787

Phone: 516-724-8900, Mon.-Fri., 8:30 am to 4:30 pm, EST

SEA EAGLE

Cut out coupon and mail today!

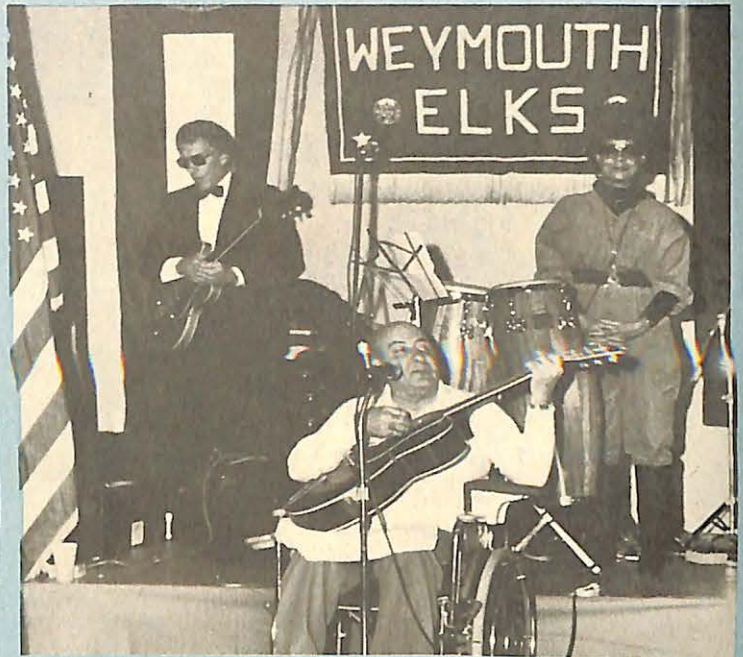
The event begins about 5 p.m. as veterans begin to arrive in buses from the five veterans hospitals in the area. Providing stirring march music for their arrival this year was the Canton, MA, American Legion Band. Standing at attention as the veterans arrived were color guards from the U.S. Marines and U.S. Navy. Cheerleaders from Weymouth South High School were the next to greet the veterans.



GER John T. Traynor made a recent visit to Massachusetts where he was presented with a POW-MIA flag as well as a POW-MIA handbook. From left are David LaBadie, POW-MIA chairman; Joseph Pyne of Randolph; GER Traynor; ER Frank Conley; and James Cicchese, past chaplain.



Cheerleaders from Weymouth South High School greeted and performed for the veterans. In the background is the Canton, MA, American Legion Band.



For the opening and closing ceremonies veteran Gae Borgosano sang "The Star Spangled Banner" and "God Bless America."



Veterans filled Weymouth's unique double lodge room for their annual dinner and dance. Those in wheelchairs ate at special tables built up to accommodate them.

were watching a ballgame on a big-screen television, others were playing shuffleboard, others were simply socializing and enjoying their Elks' brotherhood.

That night there was a country and western dance in the couples lounge. The lounge is named for Bill Daley, a former club steward who was killed in an auto accident.

The big event of the year at Weymouth Lodge occurs when it hosts the Circle District's Veterans Ball on the first Sunday in November.

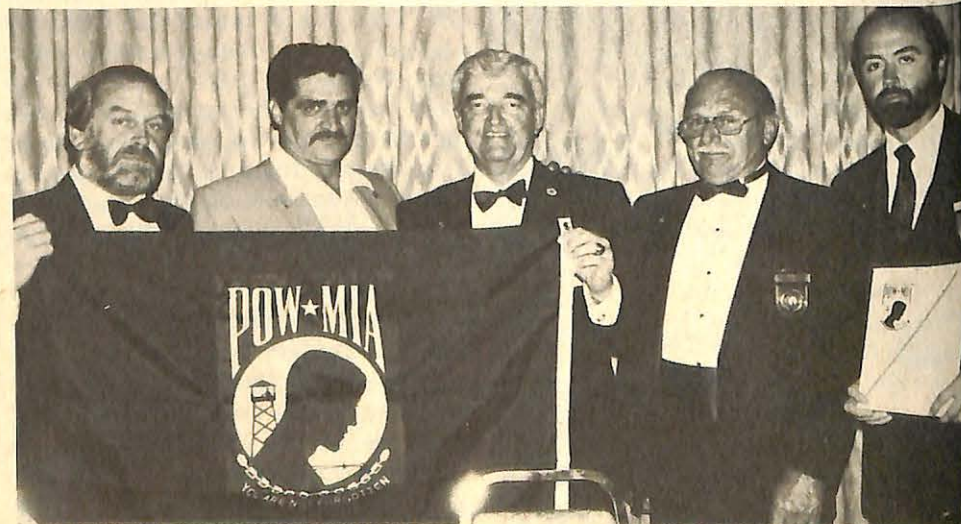
The program kicks off Veterans Remembrance Month. The chairman of the event is none other than Secretary Gibbons.

The event begins about 3 p.m. as veterans begin to arrive in buses from the five veterans hospitals in the area. Providing stirring march music for their arrival this year was the Canton, MA, American Legion Band. Standing at attention as the veterans arrived were color guards from the U.S. Marines and U.S. Navy. Cheerleaders from Weymouth South High School were the next to greet the veterans.

Then on one side were the exalted rulers in tuxedos and jewels from all the lodges in the Circle District. On the other were the Lady Elks from Weymouth Lodge. They not only helped greet the veterans, but danced with them and served the dinner that

the famed "Kitchen Krew" had spent all day preparing.

The veterans arrival was a stirring sight that brought tears to the eyes. Weymouth's double lodge room was decorated with red, white and blue
(Continued on page 38)



GER John T. Traynor made a recent visit to Massachusetts where he was presented with a POW-MIA flag as well as a POW-MIA handbook. From left are David LaBadie, POW-MIA chairman; Joseph Pyne of Randolph; GER Traynor; ER Frank Conley; and James Cicchese, past chaplain.

LETTERS

• Your feature article, "Awareness: The Key to Drug Free Children," was excellent. It was well-researched and succinctly presented. May I suggest that it be developed as a separate pamphlet for use by PTA?

I was particularly glad to see the inclusion of alcohol in your Drug Awareness Education Program.

John Horan
Idaho Falls, ID

• Congratulations! "Awareness: The Key to Drug Free Children" is one of the most comprehensive, best-written efforts I have seen on the horrors of chemical abuse.

I was particularly impressed with the references to AA, Al-Anon family groups and Al-Teen. From my experience, these volunteer "lay" groups can be enormously effective in providing support to the suffering person and to the families of those involved.

Breaking down the "denial" syndrome is very, very difficult. Our Drug Awareness Education Program is the first step for conscientious parents with love and concern for their children.

Edwin Casey
Greeneville, TN

• I am a member of the newly formed School Improvement Council in Arlington, MA. After collating the results of a survey sent to parents, we found that drug and alcohol education was one of their top priorities for the use of funds provided to this council.

Thus, I was elated when I read your article on drug abuse in the Feb. '86 issue. My husband has been a member of Winchester Lodge for years.

M. Patricia Doyle
Arlington, MA.

• I was very impressed with the article on the Elks Drug Awareness Education Program. It was a very straightforward, informative article. I know that Elks are involved in many beneficial and helpful programs, but I did not know that they were working against the great drug-use problem in our country.

Grand Exalted Ruler John T. Traynor certainly is right about the magnitude of this problem. I hope that he will encourage *all* of the communities to do their part in fighting it by distributing in-

formation, providing funds, and promoting the involvement of all Elks.

It can be so effective if Elks all across the country work against the drug problem. It would be a boost for the organization also. It is well known that when you do something for others, you always get something back in return.

I made a telephone call to find out if our local lodge was involved in this work in our community. I was told that they were short of officers and were unable to do anything. Of course, someone has to get behind any effort if it is to get done. I do hope that our lodge will eventually be able to join in the Drug Awareness Education Program.

Name withheld by request
Columbus, IN

• I have just finished reading "Awareness: The Key To Drug-Free Children" in the February issue, and I got very upset with the way you adults think you can make the youth stop using drugs and alcohol.

The philosophy of adults seems to be, "Do as I say, not as I do." My question is, just how do you teach anything like this when youth see the abuse of drugs by adults all around them?

Isn't drinking one of the main activities of your members? The problems that alcohol abuse have caused are so large that you would not believe it. How are you going to get the adult population to stop using drugs as a means to handle life?

I believe when you can achieve this you will be able to help the youth of this country.

Patricia Stemple
Aurora, WV

• I read the article on Drug Awareness Education and was delighted to find our organization concerned with a problem that affects perhaps one-fourth to one-half of the student population directly, and everyone indirectly.

We in Hood River, OR, are in the process of establishing an alcohol and chemical abuse prevention program, and it is good to know that we can turn to the Elks for information and support.

Stephen Labadie
Hood River Valley High School
Hood River, OR

• The Dec. '85/Jan. '86 cover of "Clinton Mill" is beautiful. I liked it very much. Besides being an Elk, I am a model-railroad enthusiast and plan to make a model of this mill.

Michael Fox
Minneapolis, MN

• The article on Social Security (Nov. '85 issue) leaves the reader with the mistaken feeling that everything is OK with the system. Everything is OK only if you are planning to be dead by the year 2004.

Congress has said, "The Social Security System is in good shape until the year 2004," because that is the year in which the 1942 "baby-boomers" turn 62.

Statistics show that the Social Security System cannot operate at less than a 30 percent employee tax rate after 2004.

Our younger Elks should not be misled to believe that everything is OK with the Social Security System. Other provisions must be made to provide income for retirement. The year 2004 is only 18 years away.

Wayne Rothery
Harrisonberg, VA

• I have to agree with the points made in Mr. Slutzker's letter (Feb. '86 issue) on the Social Security "Notch Years" fiasco. I have been writing to all my local politicians, including senators, and have gotten nowhere.

Now I understand that Social Security is building up a surplus, so this should be the time to resolve the notch-years problem. We don't want something for nothing, just what was taken away from us.

Most of the notch-years seniors are World War II veterans, so come on, Brother Elks, start writing about this situation to all your congressmen.

Rocco LaMuro
Port Jefferson Station, NY

• I agree with the letter from Mr. Slutzker about the "Notch Years" injustice for Social Security recipients.

Many World War II veterans were born between 1916-1921, and are being discriminated against.

Frank D'Amato
Yonkers, NY

• The Benevolent and Protective Order of Elks Rose Bowl Parade Float was magnificent, heartwarming and timely. Congratulations on a beautiful job.

Lee Delforge
Green Bay, WI

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

MUST LIQUIDATE AT LOW CLOSEOUT PRICES! PROTECTIVE COVERS

Factory New!
First Quality!



Because of a factory overstock, we were able to obtain this inventory of car and motorcycle covers for liquidation. These tough, lightweight ALL SEASON covers wrap around your vehicle for all-weather protection! They guard against rain, dust, snow, frost, air pollutants, tree sap, sun rays, etc. Covers are made of rugged nylon taffeta. Acrylic coating resists moisture, rot, mildew. Stretch ends provide a snug, pull-tight fit. For daily "on/off" use, or long term storage!

Includes nylon carry-case w/zip opening.

Measurements: Bumper to bumper. Allow 10"-15" extra length for one-piece wrapunder bumpers, wagon models or cars pre-1959.

SMALL 13' 9"	Mfr. List: \$69.95 Liquidation Price . . .	\$25
MEDIUM 15' 0"	Mfr. List: \$79.95 Liquidation Price . . .	\$27
LARGE 16' 0"	Mfr. List: \$89.95 Liquidation Price . . .	\$30
X-LARGE 17' 6"	Mfr. List: \$99.95 Liquidation Price . . .	\$33
JUMBO 19' 7"	Mfr. List: \$109.95 Liquidation Price . . .	\$36
MOTOR-CYCLE	Mfr. List: \$39.95 Liquidation Price . . .	\$15

Credit card customers can order by phone, 24 hours a day, 7 days a week.



Toll-Free: 1-800-328-0609

Your check is welcome!
No delays in orders paid by check.

Sales outside continental U.S. are subject to special conditions. Please call or write to inquire.

C.O.M.B. Direct Marketing Corp. Item H-1070
14605 28th Ave. N./Minneapolis, MN 55441-3397

Send Car Cover(s) shown below. Add \$3.50 each for ship, handling. (Minnesota residents add 6% sales tax. Allow 3-4 weeks for delivery. Sorry, no C.O.D. orders.)

Send **SMALL** @ \$25 each Item H-1070-4514-006
Send **MEDIUM** @ \$27 each Item H-1070-4514-014
Send **LARGE** @ \$30 each Item H-1070-4514-022
Send **X-LARGE** @ \$33 each Item H-1070-4514-055
Send **JUMBO** @ \$36 each Item H-1070-4514-030
Send **CYCLE** @ \$15 each Item H-1070-4514-048

My check or money order is enclosed. (No delays in processing orders paid by check, thanks to TeleCheck.)
Charge: MasterCard® VISA®

Acct. No. _____ Exp. _____
PLEASE PRINT CLEARLY
Name _____
Address _____
City _____
State _____ ZIP _____
Phone (____) _____
Sign Here _____

C.O.M.B. Direct Marketing Corp.
Authorized Liquidator
14605 28th Avenue North
Minneapolis, Minnesota 55441-3397

YOU & RETIREMENT

by Grace W. Weinstein

AFTER THE HOSPITAL

If you're released from the hospital before you're completely well (as is more and more likely these days, with the cost containment measures described in the March column), what are your options?

Home Health Care

This may be the fastest growing portion of the entire health care industry. With the population growing older, with earlier hospital discharge, and with many people preferring to remain in their own homes, home health care is booming. More and more services are becoming available, via both not-for-profit community agencies and for-profit private agencies.

The range of community-based services includes visiting nurses, physical and speech therapists, homemaking services, transportation and escort services, equipment loans and Meals on Wheels. Specific services vary from community to community; a call to the local Office on the Aging will tell you what's available in your hometown. Those services can then, if necessary, be supplemented with services provided by private agencies; those services include registered and practical nurses, homemakers, equipment, etc.

Home care, under the right circumstances, can be a marvelous alternative to either hospital or nursing home confinement. It's much more pleasant to be in your own home. And it costs less than either of the alternatives. Nonetheless, there are often problems arising out of (1) the cost of care, and (2) the quality of care.

Cost is often a problem because, although home care is less expensive than institutional care, much of it may not be covered by insurance of any kind. Medicare covers only short daily visits by a nurse or a therapist. It does not cover household chores or personal care. And it covers nursing visits only on a short-term basis, during recovery from a specific illness or injury. Medicaid coverage varies from state to state, but is generally limited to minimal care and only for the poor. Private health insurance coverage varies, but seldom covers much on the home care front. That puts you squarely on your own financial resources.

Even if those resources permit exten-

sive home health services, quality may be a problem. There are some 10,000 agencies offering in-home services; about half are either state-licensed or Medicare-certified, which is not a guarantee of quality but is a step in the right direction.

If you are seeking home health care, for yourself or a relative, follow these guidelines:

- Ask the social worker at your hospital to discuss community-based services and recommend reputable private agencies to fill in any gaps.
- Ask if the agency is licensed or certified, and ask for references from professionals who have used its services.
- Find out how the agency trains its home care workers. Ask what supervision is given those workers while they are on the job.
- Get a written copy of your agreement with the agency, including services, fees, and payment procedures.

For more information, send \$2.00 for a copy of *All About Home Care: A Consumer's Guide*, to National HomeCaring Council, 235 Park Avenue South, New York, NY 10003.

Nursing Homes

Few people ever want to enter a nursing home, but when home health care won't work, and a hospital isn't the answer, a nursing home may be the only solution.

The problem with nursing home care, apart from the fact that no one wants it, is its cost—currently upwards of \$20,000 a year—and the fact that, by and large, that cost is not covered by insurance. Most people—close to 80 percent in one recent survey—think that Medicare covers extended nursing home care. They are wrong. Medicare may cover up to 100 days of nursing home care, but its average payment is for just 28 days; that's because the Medicare coverage is designed specifically to cover post-hospital care in the form of skilled nursing. It does not cover long-term custodial care, the kind increasing numbers of elderly people need. Private insurance, designed to supplement Medicare, also seldom covers long-term nursing home care.

(Continued on page 36)



Join the club and you should never again pay full price at Holiday Inn® hotels.

If you're 55 or over you can join the Holiday Inn Travel Venture ClubSM and save big every time you travel.

The idea behind the club is simple: to save members money without sacrificing comfort and service.

No complicated paperwork; no restrictive rules and regulations. Just honest-to-goodness savings on quality Holiday Inn hotel lodging, dining and travel.

Save 15% to 25% when you stay at Holiday Inn hotels.

Club members save big when they stay at participating Holiday Inn hotels—15% on weekdays, a full 25% on weekends. You get first-rate Holiday Inn accommodations at dramatically reduced prices!

Big savings at Holiday Inn restaurants, too.

Special Holiday Inn Travel Venture Club members' coupons offer "early bird" discounts and 2-for-1 dining at participating Holiday Inn restaurants nationwide. Everything from a hearty breakfast to a gourmet dinner is reduced—for club members only.

Airline discounts, car rental discounts and more.

Save 5% on most round-trip fares on Republic Airlines. Also, buy one ticket and a companion flies for 50% off to Hawaii on Western Airlines. If you're over 65, enjoy 10% savings on Republic and Western, including Ultimate Super Saver fares.*

Hertz and National rental cars are discounted up to 15% off their low-priced weekly rates. Special two-days-for-the-price-of-one weekend rentals are also available to club members.*

Take advantage of special tour packages, get free Rand McNally® road maps, and enjoy express reservations and express check-in with your personal membership card.

Join the Holiday Inn Travel Venture Club today for just \$25.

Join the club today and start saving the next time you travel. Your membership could pay for itself the first time you use it! Just send in the coupon below along with your first year's dues and all the benefits of membership will be yours.

Get a 2-for-1 airfare bonus for joining now!

If you join the Holiday Inn Travel Venture Club by April 30, 1986, we'll

send you a special Republic Airlines companion certificate entitling you to buy two tickets for the price of one to any destination within the continental U.S. served by Republic.* Send in your application no later than April 30!

*Some restrictions apply.



Holiday Inn Travel Venture ClubSM P. O. Box 7642, Mt. Prospect, IL 60056

YES. I want to start saving money when I travel. Sign me up as a member of the Holiday Inn Travel Venture Club right away. (Please print)

EL-486

Name _____

Address _____

City _____ State _____ Zip Code _____

Date of Birth † _____ Social Security No. ** _____

Home Phone _____

I've enclosed check or money order for \$25 first-year dues payable to Holiday Inn Travel Venture Club.

Please charge my \$25 first-year dues to VISA MasterCard American Express

Credit Card Account No. _____ Expiration Date _____

Signature _____

Check here if you would like credit card information kept on file. We'll use it to guarantee your hotel reservations whenever you request it.

Payment must accompany application. Please allow about 4 weeks for delivery of membership materials. Your membership is valid for 12 months.

†Membership is open only to those 55 years old or over. Age identification may be required to receive discounts.

**Social Security Number will be used as your membership identification number only. If you are already a member of the Holiday Inn Priority Club,® please provide your membership number: _____



Drug Awareness Education Program

PART III

Lodge Programs That Work

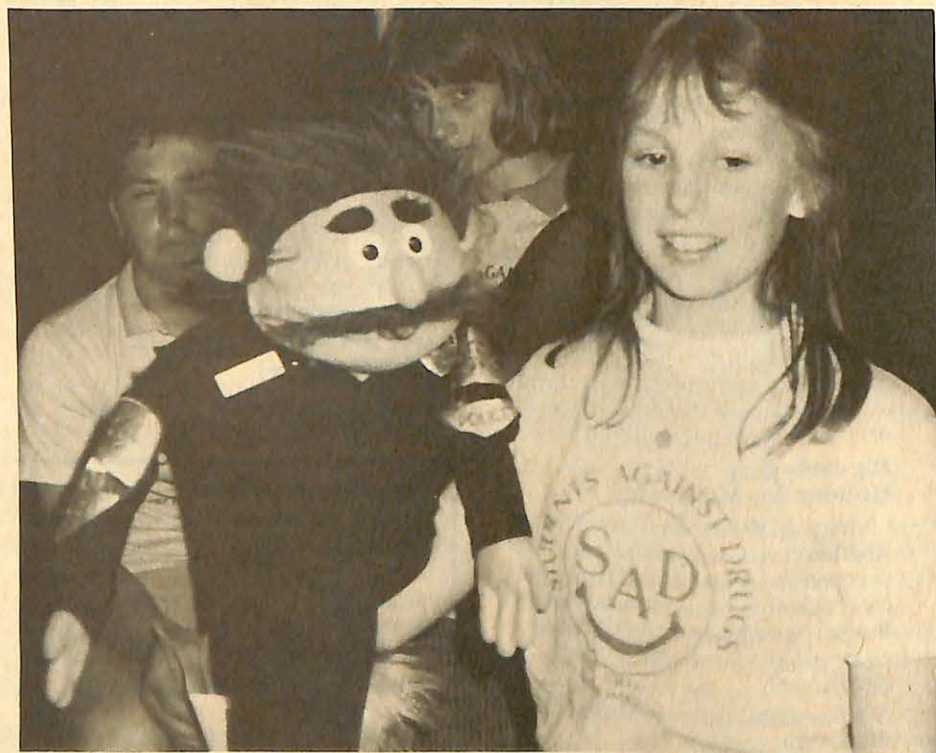
Staff Report

Already many Elks lodges throughout the country have established effective Drug Awareness Education Programs within the overall Grand Lodge guidelines. As we report on some of these lodge programs in this and subsequent articles, it is our hope that the ideas presented can be used by other lodges, as the Elks nationwide join together to win the war against drug abuse.

An exemplary program is being carried out by Forest Grove, Oregon, Lodge. The success this lodge has had with its Drug Awareness Education Program has come about through the combined efforts of many people, both members of the Elks and non-members.

Everyone in Washington County interested in helping the youth of the county become aware of the dangers of drug and alcohol use was invited to Forest Grove Lodge's first "canvass meeting." This meeting was held right after the "Chemical People" TV program was shown nationwide.

The meeting was attended by representatives from 37 different groups, which included school counselors, law enforcement personnel, the Washington County Mental Health



Mary Finlay (right foreground) is one of the puppeteers sponsored by Forest Grove, Oregon, Lodge. The 20 puppeteers, all junior-high-school students, present drug-prevention programs to elementary-school students.

Department, news media, parents, and members of many local task forces. Each person at the meeting was given a one-page questionnaire to fill out, which enabled the lodge to follow up on these sources at a later date.

Each person present was asked to inform the others of what type of program or programs they had avail-

able. After the introductions, the meeting was open to the floor for ideas on how the community could best serve the youth of the county. From this meeting a steering committee was formed.

Since that first meeting, Forest Grove Lodge has been able to direct its efforts to helping the different groups with their programs, while



During a presentation to members of West Palm Beach, Florida, Lodge's baseball teams, Detective Jill Shepell of the Palm Beach County Sheriff's Department lit a marijuana cigarette so that the youngsters would learn to recognize the smell of the drug.

also starting a program of its own.

With the donation of \$250 from each of the other Washington County Elks lodges—Hillsboro, Sherwood and Beaverton—Forest Grove Lodge was able to purchase a set of puppets for the Washington County Sheriff's office. Deputy Richard Fletcher then trained 20 junior-high-school students in the use of the puppets and also taught them some skits on "How To Say No."

The 20 students were then divided into four groups of five each, the number needed to put on the puppet show "Keep Off the Grass," a story about marijuana and its effects. By rotating the four groups of puppeteers, no one group had to miss too many hours of school while presenting the puppet show to the grade-school students.

In this way, junior-high students showed the younger students that not every older student used drugs.

From this first group of puppeteers, another group was formed by the Forest Grove Police Services, and the lodge purchased a set of puppets for their use. These puppets can be used for either marijuana or alcohol programs; the puppeteers are trained for both shows.

The Washington County Sheriff's Department, the Forest Grove Police Services and Forest Grove Lodge have also put together a videotape program on marijuana. Copies of this program were given to all ten of the Oregon North Central District lodges as well as to the other Oregon district Drug Awareness chairmen for use in their lodges.

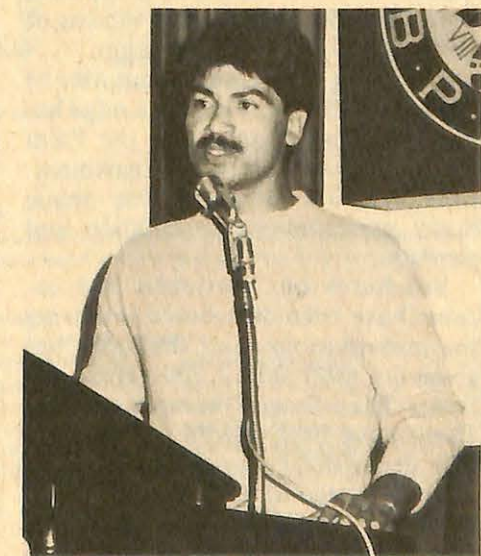
The Forest Grove Elks' puppet

PAMPHLETS AVAILABLE

Two excellent Drug Awareness Education pamphlets are available from your Elks lodge. They are entitled "Marijuana—The Gateway Drug" and "Cocaine—the White Line on the Highway to Addiction." Get them, and read them! They may be of great value to you, your family and friends.



As mentioned in Part I of this series (February, 1986), the Elks Drug Awareness Education Program has targeted three drugs of abuse: marijuana, cocaine, and alcohol. Marijuana is the most widely used illicit drug, cocaine is the most rapidly growing in use, and alcohol is the most widely abused drug among teenagers.



At Westchester, California, Lodge, Carlos Palamino, former welterweight boxing champion, spoke on the dangers of drug use to students, parents and lodge members.

AWARENESS THE KEY TO DRUG FREE CHILDREN...

shows and the videotape program have reached over 25,000 grade-school students in the state of Oregon. The lodge's Drug Awareness Education Program has gained statewide attention, and the students were invited to present the puppet show at the state seminar on the Prevention of Alcohol and Drug Abuse among Youth held recently by the Oregon Mental Health Department.

The lodge has also paid for the expenses of Washington County teachers who attended this seminar and other special training courses in drug abuse prevention.

The Forest Grove Police Department and the lodge have developed a film and literature library which is kept at the police department and is available for the use of the community. The police department and the lodge also have a speakers bureau, from which speakers are available free of charge.

Using the Grand Lodge Drug Awareness Program Handbook as the basic guide, and then asking the community how the Elks can help, have been the guidelines for the success of Forest Grove Lodge's program.

The Drug Awareness Committee of West Palm Beach, Florida, Lodge has been working closely with the Palm Beach County Sheriff's Department. Detective Jill Shepell has made many presentations to children and parents.

Brochures on marijuana and cocaine have been distributed following the presentations, and the lodge has given out more than 1,700 "Hugs Are Better Than Drugs" bumper stickers. These have been placed on the sheriff's department's cars.

For the second year, Cocoa, Florida, Lodge sponsored a Drug Awareness Booth at the Brevard County Fair, which was attended by 250,000 people over an 11-day period.

More than 30 different pieces of



Nashua, New Hampshire, Lodge set up a Drug Awareness Education Booth during the Nashua Drug and Alcohol Abuse Exhibit held during the 1985 Labor Day Weekend. Elk pamphlets and bumper stickers were distributed.

Mahanoy City, Pennsylvania, Lodge distributed "You Can Say NO to Drugs" book covers for use in the Mahanoy Area and Shenandoah Valley School Districts. Shown coordinating the effort and checking over the book covers are (from left) Charles Reh, Mahanoy Area elementary school principal; John Murtin, lodge Drug Awareness chairman; Elaine Balkiewicz, Shenandoah Valley elementary school principal; and ER Richard Boyle. The book covers were also distributed to the parochial schools in both communities.



literature on drugs and alcohol were available at the booth. Approximately 10,000 people picked up the literature. Schoolteachers planning to start Drug Awareness Education Programs in their classrooms were especially interested in this material.

A number of successful programs are under way in California. Westchester Lodge has been heavily involved in community education, sponsoring speeches by Carlos Palamino, former welterweight box-

ing champion, and other figures that young people are likely to respect.

Also in California, Santa Barbara Lodge is paying the cost of a special Drug Awareness Education teacher for the local elementary schools. Drug Awareness and self-esteem are taught one hour a week for 12 weeks in a course designed to give youngsters the tools to say no to drugs.

Escondido, California, Lodge is distributing posters and book covers

(Continued on page 35)

WE'LL SEND YOU ONE... **FREE TREE**

TO INTRODUCE THE FASTEST GROWING QUALITY SHADE TREE IN AMERICA.

Hybrid Poplars at 1/2 Price

HOW TO GET YOUR FREE TREE... Simply send us a minimum size order on the order form below, and we will send you an additional fast growing Hybrid Poplar Tree FREE OF CHARGE.

We want to tempt you to try these rapid growing trees, because we know you'll be back for more. A WORD ABOUT OUR COMPANY...We are Nurserymen that have been growing trees for over 53 years. In fact, the Company has been in the same Family all this time. You can believe what we say about our fast growing Hybrid Poplar Trees as we have received thousands of REPEAT ORDERS from Residences, Parks, Country Clubs, Trailer Courts and Governmental Bodies.



Actual photograph taken just three years after planting

Lush, cool shade in the shortest time possible.

Why wait 10 or 15 years for regular trees to shade your home? Our U.S. Forest Service developed Hybrid Poplars will give you lush shade and a beautifully ornamented landscape in only 3 or 4 years.

Picture it! A backyard patio, cool even in the noonday sun. The cooling comfort of soft winds flowing over your home from deep, green foliage. A driveway tunnel of towering limbs. Your hammock ready for a lazy afternoon.

Perfect for screening, too.

There's no better, faster growing, privacy hedge than our hybrid poplar screen variety. It provides magnificent screening to insure privacy between houses or around your patio or pool, screen out the sounds of nearby highways, to serve as a windbreak or snow fence. They've even been proven as snow fences in the dakotas where they're sometimes half buried in snow and blasted by icy winds.

Plant them 9 feet apart and they'll grow into a solid green living wall in about 3 years. The screen variety is slightly narrower—spanning only about 10 feet but the branches are somewhat denser—a desirable characteristic for screening.



Lush screen in only three years after planting 9 ft. apart.

Hardy, rugged.

Grows almost anywhere.

Our Hybrid Poplar is not to be confused with the short-lived Lombardy Poplar. Our trees normally live 30-50 years or more, and are wind-resistant as well as insect and disease resistant. These remarkable trees were developed 50 years ago by the U.S. Forest Service to reforest fire ravaged land quickly and

to reclaim unusable land such as abandoned strip mines and landfills. We've sold thousands of them by mail to people all over the country. They weather the heat of the South and the cold of Canada's remote Provinces. They fairly leap out of tough prairie soil and Maine's rocky stubble, and even do well in coastal salt spray areas.

These phenomenally fast-growing trees require very little care. We do recommend use of our **Tree-Start Fertilizer Pills**, along with plenty of watering after planting.

GUARANTEE

If within one year of receipt of your order you are not satisfied with your Hybrid Poplars, just RETURN THE SHIPPING LABEL ONLY for a free replacement or refund, your choice. The warranty IS VOID UNLESS THE SHIPPING LABEL is returned.

Dear Customer.

Our Family has been in the nursery business for over 53 years. Never before have we been able to offer...and guarantee...such a high quality shade tree that is capable of achieving such a height and spread in so short a time. These Hybrid trees are so impressive that leading scientists, researchers and nurserymen around the world praise their possibilities. We believe Hybrid Poplars have "a greater potential than any other single tree species in our struggle to maintain a liveable environment". Now you can reap the rewards of 50 years of research and development.

In keeping with our strict policy of quality and absolute customer satisfaction, we offer these trees to you with our unique guarantee.

Sincerely yours,
Richard Owen, President

Four Seasons Nursery

Div. of Plantron, Inc.
Dept. 7992-21
2207 E. Oakland Ave., Bloomington, IL 61701

PLANTING AMERICA FOR OVER 53 YEARS"

All trees shipped will be 2-4 ft. Please indicate variety (Shade or Screen) and the quantity desired on the appropriate lines below. Trees will be shipped at the proper planting time for your area. We thank you for your order.

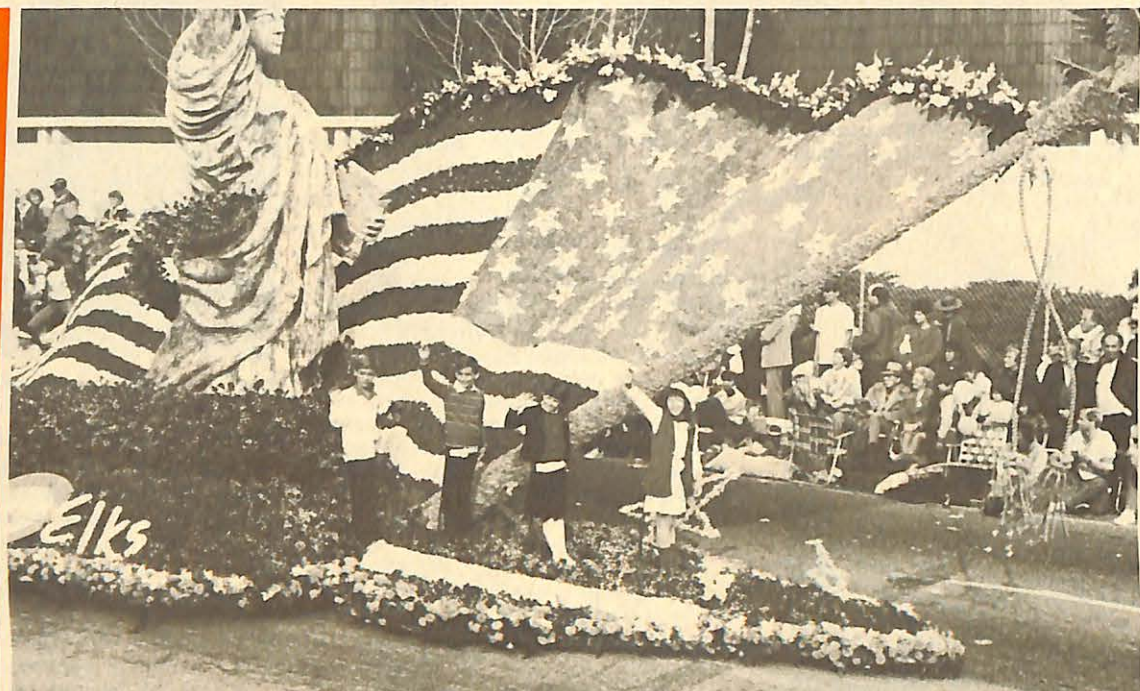
Shade N5246	Screen N5247	(2-Trees Minimum Order) (Plant Screen Trees 9 ft. apart).	
_____	_____	2 Trees \$6.95 NOW \$3.47	.add \$1.00 Shipping
_____	_____	5 Trees \$18.95 NOW \$7.97	.add \$1.25 Shipping
_____	_____	10 Trees \$29.95 NOW \$14.97	.add \$1.75 Shipping
_____	_____	20 Trees \$57.95 NOW \$28.97	.add \$2.75 Shipping
_____	_____	60 Trees \$169.75 NOW \$54.87	.add \$7.50 Shipping
MS8311	_____	25 for \$2.50 Bags of Tree-Start Fertilizer	
_____	_____	50 for \$4.50	Use 3 pills per tree or shrub for a quick start &
_____	_____	100 for \$8.50	safe feeding for 2-years. Will not burn.

Illinois Residents add 6% Sales Tax. TOTAL AMOUNT ENCLOSED _____

NAME _____
STREET ADDRESS _____
CITY _____ STATE _____ ZIP _____



NEWS OF THE LODGES



Pasadena, CA.

PASADENA, CA. July 4, 1986, marks the 100th anniversary of the Statue of Liberty, and the Elks, who have donated more than \$1 million to the statue's restoration fund, invited the Rose Parade audience in Pasadena to join Miss Liberty's festive "Birthday Celebration."

A floral re-creation of the statue towered above the largest American flag ever made of fresh flowers, and four young float riders joined in the party.

Lavishly decorated with carnations and orchids, the float featured roses donated by President Ronald Reagan, former Presidents and the governors of all 50 states.



Syracuse, NY.

SYRACUSE, NY. "Brother Lamparter" (comedian Ron Masak) of the Meister Brau "Bison Lodge" TV commercials presents a \$2,500 check on behalf of Meister Brau and the Miller Brewing Company to the Major Projects Fund of the New York State Elks Association.

Pictured from left are Syracuse ER Chuck Huckabee, DDGER Michael Potter, Masak, state Major Projects Chm. Daniel Capella, VP Terry Smarden, and Gary Bramer, Ontario District Major Projects chm.

BEDFORD, VA. At the Elks National Home in Bedford, PGER Homer Huhn, Jr. threw the master switch to illuminate the Home's outdoor Christmas lights for the first time this past holiday season.

The official Christmas lighting ceremony was held December 13th in the main dining room of the Home. It was very well attended by the residents, visiting Elk dignitaries and local citizens.

PGER Huhn was the guest speaker, introduced by Lester Hess, Jr., Home Member of the Board of Grand Trustees.

Special Christmas music was presented by the handbell choir of the Moffett Memorial Baptist Church of Danville, VA.

The total number of cars to pass through the grounds during the lighting period was 15,848. As is customary, a contest was held for the residents to guess the number of cars. The winners were: first, Bill Bratton, Westminster, CO; second, G.P. Lewis, Middletown, OH; and third, Boxley Davis, Fredericksburg, VA.



Pierre, SD.

PIERRE, SD. South Dakota Gov. William Janklow signed a proclamation acknowledging with deep appreciation the efforts of the Elks lodges of the state on behalf of handicapped children and their families. The governor presented the proclamation to SP Harlan Huetson.



Greenville, MS.

GREENVILLE, MS. Lodge and the Delta Democrat-Times cosponsored a Boy Scout Catfish Tournament which raised \$11,000 for the Delta Area Council of the Boy Scouts of America.

Registration for the tournament was \$25 for adults and \$12.50 for children. Entrants competed for cash awards, vacation trips and other prizes, all donated by local merchants.

The proceeds of the tournament were presented at the midwinter conference of the Mississippi State Elks Association in Hattiesburg. From left are Brad Walden, representing the Delta Area Council, BSA; Brother Charlie Fisher, publisher of the Delta Democrat-Times; ER Cliff Evans; and Chm. Lea Brent.



Mountain Home, AR.

MOUNTAIN HOME, AR. ER Bob Amundsen of Mountain Home Lodge presented a \$400 check to Nancy Stang (left) and Virginia Kilbourn, representing PACT, the local task force to combat child abuse. The money is to be used to purchase an educational film which PACT will offer to local schools and churches and other interested organizations in Baxter County.



Ashland, OH.

ASHLAND, OH. Lodge is proud to have as its exalted ruler Joe Tobias, who is the fourth son to follow in his father's footsteps and serve the lodge as ER. All of the members of these father/son teams are still living, except for the late PER Howard Fetzer, Sr.

From left are William Edmondson and his son Jeff; Howard Tobias; Howard Fetzer, Jr.; ER Joe Tobias; and Rick Wolfe and his father Dick.

FESTUS-CRYSTAL CITY, MO. PER James Sweet of Festus-Crystal City Lodge received a special award at the Antonio Union Electric office for saving the life of 18-month-old Jeremy Zimmer.

Brother Sweet, a Union Electric overhead repairman, was fixing lines over the Twin Lakes mobile home court in

High Ridge when he heard Jeremy's baby-sitter scream that the baby had stopped breathing. Sweet rushed to the scene and gently administered the Heimlich Maneuver, causing Jeremy to cough up a rock which had stuck in his throat.

ALL CRUISES

Call Toll Free

1-800-327-0699

Within Florida call

1-800-432-3662

Bahamas, Caribbean, Jamaica, Virgin Islands, Mexico, Europe, Mediterranean, etc.

2, 3, 4 & 5 day Cruises from

\$169

7 days & longer from

\$495

- Special Group Rates
- Special Air/Sea Savings
- Cancellation Protection
- Credit Cards Accepted



CRUISE CENTER
50 YEARS OF EXPERIENCE

EK-486

Mail coupon for color brochure
A AAABCO Cruise Center
19000 W. Dixie Hwy., P.O. Box 630877
Miami, FL 33163

- | | |
|---|--|
| <input type="checkbox"/> 2, 3, 4, 5 Day Cruises | <input type="checkbox"/> 10-11 Day Cruises |
| <input type="checkbox"/> 7 Day Cruises | <input type="checkbox"/> 14 Day or Longer |

Name _____

Address _____

City _____

State _____

Zip _____

IT'S YOUR BUSINESS

PRODUCTIVE COFFEE BREAKS

The meeting was a typical morning coffee break among small-business friends. The menu was Kaddafi, kids' college costs, the stock market and local issues.

Yet a lot of time was spent talking about managing and handling the problems of running a business.

The group listens and learns from each other. It meets Monday through Friday in virtually every small town and city in America.

It's as American as the Super Bowl. A cup of coffee can buy a business education if you're an attentive student. There are no speakers...no agenda...no attendance record...no admission fee...no lesson plan...no homework...and no diploma for the wall at home either.

There are plenty of reminiscences which annoy the younger, more impatient, persons. But it's the answers to pertinent questions that entice many to return again and again to glean what they can from those far more experienced in the craft or simply in business survival. Perhaps its an old inventory plan that will work with new software, or maybe it's a better insurance plan that is still on the books but hasn't been used in awhile. You can see the participants' eyes light up as they mentally try them on their own enterprises.

Actually it's a phenomenon in a day when we are being bombarded with all kinds of advice on how to become an entrepreneur, how to start a business and how to succeed on our own at whatever we decide to do. Newspapers carry two and sometimes three stories daily about local and national businesses that have become successful, radio stations visit service clubs to find outstanding entrepreneurs to interview, and the SBA and a host of private gurus—from Tom Morgan to Louis Rukeyser—offer a steady stream of commentary on the rules about "making it."

Small business information has become a commodity, a growth industry.

But will such vehicles of information about success from well-intentioned sources generate armies of new proprietors?

They already have, judging from recent statistics.

From May, 1984, to May, 1985, 36 states had gains in incorporated enterprises. New York had the largest number of incorporations (6,643), followed closely by Florida (6,548). Wyoming had the biggest percentage jump. It leaped 127 percent in the 12-month period.

States which once appeared to ignore small-business owners and their needs are now doing their best to recruit such firms. California was ahead of all states in providing a favorable climate in 1985, *Inc.* magazine said. The magazine predicted that companies with less than 1,000 employees and sales of \$200,000 to \$1 million would create 82 percent of the estimated 2 million positions in 1985.

Yet most analysts see the failure rate for proprietors remaining higher than desired in the years ahead. Most believe that bankruptcies will frequently be caused by two factors; bad management and inadequate capital. A survey of business owners recently showed that 56 percent listed both the most likely reasons for small business failures.

Contrast the interest and commitment it takes to manage your own business with a poll taken of 2,000 adults about living the good life, one business owner said. "All or most all of those who were polled—87 percent—said owning a home was more important than having an interesting job. The people polled even put having a car ahead of work. If you are to be successful in small business as I know it, the business has to be as important as marriage and the kids."

Why, though, would business owners
(Continued on page 23)

Specially Selected for Readers of The Elks Magazine

The Music You Love!

Buy Any 3
Get 1
FREE!

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!

PATTI PAGE

"Her Tennessee Waltz!"



From her golden days as one of America's best-loved recording stars comes the rare and irresistible sound that belongs to Patti Page alone. With truly one of the most special and beautiful voices you will ever hear, Patti sings you all her unforgettable hits, songs still loved by millions.

TENNESSEE WALTZ • THE DOGGIE IN THE WINDOW • MOCKING BIRD HILL • ALLEGHENY MOON • COME WHAT MAY • WITH MY EYES WIDE OPEN I'M DREAMING • ALL MY LOVE • WHY DON'T YOU BELIEVE ME • LET ME GO LOVER • CHANGING PARTNERS • MAMA FROM THE TRAIN • ONCE IN A WHILE • MOST PEOPLE GET MARRIED • LEFT RIGHT OUT OF YOUR HEART • I WENT TO YOUR WEDDING • OLD CAPE COD • MISTER AND MISSISSIPPI • YOU BELONG TO ME.

CRAZY OTTO

"Red Hot Piano!"



Here's everybody's favorite piano music by the king of Honky Tonk. Play it only when you want to feel good!

BUTTON UP YOUR OVERCOAT • WHEN YOU'RE SMILING • BARNEY GOOGLE • THE CRAZY OTTO MEDLEY • HEART AND SOUL • I'M LOOKING OVER A FOUR LEAF CLOVER • NEAR YOU • I'M GONNA SIT RIGHT DOWN AND WRITE MYSELF A LETTER • HEART-ACHES • CECILIA • IF YOU KNEW SUSIE • THE DARKTOWN STRUTTERS' BALL • WAITING FOR THE ROBERT E. LEE • OH YOU BEAUTIFUL DOLL • BILL BAILEY, WON'T YOU PLEASE COME HOME • RED WING • BE MY LITTLE BABY BUMBLE BEE • SWEET SUE-JUST YOU • ROSE OF WASHINGTON SQUARE.

MARTY ROBBINS

"Songs Of The Islands!"



His most beautiful album and about the best voice you'll ever hear sing these loveliest of melodies.

LOVELY HULA HANDS • MY ISLE OF GOLDEN DREAMS • ALOHA OE • HAWAIIAN BELLS • NOW IS THE HOUR (MAORI FAREWELL) • DROWSY WATERS (WAILANA) • BEYOND THE REEF • DON'T SING ALOHA WHEN I GO • THE SEA AND ME • SWEET LEILANI • HARBOR LIGHTS • DOWN WHERE THE TRADE WINDS BLOW • LOVE SONG OF KALUA • CRYING STEEL GUITAR WALTZ • THE HAWAIIAN WEDDING SONG • KUU UPD LANI (MY SWEETHEART LANI) • CONSTANCY (UA LIKE NO A LIKE) • SONG OF THE ISLANDS.

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 • SUN-RISE 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 • PERFIDIA • SABRE DANCE.

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 SAILS IN THE SUNSET • NATURE BOY • MONA LISA • FOR ALL WE KNOW • THIS IS ALL I ASK • SMILE • BALLERINA • THERE GOES MY HEART • THOSE LAZY, HAZY, CRAZY DAYS OF SUMMER • FASCINATION • IF I GIVE MY HEART TO YOU • THERE! I'VE SAID IT AGAIN • (I LOVE YOU) FOR SENTIMENTAL REASONS • RAMBLIN' ROSE • SOMEWHERE ALONG THE WAY • NON DIMENTICAR • UNFORGETTABLE.

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 ADELINA • 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 ANNIE ROONEY • HELLO! MY BABY • MOONLIGHT BAY • THERE'S YES! YES! IN YOUR EYES • SINGIN' IN THE RAIN • ALL I DO IS DREAM OF YOU • TOOT, TOOT TOOTSIE GOODBYE • WHILE STROLLING THROUGH THE PARK ONE DAY • IDA SWEET AS APPLE CIDER • A BICYCLE BUILT FOR TWO • PUT ON YOUR OLD GYR BONNETT • I'M JUST WILD ABOUT HARRY • WHEN YOU WERE SIXTEEN • SILVER THREADS AMONG THE GOLD • THE WHIFFENPOOF SONG (BAA! BAA! BAA!) • PEG O' MY HEART • PEGGY O'NEIL.

LES PAUL & MARY FORD

"Solid Gold!"



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!

TENNESSEE WALTZ • VAYA CON DIOS • WHISPERING • THE WORLD IS WAITING FOR THE SUNRISE • TIGER RAG • JUST ONE MORE CHANCE • HOW HIGH THE MOON • MY BABY'S COMING HOME • I'M SITTING ON TOP OF THE WORLD • BYE BYE BLUES • I'M CONFESSIN' • MOCKIN' BIRD HILL • MEET MR. CALLAGHAN • JAZZ ME BLUES • I'M FOREVER BLOWING BUBBLES • IN THE GOOD OLD SUMMERTIME • I CAN'T GIVE YOU ANYTHING BUT LOVE • LOVER.

THE INK SPOTS "Their Fantastic New Collection!"



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.

IF I DIDN'T CARE • MAYBE • WE THREE • I'LL GET BY • DO I WORRY? • ALWAYS • STREET OF DREAMS • A GHOST OF A CHANCE • MY PRAYER • IT'S A SIN TO TELL A LIE • THE GYPSY • I'LL NEVER SMILE AGAIN • WHEN THE SWallows COME BACK TO CAPISTRANO • YOU WERE ONLY FOOLING • DON'T GET AROUND MUCH ANYMORE • I DON'T WANT TO SET THE WORLD ON FIRE • I COVER THE WATERFRONT • TO EACH HIS OWN.

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.

MUSIC OF THE YANK YEARS "16 Big Band Hits!"



This is truly an outstanding collection . . . one gem after another . . . and probably the best single album of its kind.

DON'T BE THAT WAY, Benny Goodman • I'LL NEVER SMILE AGAIN, Tommy Dorsey and Frank Sinatra • IN THE MOOD, Glenn Miller • DON'T GET AROUND MUCH ANYMORE, Duke Ellington • MARIE, Tommy Dorsey • FRENESI, Artie Shaw • DEEP PURPLE, Larry Clinton and Bea Wain • MOONLIGHT SERenade, Glenn Miller • BEGIN THE BEGUINE, Artie Shaw • I CAN'T GET STARTED, Bunny Berigan • CHEROKEE, Charlie Barnet • THERE! I'VE SAID IT AGAIN, Vaughn Monroe • TONIGHT WE LOVE, Freddy Martin • MY REVERIE, Larry Clinton and Bea Wain • DER FUEHRER'S FACE, Spike Jones • ONE O'CLOCK JUMP, Benny Goodman.

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. No one can 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 SIR 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.

ARTHUR FIEDLER

"World's Greatest Marches!"



Here Arthur Fiedler and the wonderful Boston Pops Orchestra performing 22 of the greatest marches ever recorded, including John Philip Sousa's all-time favorites. Will uplift your spirits!

THE STARS AND STRIPES FOREVER • SEMPER FIDELIS • WASHINGTON POST MARCH • POMP AND CIRCUMSTANCE • MARCH OF THE TOYS • ONWARD CHRISTIAN SOLDIERS • MARCH OF THE TOREADORS • YANKEE DOODLE • AMERICAN PATROL MARCH • DIXIE • STRIKE UP THE BAND • THE THUNDERER MARCH • HIGH SCHOOL CADETS • COLUMBIA, THE GEM OF THE OCEAN • NATIONAL EMBLEM MARCH • THE YELLOW ROSE OF TEXAS • BOSTON COMMANDERY MARCH • SEVENTY-SIX TROMBONES • EL CAPITAN MARCH • ST. LOUIS BLUES MARCH • WHISTLE WHILE YOU WORK • COLONEL BOGEY MARCH.

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.

PAPER DOLL • TILL THEN • GLOW WORM • UP A LAZY RIVER • CAB DRIVER • MOONLIGHT BAY • NEVERTHELESS • BASIN STREET BLUES • DADDY'S LITTLE GIRL • OPUS ONE • BE MY LIFE'S COMPANION • YOU TELL ME YOUR DREAM • ACROSS THE ALLEY FROM THE ALAMO • SOMEDAY (YOU'LL WANT ME TO WANT YOU) • YOU'RE NOBODY TILL SOMEBODY LOVES YOU • THE JONES BOY • YOU ALWAYS HURT THE ONE YOU LOVE • ONE DOZEN ROSES.

FRANKIE CARLE

"His Golden Touch!"



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

BLUE SKIES • I'VE GOT MY LOVE TO KEEP ME WARM • MARIE • CHEEK TO CHEEK • A PRETTY GIRL IS LIKE A MELODY • YOU'RE JUST IN LOVE • EASTER PARADE • ALWAYS • ALL BY MYSELF • IT'S A LOVELY DAY TODAY • ALEXANDER'S RAGTIME BAND • HOW DEEP IS THE OCEAN • PLAY A SIMPLE MELODY • STEPPIN' OUT WITH MY BABY • PUTTIN' ON THE RITZ • SAY IT ISN'T SO • THEY SAY IT'S WONDERFUL • TOP HAT, WHITE TIE AND TAILS • ISN'T THIS A LOVELY DAY • REMEMBER • LET'S FACE THE MUSIC AND DANCE • WHAT'LL I DO • CHANGING PARTNERS • THERE'S NO BUSINESS LIKE SHOW BUSINESS • I LOVE A PIANO • THE GIRL THAT I MARRY.

MAIL COUPON TODAY — NO-RISK COUPON — NOT IN STORES

THE GOOD MUSIC RECORD CO., Dept. OJ-01-46

352 Evelyn Street, P.O. Box 909, Paramus, NJ 07653-0909

Please rush me the albums checked below on your unconditional money-back guarantee. I understand that I may return any item and receive a complete refund. Make check or money order payable to Good Music Record Co.

(-) Check box(es) to order.

RECORD ALBUMS—\$8.98	CASSETTE TAPES—\$9.98	8-TRACK TAPES—\$9.98
<input type="checkbox"/> Patti Page	<input type="checkbox"/> Patti Page	<input type="checkbox"/> Patti Page
<input type="checkbox"/> Crazy Otto	<input type="checkbox"/> Crazy Otto	<input type="checkbox"/> Crazy Otto
<input type="checkbox"/> Marty Robbins Hawaiian	<input type="checkbox"/> Marty Robbins Hawaiian	<input type="checkbox"/> Marty Robbins Hawaiian
<input type="checkbox"/> The Harmonicats	<input type="checkbox"/> The Harmonicats	<input type="checkbox"/> The Harmonicats
<input type="checkbox"/> Nat "King" Cole	<input type="checkbox"/> Nat "King" Cole	<input type="checkbox"/> Nat "King" Cole
<input type="checkbox"/> Mitch Miller	<input type="checkbox"/> Mitch Miller	<input type="checkbox"/> Mitch Miller
<input type="checkbox"/> Les Paul & Mary Ford	<input type="checkbox"/> Les Paul & Mary Ford	<input type="checkbox"/> Les Paul & Mary Ford
<input type="checkbox"/> The Ink Spots	<input type="checkbox"/> The Ink Spots	<input type="checkbox"/> The Ink Spots
<input type="checkbox"/> Eddy Arnold	<input type="checkbox"/> Eddy Arnold	<input type="checkbox"/> Eddy Arnold
<input type="checkbox"/> Yank Years	<input type="checkbox"/> Yank Years	<input type="checkbox"/> Not available
<input type="checkbox"/> Wayne King	<input type="checkbox"/> Wayne King	<input type="checkbox"/> Wayne King
<input type="checkbox"/> Arthur Fiedler	<input type="checkbox"/> Arthur Fiedler	<input type="checkbox"/> Arthur Fiedler
<input type="checkbox"/> Mills Brothers	<input type="checkbox"/> Mills Brothers	<input type="checkbox"/> Mills Brothers
<input type="checkbox"/> Frankie Carle	<input type="checkbox"/> Frankie Carle	<input type="checkbox"/> Frankie Carle

Postage & Handling: Please add \$1.25 for single item. Be sure to take 1 FREE SELECTION for every 3 items you order.

SAVE ON POSTAGE: Order 2 or more items, add only \$2.00 Pstg. & Hdg. to your total

I enclose full payment of \$ _____

CHARGE IT! MasterCard Visa

Account No. _____ Exp. Date _____

Name _____

Address _____

City _____ State _____ Zip _____



SETTING THE BODY'S INTERNAL CLOCK

"Fall back, Spring forward," is a slogan to live by for those of us who live anywhere in the United States except Arizona, Hawaii and some counties in Indiana. Every year on the last Sunday in April most of us set our clocks ahead one hour, marking the beginning of Daylight Saving Time. On the last Sunday in October we return to Standard Time, supposedly none the worse for wear.

Getting up an hour earlier and going to bed an hour later (we just aren't sleepy yet at our usual bedtime) may seem an inconvenience for a few days, at most, but now there is scientific evidence to explain why we feel tired and groggy for a day or two after making the time change, and why we may even be more likely to have an accident on the way to work at that time.

"The shift to Daylight Saving Time puts you out on the highway an hour earlier, when you're not as alert and your perception is not as acute," says Dr. Frank Finger, University of Virginia professor of psychology and researcher in the field of biological rhythms. "Because you're there (on the highway) an hour earlier than last

week, body cycles have been disrupted, and you're not functioning properly."

A complex series of body cycles, dubbed circadian ("around a day") rhythms by pioneering chronobiologist Dr. Franz Halberg of the University of Minnesota, regulate our every bodily function from temperature and mood swings to glandular secretions and blood pressure; and when these rhythms are out of synch we don't function as smoothly as we should.

English studies found the automobile accident rate higher the week of the change to Daylight Saving Time;

by Karen Judson



and a number of studies link jet lag, illness, accident rate among shift workers, and even the effectiveness of some medications with circadian rhythms. Dr. Charles Stroebe, director of the Institute for Advanced Studies in Behavioral Medicine in Hartford, Connecticut, and a researcher in the field of circadian rhythms, has estimated that "90 percent of all illnesses" may eventually be prevented by "recognition of the role of body time in regulating health."

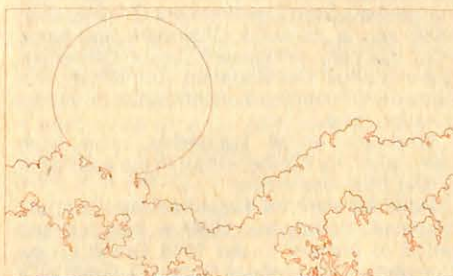
"In animals, cycles of light and dark govern bodily rhythms," says Dr. Finger, "but in humans, social factors—our schedules for living—determine our internal clock." And shift work and jet lag (changing to Daylight Saving Time is like traveling east one time zone) are two major disruptors of normal body rhythms.

Today in the United States nearly 27 percent of the work force does shift work and the trend is increasing. For three years Larry Halerson worked rotating shifts as a member of an ambulance crew. "The 7 a.m. to 3 p.m. shift was fine," Larry reports, "but when I had to rotate to nights everything was out of whack. When I came

home and was supposed to sleep I couldn't, then when I had to go to work I was shot. I finally had to quit."

Larry's problem is common to many shift workers who report that they feel "lousy" most of the time, don't perform well at work, and have a hard time staying awake on the job. When a worker works a night shift, after being on days for a week or more, he advances his activities by eight hours, while his body is still on the day schedule.

Thus he eats when his digestive system isn't ready for food, rests when his body is used to activity, and is forced to be alert when his body is geared for sleep. The result can be insomnia, disturbed bowel habits, gastritis (often known as "miner's gut"), and depression—all common complaints of shift workers. And the result for employers can be lower productivity, higher personnel turnover, and higher employee illness and accident rates.



Jet lag needn't take the fun out of travel.

Studies of shift workers in an Ogden, Utah, potash plant, conducted by Dr. Charles Czeisler of Harvard University and the Center for Design of Industrial Schedules in Boston, Massachusetts, showed that rearranging workers' schedules to conform with natural circadian rhythms improved worker performance and well-being.

Since operating on a 25.2-hour (Continued on page 27)

A COMPLETE WORD PROCESSING SYSTEM FOR \$799.95!

(Manufacturers suggested retail \$1,600.00)

INCLUDES: LETTER QUALITY PRINTER
PROFESSIONAL KEYBOARD
12" MONITOR
320K DISK DRIVE



ROYAL, the typewriter expert for over 80 years, brings professional word processing to you at a very affordable price. The ROYAL Alphatronic System includes features found in more expensive word processors. Using the quick and easy step-by-step tutorial program you'll write, edit and print out letters or reports in just a few minutes. You can easily insert, delete and move characters, words and lines of text. Highlight with bold printing, underlining, centering, sub and superscripts and much, much more.

PRINTER

- Use the fast ROYAL OfficeMaster 2000 Letter Quality printer to print out your documents.
- Print in 10, 12, or 15 pitch PLUS proportional spacing.
- Variety of printwheels are available from ROYAL.

KEYBOARD

- Stores 32 pages of text in memory at a time.
- 79 key typewriter style.

DISK DRIVE

- Stores 160 pages of text on a single floppy disk.
- Professional 320K disk drive.

MONITOR

- Large 12" high resolution display.
- Easy on your eyes and easy to read amber monitor.

The ROYAL Alphatronic can also be used as a personal computer. The BASIC programming language is built into the keyboard component and a selection of business and entertainment programs are available directly from ROYAL.

PLUS!! AS A SPECIAL BONUS you get the famous, best-selling PeachCalc Electronic Spreadsheet program. With PeachCalc you can efficiently and accurately analyze numerical and financial data. The keyboard's numeric keypad will speed your data entry.

ORDER NOW!

For only \$799.95 you get everything you need to start word processing. The Alphatronic is backed by ROYAL's well earned reputation for quality and reliability and comes with a 90 day limited warranty.

With the purchase of this Royal Word Processing System, you will receive ROYAL's TOLL-FREE HOTLINE phone number for user assistance.

15 day no risk free trial period!

Credit card customers can order by phone. 8 a.m. to 8 p.m. EST Mon.-Fri.



Call Toll-Free 1-800-233-2077
In Connecticut Call 634-6798

Call or send in this coupon to: Fosdick Corp., P.O. Box 3348, Wallingford, CT 06494. Make checks or money orders payable to Fosdick Corp. Send me Royal Alphatronic systems at \$799.95 each, plus \$15.00 each for shipping and handling. (Connecticut residents add 7.5% sales tax.) Allow 3-4 weeks for delivery. Sorry, no C.O.D. orders.

My check or money order is enclosed.

Charge: MasterCard Visa Exp. _____

Account # _____

PLEASE PRINT CLEARLY

Name _____

Address _____

City _____

State _____ Zip _____

Phone _____

Signature _____

Candidates For Grand Lodge Office

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



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

Whereas: he has served East Chicago, Indiana, Lodge unstintingly in many capacities, especially in every office in the Lodge, and as their Exalted Ruler and in a distinctive manner as Secretary for 13 years; and

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

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

Whereas: he has taken leadership roles in community charity drives, and serves his church as Commentator-Lector, and in business affairs served as President of the Central Wooden Box Association; Chairman of

the Zoning Board of Appeals, and now a Commissioner of the Zoning Board; and

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

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

Now therefore be it resolved that East Chicago Lodge No. 981 is honored and proud to present to the 1986 Grand Lodge Convention in Denver the name of Brother Stanley F. Kocur as a candidate for reelection to the office of Grand Secretary of the Benevolent and Protective Order of Elks of the United States of America.

James H. Fife, III, Exalted Ruler
Leo J. Pusch, Secretary

**Fairfield, IA,
Lodge Presents
Robert D. Moore
for Grand Treasurer**



Whereas: Brother Robert D. Moore has served the Benevolent and Protective Order

of Elks in a variety of positions at Subordinate Lodge, State Association and Grand Lodge levels with dedication and distinction; and

Whereas: he served as Exalted Ruler of Fairfield, Iowa, Lodge No. 1192 in 1969, is in the second year of his second five-year term as Lodge Trustee, served as State Chairman of the Americanism, Membership and National Foundation Scholarship Committees, was elected President of the Iowa Elks Association 1977-78, then served four years as a State Trustee, the last year of that term as Chairman of the State Trustees; and

Whereas: with dedication and devoted service, Brother Moore has served our Order at

the Grand Lodge level as District Deputy Grand Exalted Ruler in 1972-73, he was chosen as a charter member of the Grand Lodge Government Relations Committee when that Committee was authorized in 1979, and has served as Chairman of this Committee for the past two years;

Now therefore be it resolved that the members of Fairfield, Iowa, Lodge No. 1192 are pleased, honored and proud to present to the 1986 Grand Lodge Convention the name of Brother Robert D. Moore as a candidate for the office of Grand Treasurer.

Marvin Nelson, Exalted Ruler
Bob Hiatt, Secretary

**Cullman, AL,
Lodge Presents
Robert C. Grant
for Grand Trustee**



Whereas: The officers and members of Cullman, Alabama, Lodge No. 1609 recognize and appreciate one of its outstanding members, Honorary Life Member Robert C. Grant, for the many years of service devoted to his Lodge, the Alabama Elks

Association, and the Grand Lodge of the Benevolent and Protective Order of Elks; and

Whereas: he served his own Lodge two terms as Exalted Ruler in 1968-69 and 1969-70, he has served in other officer capacities, including Lodge Trustee, and remains active on various Committees, always ready to assist the officers and membership; and

Whereas: with distinction, Brother Grant was President of the Alabama Elks Association in 1970-71, and is currently a member of the Board of Trustees, has served as Chairman or PSP Advisor on many committees, and has been an active supporter of the State Major Project, serving several years on the Board of Directors; and

Whereas: he has served the Grand Lodge since 1971, beginning as District Deputy Grand Exalted Ruler in 1971-72, Special

Deputy Grand Exalted Ruler in 1972-73 and 1973-74, served from 1974-80 on the Grand Lodge Auditing and Accounting Committee, the last two years as Chairman, began serving on the Lodge Development Committee in 1980 and is currently Chairman, and since 1981 has been designated Liaison Officer between Lodge Development Committee and Advisory Committee Subcommittee on Indoc-trination; and

Whereas: active leadership roles have been taken by Brother Grant in the community and business world;

Now therefore be it resolved that Cullman, Alabama, Lodge No. 1609 is honored and proud to present to the 1986 Grand Lodge Convention the name of Robert C. Grant as a candidate for Grand Trustee.

Dr. Wayne McCormack, Exalted Ruler
Gerald VanMetre, Secretary

**Revere, MA,
Lodge Presents
Edward V. Callanan
for Grand Trustee**



Whereas: The officers and members of Revere, Massachusetts, Lodge No. 1171 do recognize as one of their outstanding members Edward V. Callanan, a member of 25 years and an Honorary Life Member and do appreciate the years of service that he has

given to his own Lodge, the Metropolitan District of Massachusetts, the Massachusetts Elks Association and the Grand Lodge of the Benevolent and Protective Order of Elks; and

Whereas: he has served his own Lodge with distinction on many committees and in appointed and elective offices, serving as Exalted Ruler in 1966-67 and Secretary for four years starting in 1967; and

Whereas: Brother Ed has served the state association since 1967 in many capacities including State Chairman of Public Relations for eight years, State Chairman and Arrangements Chairman of the Grand Exalted Ruler's Reception and Dinner Committee for five years, State Trustee 1969-71, State Administrator of the Elks National Service Commission 1978-82, Secretary of the Board of Directors, Massachusetts Elks Scholarship Fund,

Inc. 1981 to present; and

Whereas: he has served the Grand Lodge as District Deputy Grand Exalted Ruler, Metropolitan, in 1971-72, the Grand Lodge Public Relations Committee as a charter member in 1980 and serves currently as Vice-Chairman; and

Whereas: Brother Callanan was a prize-winning writer/editor before beginning a second career in the Federal government, receiving several government honors;

Now therefore be it resolved that the officers and members of Revere, Massachusetts, Lodge No. 1171 are privileged and honored to present to the 1986 Grand Lodge Convention the name of Edward V. Callanan as a candidate for Grand Trustee.

Joseph Vitale, Exalted Ruler
Max Zykofsky, Secretary

Business . . .

(Continued from page 18)

respond more to informal meetings with peers instead of seminars and the more formalized programs?

A recent survey by Laventhol & Horwath reported in *USA Today* offers us some hints.

"We're convinced that the crucial problems for entrepreneurs stem in large part from the distinctive personality traits they possess," George L. Bernstein, chief executive of Laventhol & Horwath, said. The traits "can make it difficult for them to move into being managers, seeking outside advice and developing plans."

As enterprises grow, furthermore, the entrepreneur has trouble delegating authority. The entrepreneurs involved in the study revealed they had persistent problems finding reliable staff members "because most people today do not want to work hard."

While most said they were quite confident about the future, only 34 percent of the small business owners questioned had strategic plans for their companies. Eighty-two percent had no outsiders on their boards of directors.

The bottom line, then, suggests that small business owners could probably respond better to each other in an informal setting because of mutual respect than they could dealing with strangers with no intimate knowledge of their circumstances or needs. Such casual meetings among friends provide ideal sounding boards, candid exchanges, uninhibited dialogue and methods they find convenient for problem-solving. The formal environment, on the other hand, is perceived as someone else's turf.

Most of the survey respondents believe that being in control of their own futures and making their own decisions are the greatest advantages of owning a business.

However, they were quick to point out three major risks for any proprietor in a small business. The respondents believe that acquiring capital, placing assets at risk and the pressure and stress that accompany such work are the dangers that small business owners continually face.

The survey also showed that the majority of these sole proprietors believe the future will include problems such as taxation, hiring good personnel, over-regulation by government and finding working capital.

So what can help the enterprising entrepreneur to battle such difficulties?

Sit down regularly with others more experienced to share thoughts on the business of conducting business. Pass the cream, please, and tell me more. ■

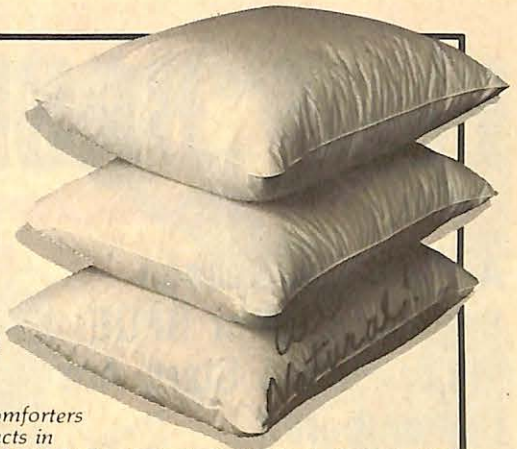
Medium-Firm Goose Down/ Feather Pillows

For complete bedtime comfort, select the finest down pillows money can buy at factory direct prices. Goose down filled pillows conform to the shape of the head, providing luxurious support and correct sleeping posture for the neck and shoulders. Covered with a soft 100% cotton fabric and filled with 50% pure white goose down and 50% prime white goose feathers.

We're the world's largest seller of down comforters and down pillows, manufacturing our products in La Crosse, Wisconsin, since 1911. By selling directly to you, we eliminate the middleman and store markup, saving you 50% off normal retail. If you don't enjoy the best night's sleep you've ever had, simply return the pillows to us for a complete refund. Delivery: We ship within 24 to 48 hrs.

*The
Company Store*

TO ORDER CALL TOLL-FREE
1-800-356-9367 Ext. F303, or use the coupon. Or, call or write for your free catalog featuring 23 down comforter styles, down pillows, wool mattress pads and many other products designed to improve the quality of your life.



MEDIUM-FIRM GOOSE DOWN/FEATHER PILLOWS		Style #722
Color: White	SALE PRICE	TWO FOR
Standard (20" x 26")	<input type="checkbox"/> \$35	<input type="checkbox"/> \$65
Queen (20" x 30")	<input type="checkbox"/> \$45	<input type="checkbox"/> \$85
King (20" x 36")	<input type="checkbox"/> \$55	<input type="checkbox"/> \$105
ORDER BY PHONE TOLL-FREE 1-800-356-9367, Ext. F303. Use your credit card. OR ORDER BY MAIL:		
<input type="checkbox"/> M.C. <input type="checkbox"/> VISA <input type="checkbox"/> Am.Exp. <input type="checkbox"/> Diners Club <input type="checkbox"/> Check		
Acct.#	Exp.Dt.	
<input type="checkbox"/> Send Free	QTY	PRICE
Catalog	x \$	= \$
Ship., Hdlg., & Ins. - \$2.50 ea. = \$		
*UPS 2nd Day Air = \$		
TOTAL = \$		
<input type="checkbox"/> We ship UPS ground service unless you request otherwise here. UPS 2nd day air add \$8.50.		
Name _____		
Address _____		
City, State, Zip _____		
SEND TO: The Company Store, Dept. F303, 500 Company Store Road, La Crosse, WI 54601.		

CENTURY MOBILE HOME COMMUNITIES



**BEGIN
AT \$16,900!**

*The Affordable
Award-Winning
Communities
of Florida*

YOURS FOR:

- PERMANENT RETIREMENT LIVING
- SECOND HOME LIVING
- INVESTMENT HOMES

Century Communities offer you a wide range of Fun-in-the-Sun choices in new mobile home living, including communities with . . . waterfront living and marinas . . . golf course living . . . large clubhouses . . . heated swimming pools . . . Jacuzzi whirlpools . . . plus many other amenities. To save you money and offer convenience, Century has its own Travel Club Agency and Merchant Discount Program.

Some are double-wide communities with prices from \$29,900 and some are single-wide communities with prices from \$16,900.

**All 12 Communities have
Guaranteed Lifetime Leases
and are Developed
and Operated by**

— CENTURY —

Choice locations include Ocala, Leesburg, Wildwood, Tampa-Plant City, Winter Haven, Lakeland, Haines City, Sebring and Eustis.

Learn about the choices along with the advantages available to you as offered by Florida's largest provider of new mobile home communities:

MAIL TO:
CENTURY COMMUNITIES (813) 647-1581
P.O. Box 5252 • Lakeland, FL 33803

Name _____

Street Address _____

City _____ State _____ Zip _____

Phone () _____

ELKS-A
85DA0178S

ELKS BASEBALL GREATS

As Another Season Begins, Former BPOE Major-league Stars Are Remembered



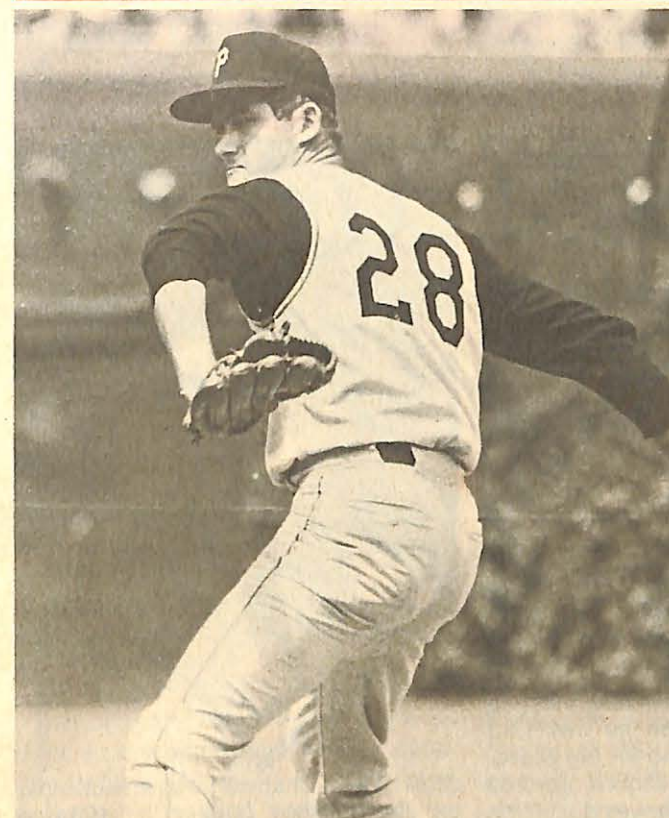
Throughout the history of our national pastime, some of major-league baseball's best-known players have been Elks. Shown in the next few pages are pictures of some of the Elks who once wore major-league uniforms. The photographs were supplied by *The Sporting News*, which is celebrating its centennial this year.

BOB LEMON



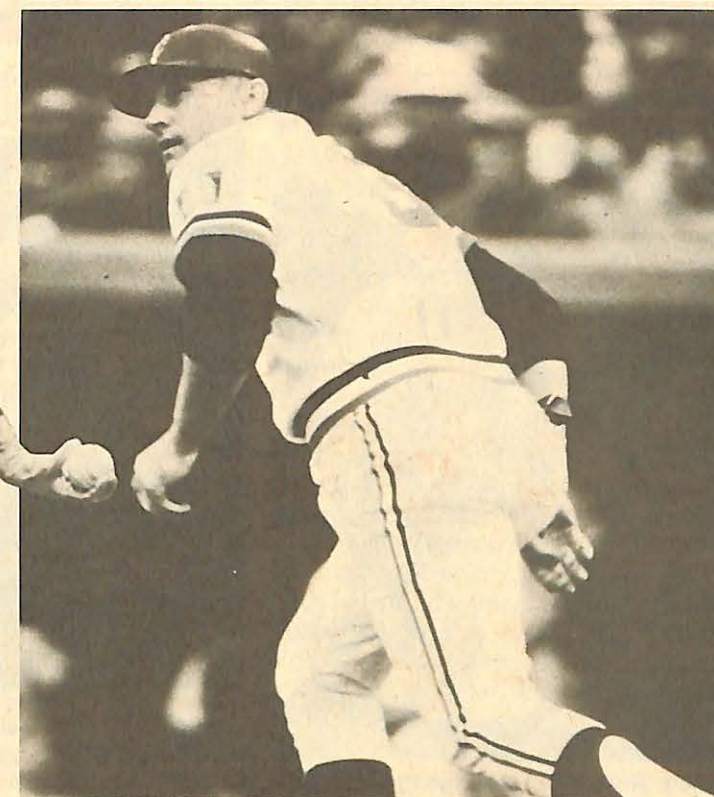
Former Cleveland Indians pitcher Bob Lemon was 207-128 for a brilliant .618 winning percentage during his major league career (1946-1958). Lemon began his career as an outfielder and third baseman, but switched to the mound when he seemed destined to spend most of his career in the minor leagues. As a hurler, he became a seven-time 20-game winner and was named *The Sporting News* American League Pitcher of the Year in 1948, 1950 and 1954. Lemon was inducted into the Hall of Fame in 1976. He is a member of Long Beach, California, Lodge.

STEVE BLASS



Steve Blass, former Pittsburgh Pirate, was a star pitcher in the 1971 World Series against the defending World Champion Baltimore Orioles. Blass won 5-1 in the third game, limiting the Orioles to three hits. In the seventh game, Blass won 2-1, shutting out the Orioles until the eighth inning. He is a member of Winsted, Connecticut, Lodge.

HARMON KILLEBREW



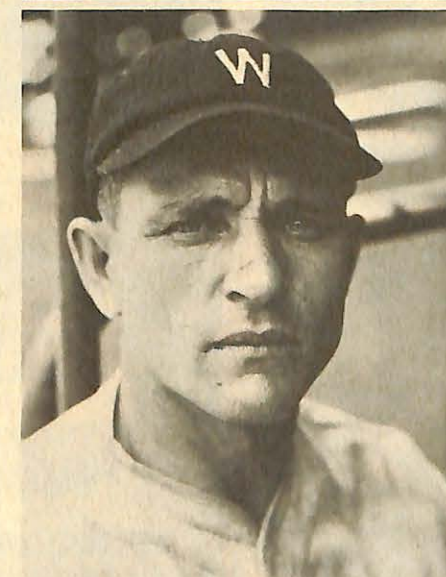
Ontario, Oregon, Lodge member Harmon Killebrew, who is fifth on the all-time home-run list with 573, won six home-run championships during his major league career. The former Minnesota Twins slugger played in 11 All-Star games, was the American League's Most Valuable Player in 1969, and *The Sporting News* American League Player of the Year in 1969 and 1970. He was inducted into the Hall of Fame in 1984.

FRANK FUNK



Frank Funk, Bethesda-Chevy Chase, Maryland, Lodge member, was a right-handed relief specialist for the Cleveland Indians from 1960 to 1962 and for the Milwaukee Braves in 1963. Funk has remained active in baseball throughout the years as a coach and pitching instructor. He presently is involved in player development with the Kansas City Royals organization.

EDWARD GHARRITY



Edward Patrick "Patsy" Gharrity played for the Washington Senators from 1916 to 1923 as a catcher until illness in his family forced him to temporarily give up his baseball career. He returned to the Senators as a player-coach in 1929. Gharrity was a member of Beloit, Wisconsin, Lodge until his death in 1966.

OMAR LOWN



Pueblo, Colorado, Lodge member Omar "Turk" Lown began his professional baseball career in 1942, but didn't reach the major leagues until 1951. Lown spent the majority of his major league career as a relief pitcher in Chicago, pitching first for the Cubs and then the White Sox. He appeared in a National League-leading 67 games for the Cubs in 1957.

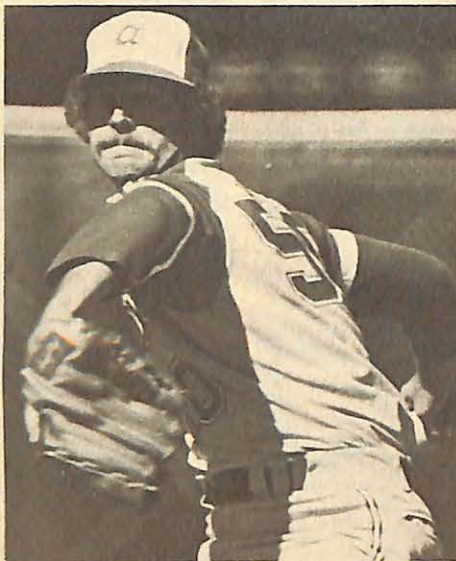
ELKS BASEBALL GREATS

JOE COLLINS



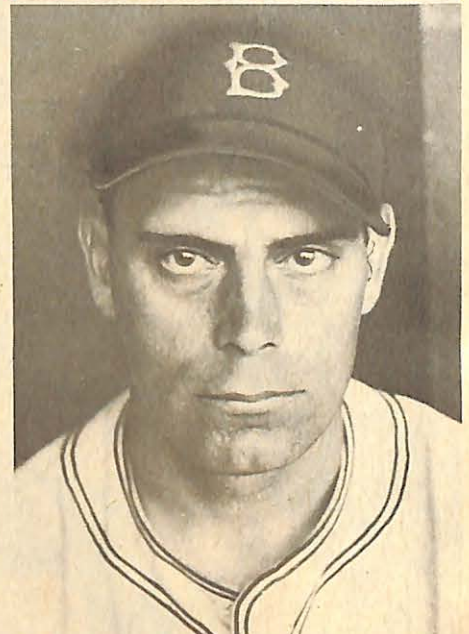
Union, New Jersey, Lodge member Joe Collins played first base for the New York Yankees from 1948-1957. Collins appeared in seven World Series during his 10-year big league career.

STEVE HARGAN



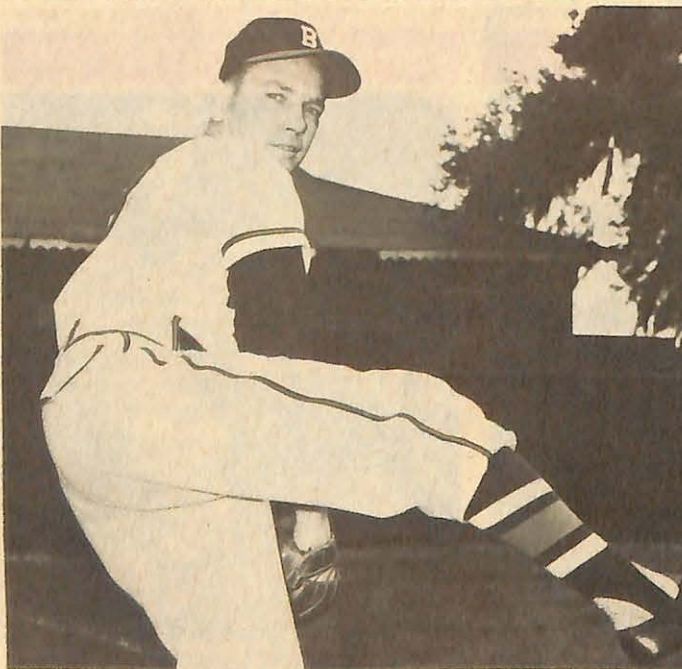
Steve Hargan, whose best major league season was 1970, when he was 11-3 with a 2.90 ERA, pitched for the Cleveland Indians, Texas Rangers, Toronto Blue Jays and Atlanta Braves during his 12-year major league career. He is a member of Palm Springs, California, Lodge.

GLENN CHAPMAN



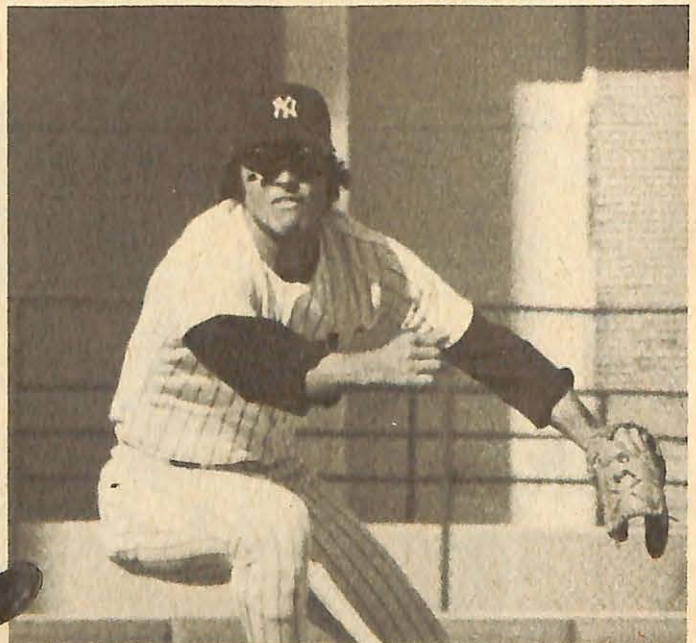
Glenn (Pete) Chapman was an outfielder for the Brooklyn Dodgers in 1934. A broken leg shortened his major league career. He is a member of Palo Alto, California, Lodge.

DON LIDDLE



Don Liddle, Mt. Carmel, Illinois, Lodge member, began his major league career with the Milwaukee Braves in 1953. He also pitched for the Giants from 1954 to 1956 and for the St. Louis Cardinals in 1956. In 1954, Liddle had a 9-4 mark for the season and then won the fourth and final game of the World Series against the Cleveland Indians. In the opening game of that series, Liddle surrendered the long fly ball to Cleveland's Vic Wertz on which Willie Mays made his famous over-the-shoulder catch.

BUCKY DENT



Former shortstop Russell "Bucky" Dent played for the Chicago White Sox, New York Yankees, Texas Rangers and Kansas City Royals during his 12-year major league career. Dent is best remembered for his three-run homer against the Boston Red Sox which helped the Yankees win the American League East Division crown in a one-game playoff in 1978. He was the Most Valuable Player in the 1978 World Series when the Yankees defeated the Los Angeles Dodgers. He currently is the manager of the Fort Lauderdale Yankees, and is a member of Fort Lauderdale, Florida, Lodge.

Setting the Body's Internal Clock . . .

(Continued from page 21)

schedule is more natural for the brain—which controls circadian rhythms—than the usual 24-hour schedule society imposes, Czeisler found that shifting workers forward, rather than backward, was most beneficial. For example, a worker adjusted better if rotated from the 8 a.m. to 4 p.m. shift to the 4 p.m. to midnight shift, rather than going directly from days to the midnight to 8 a.m. shift. The study reported that three out of four workers said they preferred the new shift rotation, and 27 percent said their health had improved.

Just as working rotating shifts can upset body rhythms, so can traveling across time zones.

Jet lag needn't take the fun out of travel or the business out of the trip, if we accommodate our bodies' natural rhythms. "If you fly from Minneapolis to Paris your body is still on Minnesota time," says Dr. Finger.

"In a week or so your body will adjust, but if you know about the trip in advance, you can begin adjusting gradually before you go.

"If you can, a week or two before the trip begin adjusting your schedule to Paris time. For a couple of days adjust your schedule by a half hour, then the next couple of days by an hour, and few days later by two hours, until your body has adjusted to Paris time. Once you are in Paris, follow your Minneapolis schedule as closely as possible for a day or two—postpone breakfast to 9 a.m. (instead of 8 a.m. Paris time), and so on."

Overseas travelers can help the adjustment to changing time zones along while still on the plane. "Most flights from New York to Europe leave late at night, which doesn't help," explains Dr. Finger. "But when you board the plane, make the shift to Paris time as soon as possible—if it's 9 p.m. in New York it will be 2 a.m. in Paris. Set your watch to Paris time as soon as you board the plane, ask the stewardess not to bother you, and try to sleep, since it's already the middle of the night in Paris."

To keep your body functioning smoothly, through changes in work schedules, travel or twice-yearly time changes, try the following tips:

Don't "burn the candle at both ends." Moonlighting at a second job, or scheduling social activities, classes, etc., to fill all off-duty hours doesn't allow time for the body to rejuvenate, and the result can be fuzzy thinking, constant fatigue, and reduced resistance to illness. Even staying up until 4 a.m. on Friday night can make you groggy and out of sorts on Monday morning.

Eat meals that are appropriate to your schedule: high protein meals tend to promote activity; high carbohydrate meals usually promote sleep. Therefore, breakfast, eaten immediately before a work shift beginning at any time of the day, should be high in protein—meat and eggs (within limits if you're watching cholesterol levels), and some cereals.

The last meal of the day should be high in carbohydrates, to help you sleep—spaghetti and other pasta (no meat), crepes, potatoes, corn, sweet desserts, etc.

(Continued on page 39)

Advertisement

\$1000 A Month With Just A Hack Saw!

© by Phillip E. Brancato, Sr. 1985

Yes, you can make \$1000 a month and more with just a hack saw in your spare time.

Will I Get Rich?

No, you will not get rich, but you can make over \$1000 a month in your spare time and have a ball doing it.

I tried all those "Get Rich" gimmicks that are advertised, that never tell you anything until you've sent them your \$25, and then you find out their gimmicks were not for you. Well, I've tried them all and I'm still not rich.

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

Believe It Or Not

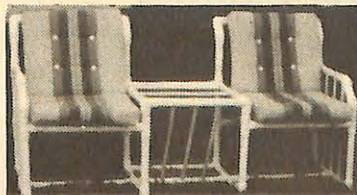
I found the most enjoyable and profitable business working with my hands and the only tools I use are a hack saw and measuring tape. The really nice thing about it is any man, woman or ten-year-old can do it.

What Do I Do?

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

Profit Unbelievable!

The fantastic part of this business is the profit.



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

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

hours of work is selling for over \$228 in the stores. I can sell my chaise lounge for anything I think my labor is worth. For once, the big manufacturing companies cannot compete with me or you on prices. You will find you will have more orders than you want!

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

You can buy the P.V.C. pipe from any local hardware store to start. Plus I will supply you with the names and addresses of cushions and pipe manufacturers who will sell to you wholesale, plus I will supply you with my shop manual and six detailed shop drawings with pictures and measurements of six different designs.

Do you need my shop drawings?

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

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

I will pay you!

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

How do you start?

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

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

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

Philip E. Brancato Sr.
P.O. Box 237E6
Riverview, Florida 33569
(813) 677-6948

Please allow about two weeks for delivery.

GIANT HEAVY DUTY INFLATABLE BOATS

2 MAN \$38

3 MAN \$50

4 MAN \$65

Before Midnight
For The Next 30 Days

As part of an advertising test, *Dunlap Boat Mfg.* will send any of above size boats to anyone who reads and responds to this test before the next 30 days. Each Boat Lot No. (Z-26 PVC) is constructed of tough high density fabric (resistant to abrasions, sunlight, salt & oil), electronically welded embossed seams, nylon safety line grommets all around, heavy duty oar locks, 3 separate air chambers for extra safety (4 air chambers in 4-man), self-locking safety valves, bow lifting & towing handle and are recommended for marine, ocean and fresh water recreation, camping, fishing or a family fun boat. Each boat will be accompanied with a **LIFETIME** guarantee that it must perform 100% or it will be replaced free. Add \$7 handling & crating for each boat requested. *Dunlap Boat Mfg.* pays all shipping. If your order is received within the next ten days you will receive **FREE** a combined hand/foot inflator/deflator bellows style pump for each boat requested. Should you wish to return your boat you may do so for a refund. Any letter postmarked after 30 days will be returned. **LIMIT** three (3) boats per address, no exceptions. Send appropriate sum together with your name and address to: Boat Dept. #599-B, *Dunlap Boat Mfg.*, 2940 W. Pico Blvd., Los Angeles, CA 90006. Or for fastest service from any part of the country call 1-800-824-9988 for Boat Dept. #599-B (Calif. residents call collect 213-735-9363), before midnight seven days a week. Have credit card ready.

ON TOUR WITH JOHN T. TRAYNOR



During his visit to Pasadena, CA, Lodge on New Year's Eve, GER John T. Traynor (left) and his wife Jane stopped to make a donation to the California-Hawaii Elks Association Major Project, aid for physically handicapped children by professional therapists through home visits. ER Harold Primising looks on.



COIN-OP TIRE INFLATORS

WRITE YOUR OWN SUCCESS
STORY. TERRIFIC POTENTIAL FOR
ROUTE OWNERS AND DEALERS.

WRITE:

MACHINES UNLIMITED INC.
P.O. BOX 205
HORSEHEADS, NY 14845



HEARING AIDS

\$UPER SAVINGS! Newest. Finest.
All types. Buy **DIRECT** & save up
to **HALF!** No salesmen. Sold by
AIR MAIL on **HOME TRIAL FREE**
Catalog. Write: **MONEYSAVERS**
Dept. EK-4, 9530 Langdon Ave.,
Sepulveda, Cal. 91343

SAVE 1/2!

FREE CATALOG — WRITE!

BASEMENT T

FLUSHES UP To Sewer or S

No Digging Up Floors

Install It Yourself - Anywhere

Write McPherson, Inc., Dept. 5

Box 15133 Tampa, Florida 33607



Buy Duck Stamps



for the **FUTURE**
of **WATERFOWL**

At most Post Offices and National Wildlife Refuges



Dignitaries visiting Charleston, WV, Lodge for the 1985 state convention included (from left) then-SP Oral Sisson, West Virginia Gov. Arch Moore, Jr., GER John T. Traynor, and PGER Homer Huhn, Jr.

GER John T. Traynor (center) was greeted at the Las Vegas Airport on his way to Boulder City for the Nevada State Elks Association's mid-term meeting. Forming the reception committee were (from left) PER Larry O'Laughlin, North Las Vegas; California-Hawaii SP Cliff Beatty, PDD Ed Harp; PGER Gerald Strohm; ER Charlie Risher, Boulder City; Nevada SP Louis Goicoa; DDGER Allen Taylor; PDD Billy Dedmon; Nevada VP Stan Thomas; and Trustee Dan Johnson, Boulder City.



did you know..

GER John T. Traynor recently pointed out the need for younger blood in our Order, noting the average age of an Elk is now 50.5, up from 45 years of age only a few years ago.

Since then we've noted the accomplishments of a few of the younger Elks, and many more have been brought to our attention.

For instance, Robert C. Leger was 21 on November 22, 1980. A week later he was initiated into Las Vegas, NM, Lodge No. 408. In March of the next year he was appointed Esquire, then served as Est. Lecturing Kt. and Est. Loyal Kt., and then in April of 1985 was installed as ER by his father PER James Leger.

In 1959, Bob was the youngest son in attendance at the annual father-son banquet at the lodge. In 1985, he was the youngest ER ever elected in Lodge 408. Bob has six uncles, all members of the Order, and his mother and an aunt have served as presidents of the Does Drove.

That's what we call an Elks family.

Speaking of young leadership, here's another tale of a young member, this time from Carnegie, PA, Lodge No. 831.

Fred Ringel, Jr., 30, has been a member of the Elks for seven years. He was initiated at the age of 23.

He has been ER twice, Est. Leading Kt. three times, and is currently a member of the Board of Trustees.

But that's not all. He has chaired the "Hoop Shoot" Committee for six of the seven years that he has been a member and has been Vice-Chairman of the District "Hoop Shoot" Committee for the last two years.

Fred's father and grandfather were Elks and his grandmother was Mother of the Year in 1977.

That's another shining example of young leadership.

On the other end of the spectrum, Kansas City, MO, Lodge No. 26 has a new member. He is Jay Olney, who is only 91.

...

PGER George Klein tells us that the Nebraska Elks Association has changed the name of its major project from Crippled Children to Medically Handicapped Children. The reason is to include all medically handicapped youngsters, such as children who have heart, hearing, or other health problems which are not necessarily crippling.

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

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

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

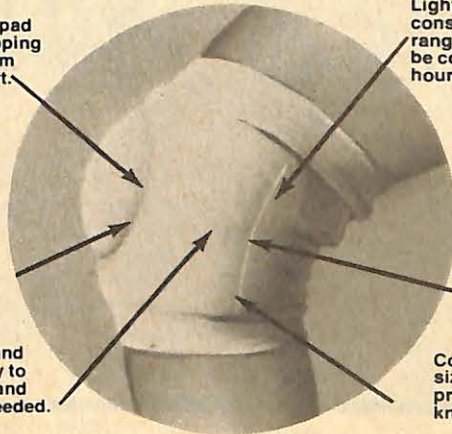
Lightweight non-metal construction allows full range of motion and can be comfortably worn for hours.

Improves knee function and relieves discomfort.

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

Patented material insulates, warms and soothes knee joint.

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



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

The veteran football coach has seen plenty of it in his years on and off the field.

He's also discovered that ordinary knee supports and elastic bandages just can't do the job. So he finally set to work to find a way to add strength and stability directly to the joint where support and protection are needed most.

FOR PEOPLE OF ALL AGES

Today, thanks to his unique invention, thousands of men, women and children of all ages lead active, pain-free lives despite serious knee problems.

Coach Barlow's fantastic invention uses no metal yet it provides maximum lateral and cap support. This incredibly lightweight support absorbs shocks and prevents twisting. And the BARLOW™ knee support provides soothing warmth to injured or arthritic joints.

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

NO RISK OFFER

We urge you to try Coach Barlow's remarkable knee support for 30 days. If it doesn't bring you pain-free relief, we'll refund your purchase price without question.

Don't let the pain and anxiety of "bad" knees get you down. Order today. Specify size in coupon below.

WHAT MEN AND WOMEN OF ALL AGES SAY:

"I'm 80 years old and certainly not an athlete... but now I can garden again and be active 'cause I wear your brace." L.W. Oconto Falls, WI

"At first I wasn't sure... now I want a brace for the other knee. I've had knee problems for the last 5 years. I only wish I had known of this brace 5 years ago. I'm so grateful. Thank you." J.N. Hartwell, GA

"This support is a great help to me. I could hardly get around before I got it. Thank you." A.J. Springfield, OR

© 1985 BARLOW INC.

BARLOW™ INC., Dept. E046
406 So. Ella, Sandpoint, Idaho 83864

Enclosed please find \$_____ for _____ BARLOW knee supports.

- One BARLOW knee support \$19.95 plus \$1.50 Shpg. & Hdlg.
- Two BARLOW knee supports \$39.90 plus \$2.50 Shpg. & Hdlg.

Enclosed is my Check Money Order or Charge my Visa Mastercard.
Credit Card Customers call NOW! Toll Free 1-800-824-7888 Operator #115

Card No. _____ Exp. Date _____

FOR CORRECT SIZE

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

CIRCLE ONE

(SM under 15") (MED 15" to under 17") (LG 17" to under 19") (XL 19" to under 21") (XXL 21" and over). If in doubt, send exact measurement _____

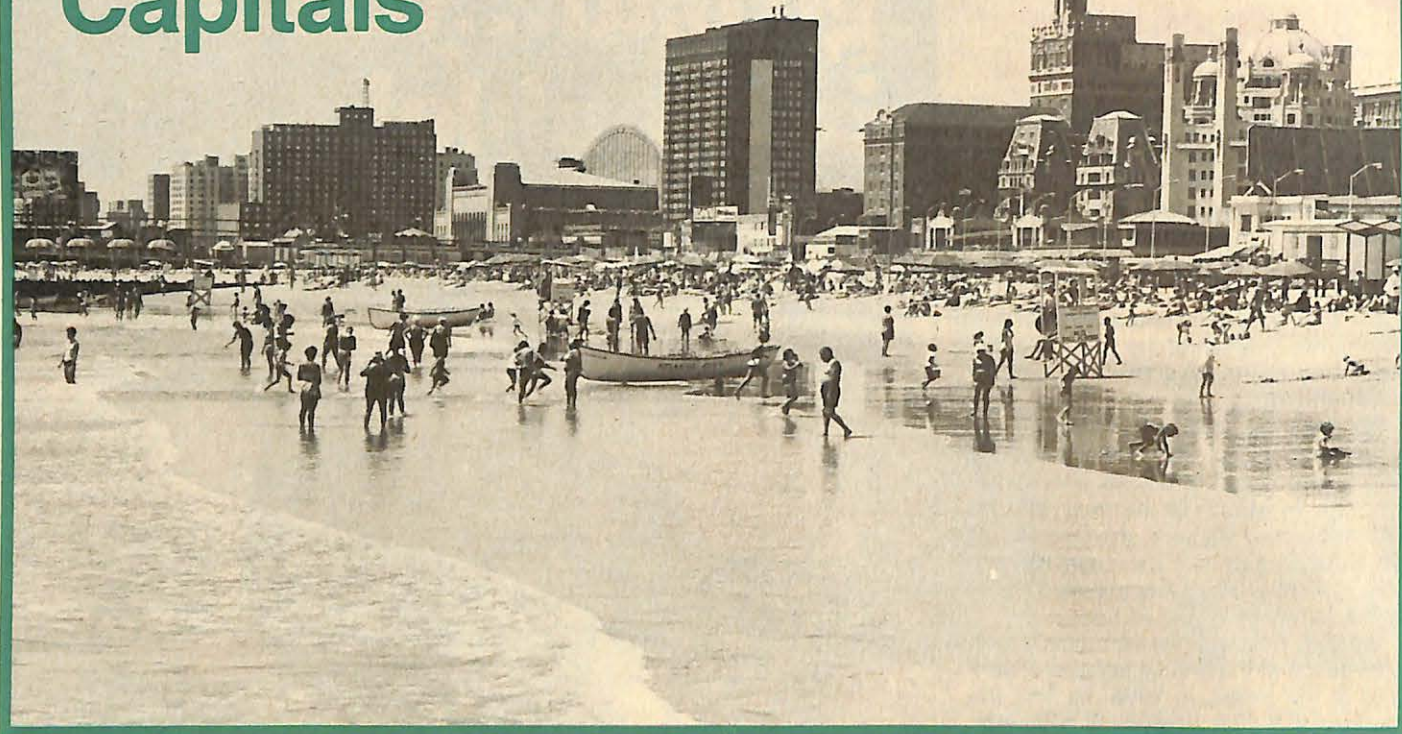
Mr./Mrs./Ms. _____

ADDRESS _____

CITY _____ STATE _____ ZIP _____

When in Sandpoint, visit Barlow Inc.

Resort/Gambling Capitals



Vacationers enjoy the seashore at Atlantic City.

by Jerry Hulse

The resort/gambling capitals of Atlantic City and Las Vegas offer something for everyone.

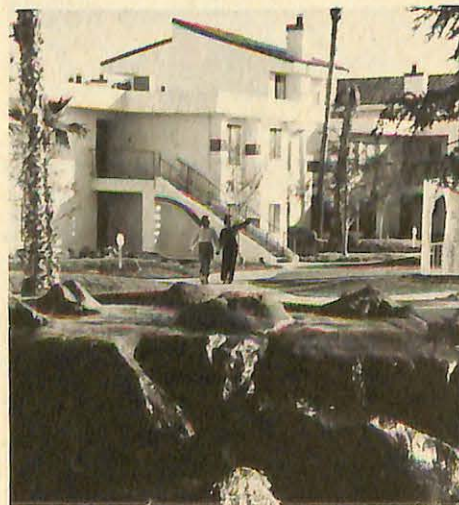
First, Las Vegas: In a word, it's a resort called the Alexis Park, a new hotel that's off The Strip, doesn't put on the dog with splashy dinner shows and is making out like Caesars only without all the glitz. The Alexis Park, low-rise and low-key, comes off like a stunning oasis smack in the center of the desert.

Before developer Robert H. Schulman made his entrance the site was a dust bowl. Never mind that it's less than five minutes by car from The Strip and only a few minutes off Paradise Avenue. It was barren, arid land. All it took to transform it into a shimmering oasis was \$40 million. Schulman had workers cut channels for a series of streams that flow across all 19 acres. After this, they fashioned waterfalls and trucked in a couple of hundred palm trees. To give it a sense of desolation, workers scattered boulders helter-skelter.

No flashing lights here, no electric polish. Just green grass and the relaxing murmur of waterfalls. The tallest

unit stands two stories high and it's strictly the suite life. That is to say, there are no rooms at the Alexis. Only suites. Suites with Jacuzzi baths, mini-bars, fireplaces, satellite TV and vanities.

Schulman decided to gamble on a hotel in Las Vegas without a casino. He figured there are legions of vacationers like himself who are looking



Man-made streams with waterfalls meander through the 19-acre grounds of the Alexis Park Hotel in Las Vegas.

for a place to relax after rolling the dice.

"Even gamblers get sick of the old atmosphere," Schulman insists.

For active types, the Alexis provides lighted tennis courts, an aerobics fitness center, spas, a jogging track and a nine-hole putting green. The Alexis is particularly busy on weekends, when the switchboard lights up like Fremont Street on Saturday night.

If the Alexis is sold out and you're turned off by lobbies with casinos, tell the cabbie to take you to the Golden Nugget in downtown Las Vegas. Owner Steve Wynn has added a \$55-million tower that contains a cabaret, a gourmet restaurant, a theater-ballroom, a health spa and 27 luxury suites. At the same time he unveiled a lobby that smacks of wealth. No roulette, no craps tables. There's not even a single slot machine in sight. Just tons of marble, beveled glass, Gay '90s chandeliers, banks of mums and a red carpet down which the likes of Frank Sinatra and Willie Nelson stroll to entertain the Nugget's customers.

The hotel spends \$40,000 a month on flowers and operates a fleet of stretched limousines.

The Nugget features gorgeous suites that cost roughly \$500,000 a copy—each one with a spa, a piano, crystal ashtrays, bathroom TVs, digital scales, bundles of black marble and yards of peach towels.

Wynn, who operates a second Nugget hotel/casino in Atlantic City, insists that the only important person in his hotel is the guest.

As for Atlantic City, money flows into town like the ocean breezes. Indeed, there's an old spinning wheel in the parlor, spinning dreams of that long, long-gone dough. Where it's gone, players agree, is mostly into casino coffers. Still, there are winners. Occasionally the slots, which represent the city's major single draw, pay off handsomely. The Golden Nugget displays the blowup of a check for \$1.3 million it presented to a player several months ago. And there's the picture of Rita Campanella of Philadelphia who won \$800,000 with the pull of a lever.

Harrah's declares it paid out \$926 million to slot players in a single year, and a sign outside Resorts International tells of paying \$64 million in one month. The sign also asks: "Did you get your share?" Without question, the casinos get theirs.

Several years ago Atlantic City appeared doomed. It wasn't until the city approved gambling that the wheel of fortune began spinning again in its favor. First on the scene was Resorts International. Business took off, and others followed—the Golden Nugget, Caesars, Harrah's, the Sands, the Tropicana, Bally, etc. Altogether, 10 hotel casinos are drawing 30 million persons a year, making Atlantic City the nation's most visited attraction. Hotels report an 85 percent occupancy year-round.

Still, the hotels aren't holding back. They're promoting, and the bus wars are the vanguard of battle. A passenger who pays \$15 to get to Atlantic City from places like Philadelphia and New York is rewarded with \$10 or more in coins, free drinks and coupons that can be redeemed on the next trip. Resorts International alone gets 100 busloads a day for a total of 4,000 passengers. That amounts to a \$40,000 giveaway every 24 hours.

Noontime in any casino is like Times Square on New Year's Eve. As
(Continued on page 37)

"May I Borrow Your Mantis?"

Don't be surprised if you find a good many neighbors dropping by once they've learned that you've bought a Mantis precision garden tiller/cultivator. They'll have all kinds of excuses, "Broke my hoe" . . . "My big tiller's too hard to handle" . . . "My wife wants to try it" . . . and, on and on.

Well, let them have one run up a garden row with it. Then remind them that Mantis costs under \$300 . . . comes with a Lifetime Warranty on the tines (break 'em and Mantis will replace 'em) . . . and runs all day on a gallon of gas. Then tell them they can test a new one for three weeks . . . on the house! So, you can retrieve your Mantis with a clear conscience (after all, you've been more than generous — and anyone who can afford a garden can afford a Mantis).

However, if you've been waiting for a special reason to buy a Mantis, here it is: you can try out a Mantis in your own yard for 3 weeks at absolutely no risk. Till with it, cultivate, go after those weeds, see how easy it is to keep your soil in top shape and your whole garden growing. If Mantis doesn't prove to be the perfect garden helper, return it — we'll refund your payment in full.

Send for details today — price, test trial,



bonus gift, lifetime guarantees. There's nothing like a Mantis when it comes to work around the garden — and nothing makes your work easier.

Mantis Mantis Manufacturing Co.
1458 County Line Rd., Dept. 897
Huntingdon Valley, PA 19006

Please send me information on the revolutionary Mantis Tiller/Cultivator, and the 3-WEEK TRIAL.

Name _____
Address _____
City _____
State _____ Zip _____

Discover the "Peace of Mind" Lifestyle!



Your leisure years should be the most pleasant and rewarding of your life. That's why Florida Leisure Communities has created Central Florida's finest, most affordable residential communities designed to agree with your plans for a life of leisure.

We invite you to learn more about our communities — where all manufactured home living comes with the famous "Peace of Mind" Security Plus Option Plan. Our communities feature luxurious clubhouses, 18 hole golf courses, shuffleboard courts, fitness

rooms and swimming pools. And, something no one else can offer you: Peace of Mind.

86DAO2175

FLC 146 Horizon Court
Lakeland, FL 33803
(813) 646-2904

Yes, I want to know more about Florida Leisure Communities!

Name _____
Address _____
City _____ State _____ Zip _____
Home Phone () _____

ELKS

ELKS NATIONAL SERVICE COMMISSION

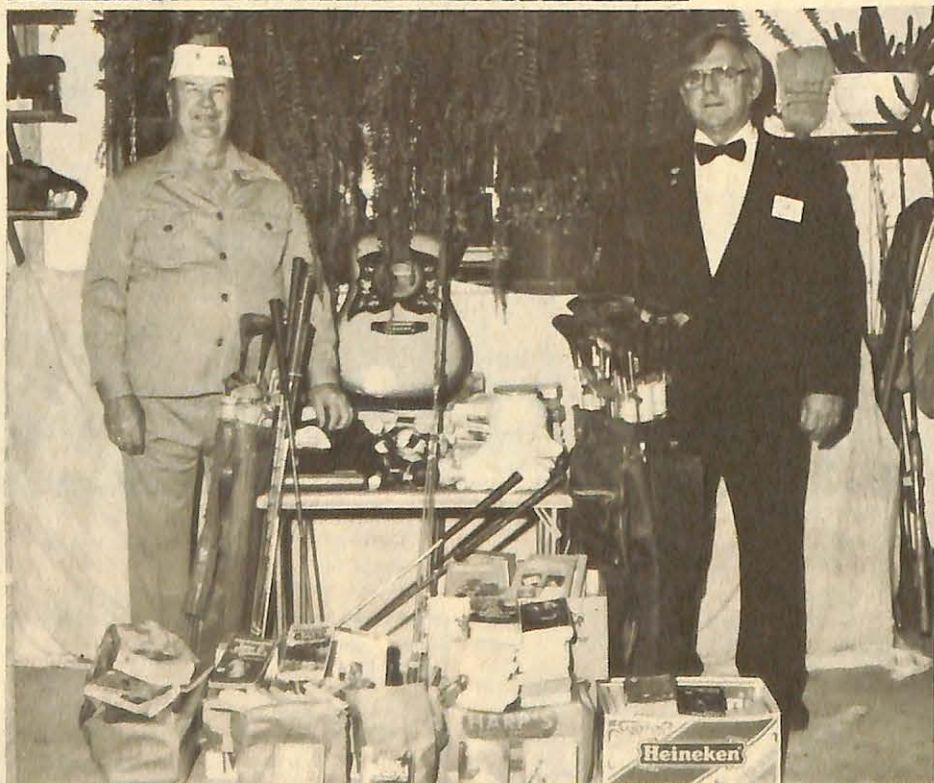
"So long as there are veterans in our hospitals, the Benevolent and Protective Order of Elks will never forget them."



Plaques were awarded to members of the armed services and veterans organizations at Dover, NH, Lodge's Veterans Appreciation Night. From left are Army Col. Rick Erickson; Air Force Col. Bill Saarela; Disabled American Veterans Cmdr. John W. Hascam; ER Joseph Boucher; State Sen. Leo Lessard, accepting a plaque for the statehouse hall of flags; Peter Viallancourt, state service officer for the New Hampshire VFW; Albert Marcoux, deputy cmdr. of the American Legion; Paul Cushing of the Marine Corps League's Seacoast Detachment; and PER and Chm. Howard Marshburn.



Representatives of seven lodges participated in the presentation of a trophy case to the Nursing Home Care Unit of the VA Medical Center in Denver by the Colorado State Elks Association. The case will be used to display NHCU handicraft items. Pictured at the presentation (from left) are Janet Kost, Nursing Home Care Unit supervisor; Victor Depperschmidt, Northglenn, Central Northwest District chm.; Gene Ideker, Arvad Veterans chm.; John Kreiling, Littleton Elks Medical Center representative; Dennis Suntum, Denver, past Central Northwest District chm.; John Brinker, assistant Medical Center director; and Donald Coulson, acting Medical Center director. Participating in the presentation, but not pictured, were members of Lakewood and Tri-City Lodges.



Robert Amundsen (right), ER of Mountain Home, AR, Lodge, presented a check to PER Arthur "Bud" Peterson in the amount of \$862. Brother Peterson delivered the check plus golf and fishing equipment, books and other gifts for the hospitalized veterans in the Little Rock VA Medical Center.

YOUNTVILLE, CA. Lodges from the Northwest District, California-Hawaii Elks Association, donated a table saw to the Veterans Home of California in Yountville. The saw is a replacement for a worn-out 10' table saw in the woodworking shop of the Arts and Crafts Department.

NEWPORT, KY. Lodge donated new electric razors to 200 veterans at the Fort Thomas VA Medical Center. Ashland Lodge assisted with a generous donation to help share the cost of the gifts.

GARDEN GROVE, CA. Lodge hosted 36 veterans from the Long Beach VA Medical Center at a dinner and meeting in honor of veterans. In addition to this annual event, the lodge serves steak dinners to the veterans on the medical center premises during the summer. The Lodge also assists the other 11 lodges of the Orange Coast District in entertaining veterans each month with various programs, including Christmas in July, and luau and bingo nights.

MAYNARD, MA. Lodge donated over 1,000 items, valued at more than \$1,250, to hospitalized veterans at the West Roxbury VA Medical Center. Included were lap robes, electric razors, 250 canteen books, cribbage boards, games, caps and personal care items.



On Sunday, December 1, 1985, 32 residents of the Elks National Home assembled for a commemorative picture of World War One veterans residing in the Home on November 11, 1985. Four resident/veterans had other commitments and are not pictured. In the background is the flag that was flown over the Capitol and presented to the Home Lodge. Seated (from left) are Robert Engler, Navy, Miami, FL; J. D. Hamlett, Navy, Garden Grove, CA; John Aberg, Army, Meadville, PA; Francis Maloney, Navy, Punxsutawney, PA; Sol Pincus, Army, Metropolis, IL; Amos Stack, Army, Rock Hill, SC; Everette Stocker, Army, Chicago (North), IL; Ralph Marting, Navy, Portsmouth, OH. Standing (from left) are Carl Heckl, Army, Kenosha, WI; Emanuel Myers, Army, San Fernando, CA; James Welch, Army, Patchogue, NY; Herman Weingart, Army, Albany, NY;

Brosia Estes, Navy, Roanoke, VA; Ernest Pohl, Army, Burbank, CA; Fred Poister, Army, Ellwood City, PA; Robert Bligh, Army, Torrington, CT; William Rietow, Army, Sheboygan, WI; George Lewis, Army, Middletown, OH; Herbert Wilkinson, Army, Petersburg, VA; William Peltier, Army, Greenwich, NY; Herbert Holbrook, Army, Milford, MA; William Braswell, Army, Cookeville, TN; John Fitzpatrick, Navy, Greenwich, NY; Percy Harris, Army, Latrobe, PA; Edward Dooley, Army, Phoenix, AZ; Alfred Breitenstein, Navy, Santa Monica, CA; James Dooley, Army, Petersburg, VA; George Shea, Navy, Binghamton, NY; Albert Powers, Army, Hartford, VT; Harold Smith, Navy, Norfolk, VA; Herbert Seidler, Army, Seattle, WA; George McCallum, Navy, Homestead, FL.

National Home's World War I Veterans Are Honored

The Americanism Committee at Elks National Home Lodge, Bedford, VA, recently conducted a census and found that over 15 percent of the Home's population was made up of Army and Navy veterans of World War One. The timing was fortuitous, with the 67th anniversary of the signing of the 1918 Armistice only a few weeks away.

General John Pershing, commander of the American Expeditionary Forces, dictated the time and place for the signing of the armistice documents. General Pershing was a member of New York City Lodge No. 1, and as an Elk, the hour of eleven had a special meaning for him, as it has for all Elks.

Congressman "Dan" Daniel, Bedford's representative in Virginia's Fifth District, arranged for the Home Lodge to be the recipient of a 5' by 8' nylon flag that would be flown over the Capitol during the eleventh hour of the eleventh day of the eleventh month of 1985.

Within a few days after Veterans Day, the flag was received with the appropriate certificate as to its time of display above the Capitol.

The flag was enthusiastically received by the 36 World War One veterans residing at the Elks National Home. All concerned felt that it was an appropriate observance of the 67th anniversary of the end of World War One.

THE JOY OF GIVING

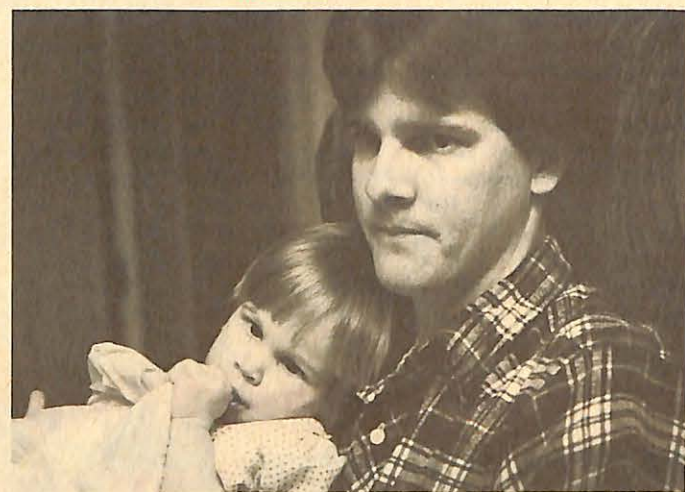
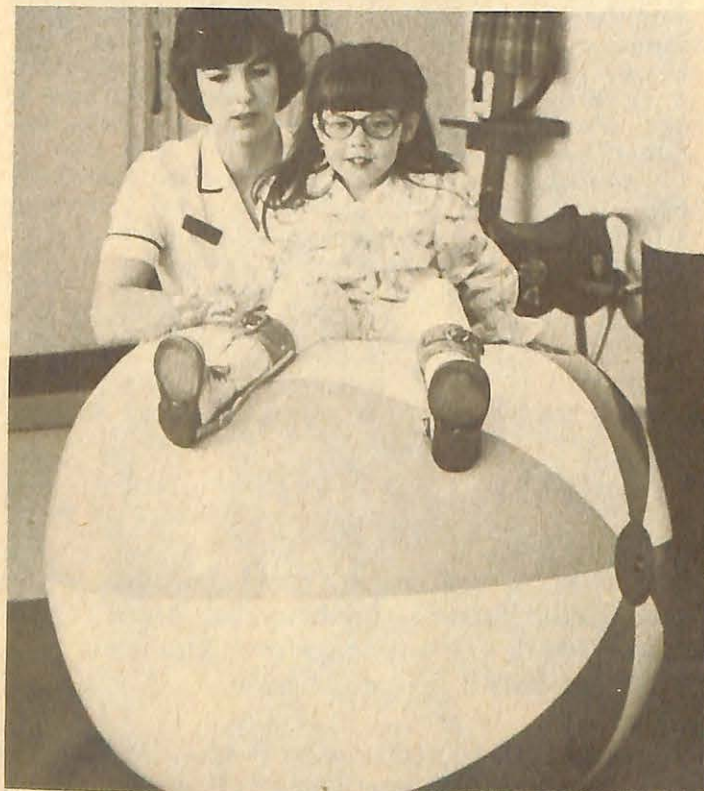
Elks National Foundation

2750 Lakeview Avenue • Chicago, Illinois 60614



PGER Homer Huhn, Jr., chairman of the Elks National Foundation Trustees (second from left), presented Charles Mains (second from right) with a certificate for donating \$1,000 to further the purpose and ideals of the Elks National Foundation.

Attending the presentation were (from left) National Home Lodge ER Louis Rettinger, and William Pickett, executive director of the Elks National Home. Brother Mains also received one of the gold-plated tokens which are now being sent to \$1,000 donors.



The dedication of the Oregon Elks is reflected in the thousands of children who are helped in the Elks Children's Eye Clinic at the Oregon Health Sciences University in Portland. This dedication has helped Nicole Gray from Roseburg, who was born with a condition that caused her eyes to cross severely.

The Oregon Elks, through their "Vision for the Future" program, arranged for Nicole to be seen immediately in the Children's Eye Clinic, where a team of physicians and eye muscle specialists examined Nicole and performed the needed surgeries.

The hospital absorbed the cost of surgery and the doctors waived their fee, leaving the family to pay only a minimal amount. This Major Project is funded in part by the Elks National Foundation.

(Photo courtesy of *The News Review*, Roseburg, OR.)

Former Scholarship Winner Repays Investment with Interest

The following letter was received recently by the Elks National Foundation headquarters in Chicago from Douglas Cutler. Mr. Cutler, sponsored by Muskegon, MI, Lodge, received a \$300 ENF "Most Valuable Student" scholarship in 1948.

Gentlemen:

Enclosed is my check for \$500, payable to the Elks National Foundation. Although I am not a member of your organization, I was once the recipient of a \$300 Elks scholarship and would like to make this contribution in appre-

ciation for the help I received.

Within seven years of receiving this award, I received a BA, MBA and JD degrees from the University of Michigan. I am now an attorney at Ford Motor Company.

The Elks scholarship was a big help in getting started in the right direction without a lot of financial worries. I am sure that the Elks have had a positive effect on all the students they have helped. Keep up the good work.

Sincerely,
Douglas Cutler

Drug Awareness . . .

(Continued from page 14)

featuring the cartoon character Mr. McKaw. The posters, placed in schools and other areas frequented by youth, bring home a peer message that it is not cool to do drugs.

Alameda, California, Lodge has provided its community with a telephone service for youth who desire up-to-date Drug Education information.

A half-hour program on a local TV station was sponsored by Presque Isle, Maine, Lodge. Appearing on the show were a Presque Isle Police detective and three druggists who spoke on marijuana, cocaine, and over-the-counter and prescription drugs.

The lodge received a tape of the program and, in place of the commercials, inserted the five national Drug Awareness TV spots. The finished product was a 22-minute videocassette which was given to all of the junior-high schools in Aroostook County. The cassette was also given to Millinocket, Maine, Lodge, and to State Drug Awareness Chairman Amos McCallum.

Lynchburg, Virginia, Lodge is working closely with the Central Virginia Community Services Board and the Lynchburg Area Coalition for the Prevention of Drug and Alcohol Abuse. The lodge has been supporting the SODA (Students Organized for Developing Attitudes) Program during the past two years by contributing \$2,700 and opening the lodge facilities for training sessions and meetings. Over 200 high-school juniors and seniors have received anti-drug training in the lodge and in turn have gone out to local elementary schools to instruct younger children on the dangers of drugs and alcohol.

Harrisonburg, Virginia, Lodge supports a speaker program which addresses the medical, legal and personal implications of alcohol use. The lodge is also showing the Elks Drug Awareness film at local schools with an accompanying anti-drug presentation.

Many lodges in Colorado have active Drug Awareness Education Programs. A new endeavor at Loveland Lodge is the forming of a "Just Say No" Club for 6 to 12-year-old children. The initial club will have a kick-off walk May 24th in conjunction with the International "Just Say No" Walk May 22nd.

This walk is intended to create interest among children and give them a good feeling about saying no to drugs. Colorado Elks are promoting the "Just Say No" Clubs on a state-wide basis.

Tacoma, Washington, Lodge held two showings of the play "I Am the Brother of Dragons," which depicts the conflicts and solutions of a family with a drug-dependent child. Some 1,200 parents, educators and students attended the play, with many being brought to Tacoma from outlying areas.

In Illinois, DeKalb Lodge, working with the local police department, school district, mental health center, and GUS (Growing Up Sober), is now publishing its own Drug Awareness newsletter. The newsletter is aimed at parents of school-age children.

The first step of Granite City, Illinois, Lodge's Drug Awareness Program was a three-day workshop for fourth, fifth and sixth-grade teachers, as well as junior-high teachers, resource teachers, social workers, and school administrators. Granite City Lodge raised \$3,500 to pay the salaries of substitute teachers so that the regular teachers could attend the workshop.

(Continued on next page)

"OFFICIAL AIRLINE" CHOSEN

The Convention Commission is pleased to announce that it has negotiated a contract with Continental Airlines designating it as the "Official Airline" for delegates attending the Denver convention. This will enable those attending the convention to benefit from the very lowest coach fares. Contact your State Housing or Travel Chairmen.

Continental Airlines will have the following toll-free numbers for reservations:

U.S. WATS	800-445-0632
Texas WATS	800-392-5179
Houston, TX	713-630-6625

Open 8:00 A.M. - 5:00 P.M.

" " "

" " "

all time zones

Robert A. Yothers, Chairman
Elks National Convention Commission

TO LIVE CARE-FREE, CALL TOLL-FREE.

Our superbly-maintained retirement communities are located in beautiful Central Florida where you will find many major tourist attractions including Disney World. And of course, Florida is famous for some of the world's finest fishing, sailing and beaches. Each community has a fine clubhouse, swimming pools and much more. All are in towns with shopping, restaurants, medical facilities, golf, tennis, etc. Live in a fine manufactured home community in one of our lovely 2-bedroom 2-bath . . .

FLORIDA HOMES FROM \$22,900

Call for free 44-page color brochure.

1-800-525-0050

Where the living is easy.

InterCoastal Communities

2170 S.E. 17th St., Ft. Lauderdale, FL 33316

SAVE!

Buy FACTORY DIRECT



MINI-BEEP, the battery-operated scooter that puts more fun into life...use at home, go shopping, visit friends, travel! It's lightweight and fits car trunks. Full 30 Day No-Risk Guarantee

C. F. STRUCK CORP.
Dept. EL46S
Cedarburg, WI. 53012

HAIRPIECES

SAVE 50% on Salon Price

ABSOLUTELY UNDETECTABLE. 3-yr color guarantee Ready to wear. Write/Call for FREE picture brochure Toll Free: 1-800-325-4247 (24 hrs/7 days) Fla. 305-235-7736



H.P.H. Corp. Dept. HP6A
14120 S.W. 142 Ave., Miami, FL 33186



Bear Stickers

Little brown Bears custom printed with your name & address or slogan—lovable, eye-catching . . . fun to use, fun to give. (Frog, Owl and Turtle Stickers too.)

Bear shape . . . Self-stick . . . 1 1/2" high
100 for \$8.70 200 for \$11.90 ppd.

I-Z Industries, Box 735-H, Acton, Mass. 01720

Retirement . . .

(Continued from page 10)

Advertisement

To Every Adult with a Weak Bladder Who Refuses to Wear Diapers:

Not satisfied with Attends, Depend or other bulky, diaper-like undergarments? Try trim, slim Tranquility® Pad & Brief System.

Designed for men and women with partial loss of bladder control who wish to carry on a normal socially active life. Standing, sitting, or participating in sports, the Tranquility Pad & Brief System is the best way to prevent the embarrassment of leakage, wet spots, odor.

At the heart of this system is its most effective pad with a unique moisture-locking center which absorbs urine so rapidly that it can't puddle or flood. Deodorizes it. Locks in every drop it absorbs, so it can't leak.

Fits into a slim, trim brief that just like regular underwear, but has a soft, moisture-proof panel for extra protection. Washable, of course. There's no demoralizing, bulky feel about Tranquility. It's natural-fit protection.

FREE TRIAL

FREE TRIAL

To receive your free trial supply, please answer the following questions:

(1) What brand of disposable product have you been using?

(2) To send you the proper size, we must know your measurements:

Waist _____ Hip _____

NAME _____

ADDRESS _____

CITY _____ STATE _____ ZIP _____

Mail request to: Tranquility Consumer Services
1200 East Main St., Dept. EM127B
Somerset, PA 15501-0658

This offer is good until July 31, 1986.
Limited to one request per family.
Photocopies of this form not
accepted. Void where prohibited.
Allow 4 weeks for delivery.

FREE TRIAL

FREE TRIAL

© 1986. DeVilbiss Health Care Worldwide, Somerset, PA, distributors. Tranquility is a registered trademark of Principle Business Enterprises, Inc., Dunbridge, OH, manufacturers. Patents pending.

catastrophic problem the elderly are not covered for is nursing-home care." Now this gap is on the verge of being filled.

Several insurance companies now offer coverage for long-term custodial care, but the policies they offer are not necessarily available everywhere. Fireman's Fund, a pioneer in the field, now offers its policy in about fourteen states. Other companies are entering the field. The American Association of Retired Persons is testing a program in selected areas through Prudential Insurance Company. Aetna has plans to offer a policy nationally but is starting in just six states in 1986: California, Florida, Arizona, Michigan, Illinois and Ohio.

Policies vary, but most provide per-day cash benefits for up to four years of nursing home care. (The average length of stay is considerably shorter, with only people over age 95 averaging even close to two years.) Premiums vary, depending on age at a time of purchase, but typically run from \$20 to \$80 a month. There is often a deductible or co-payment provision, so that the insured shoulders a portion of the cost. Some of the policies, not all, are including provision for home health care as well.

If you are interested in insurance for long-term nursing home care, you'll have to shop around. And you may have to be patient, because a policy may not yet be available in your state.

Next month: More on health care. ■

Drug Awareness . . .

(Continued from previous page)

In conjunction with a local pharmacy, the lodge produced its own bumper sticker—"Pills Are for Ills, Not Thrills." The bumper stickers were sold, and the proceeds were used to purchase Drug Awareness literature for the city's schools.

Wisconsin lodges participate in the Drug Awareness Program in a variety of ways. Madison Lodge supports peer group counseling and training of knowledgeable people to speak in the schools. Superior Lodge, whose Drug Awareness chairman is the county sheriff's department's drug specialist, uses slide presentations and speeches to make an impact on the youth of the community. Baraboo Lodge is working through community groups, existing programs and school liaison personnel.

These are some of the many ways that lodges across the U.S. are working to prevent drug use by our youth. In upcoming issues, we plan to report on other successful lodge Drug Awareness Education Programs. ■

Travel . . .

(Continued from page 31)

the day grows later, the crowds grow bigger. One woman has a favorite machine she plays for as long as eight hours a day. John Belisle, director of Resorts' Superstar Club, estimates that she's fed it more than \$300,000 in coins.

Unlike Las Vegas, Atlantic City attracts mostly day-trippers who spend a few hours gambling and then return home. Outside on the Boardwalk it's jammed.

In the late 1800s and into the 1900s, crowds patronized expensive Fifth Avenue-style shops and spent hours on the amusement piers. Later Frank Sinatra sang with the Tommy Dorsey band, and vacationers danced to the

music of Freddie Martin. They swam and sunbathed and rode a giant Ferris wheel.

Atlantic City was the Entertainment Capital of the Jersey Shore, and its hotels dazzled everyone. They were elegant; their guests haughty, refined. Atlantic City was enchanting, a world of excitement. There were the diving horses, palmists, fireworks, vaudeville and pageants. The Miss America Contest brought Atlantic City even more fame.

With the advent of the jet, though, vacationers sought more distant and exotic destinations. The old regulars went off to the Caribbean and Europe. Blight set in along the Boardwalk. Atlantic City was the East Coast's dowager in decline. Nothing, it seemed, could stop the downward spiral. Finally in 1978 Resorts International opened its casino, and from that moment Atlantic City appeared on the rebound.

Squeezed between the multimillion-dollar hotel casinos are tawdry pizza parlors, hot dog stands, palmists and shops dispensing everything from T-shirts to saltwater taffy and chocolate-covered pretzels. The Food & Brew occupies an old Warner Bros. movie theater where Miss America contestants once appeared. Up the street a billboard erected by Caesars coaxes customers to its restaurants and "the only tables in Atlantic City where you can't lose." Nearby, Mme. Patsy reads palms and a plastic surgeon is occupied doing face-lifts.

During the era when Atlantic City was still the "Queen of Resorts," the wicker chairs were a constant reminder of happy, carefree holidays. Vacationers sought refuge in magnificent hotels—the Ritz and Shelburne, the Chalfonte-Haddon, the Marlboro-Blenheim, and others. Now flashy casino hotels are strung along the Boardwalk, together with a new 34-story condominium development, the Ocean Club, whose 725 apartments are up for grabs for \$180,000 to \$1.6 million apiece. Even at those prices, the development is nearly sold out. Buyers include Vic Damone, Rod McKuen, LeRoy Neiman, David Brenner and Art Linkletter.

The lavish, \$200-million development is described by its operators as the most expensive piece of residential real estate between New York and Florida—a self-contained resort featuring shops, a gourmet restaurant, a health club, swimming pool and nightclub. Next door, high rollers and

(Continued on next page)
THE ELKS MAGAZINE APRIL 1986

State Association Conventions

State	Date	Place
AL	5/29 to 5/31	Birmingham
AK	5/15 to 5/17	Sitka
AZ	5/7 to 5/10	Tucson
AR	5/16 to 5/18	Hot Springs
CA & HI	5/14 to 5/17	Fresno, CA
CO	9/4 to 9/7	Colorado Springs
CT	6/6 to 6/8	Cromwell
FL	6/5 to 6/8	Kissimmee
GA	6/12 to 6/14	Jekyll Island
ID	6/13 to 6/15	Caldwell
IL	6/6 to 6/8	Peoria
IN	6/5 to 6/8	French Lick
IA	5/1 to 5/3	Des Moines
KS	5/1 to 5/4	Wichita
KY	5/29 to 5/31	Cold Springs
ME	5/16 to 5/18	Saco
MD, DE & DC	6/20 to 6/22	Annapolis, MD
MA	6/13 to 6/15	Bretton Woods, NH
MI	5/16 to 5/18	Pontiac
MN	6/20 to 6/21	Bemidji
MS	5/2 to 5/4	Clarksdale
MO	4/25 to 4/27	St. Louis
MT	7/13 to 7/17	Bozeman
NE	6/6 to 6/8	North Platte
NV	6/18 to 6/21	Reno
NH	5/16 to 5/18	North Conway
NJ	6/5 to 6/8	Wildwood
NM	4/3 to 4/5	Farmington
NY	5/14 to 5/18	Kiamesha
NC	5/16 to 5/18	Wilmington
ND	6/14 to 6/16	Minot
OH	4/24 to 4/27	Columbus
OK	4/18 to 4/20	Oklahoma City
OR	5/1 to 5/3	Medford
PA	5/15 to 5/18	Erie
RI	5/2 to 5/4	Misquamicut
SC	6/19 to 6/22	Greenville
SD	6/5 to 6/7	Rapid City
TN	4/10 to 4/13	Nashville
TX	6/18 to 6/21	New Braunfels
UT	5/15 to 5/18	St. George
VT	5/31 to 6/2	Fairlee
VA	6/27 to 6/29	Charlottesville
WA	6/18 to 6/21	Tacoma
WV	8/7 to 8/10	Wheeling
WI	5/2 to 5/4	Fond Du Lac
WY	5/16 to 5/18	Rock Springs

MAKE UP TO \$26.00 an HOUR **BE YOUR OWN BOSS**

START YOUR OWN MONEY MAKING BUSINESS

Hundreds of FOLEY-BELSAW trained men have succeeded in this fascinating and highly profitable field...

You Can Do It Too! ... BE A **LOCKSMITH** **FREE BOOKLET**

Never before have money-making opportunities been so great for qualified Locksmiths. Now lucrative regular lock and key business has multiplied a thousandfold as millions seek more protection against zooming crime. Yet there's only one Locksmith for every 17,000 people! Train FAST at Home — Collect CASH PROFITS Right Away. You're in business ready to earn up to \$26.00 an hour a few days after you begin Foley-Belsaw's shortcut training. Take advantage of today's unprecedented opportunities in Locksmithing for year-round EXTRA INCOME in spare time — or full time in a high-profit business of your own. Hundreds we've trained have done it. So can YOU! All tools plus professional Key Machine given you with course. These plus practice materials and equipment, plus simple, illustrated lessons, plus expert supervision, plus business-building guidance will enable you to KEEP THE MONEY COMING IN! Ideal for retirement — good jobs, too.

SEND FOR EXCITING FACTS — NO OBLIGATION! PRO KEY MACHINE YOURS TO KEEP FREE!

This machine can add up to \$200 a month to your income... it won't cost you a penny extra with your training.

FIND OUT ABOUT IT RUSH COUPON TODAY

There is NO OBLIGATION * NO SALESMAN Will Call - ever!

FREE FOLEY-BELSAW INSTITUTE 10910 FIELD BLDG., KANSAS CITY, MO. 64111

PLEASE RUSH FREE BOOK "Keys To Your Future"

NAME _____

ADDRESS _____

CITY-STATE-ZIP _____

TELLS HOW TO MAKE MONEY IN LOCKSMITHING ALMOST FROM THE START!

FOLEY-BELSAW INSTITUTE 10910 FIELD BLDG. KANSAS CITY, MO. 64111

ALL SPECIAL TOOLS AND EQUIPMENT INCLUDED

SEND FOR YOUR COPY TODAY! 30 DAY NO RISK TRIAL

LOOK FOR OUR GIANT FLAG

Foxwood Lake Estates and Foxwood Village

2 Active Adult Communities
Own or Lease Your Homesite

Lease Your Lot From \$99.00 Mo. (Base Rent) Guar. 5 Yrs.
OR Own Your Lot From \$9,990.00

Complete Home/ Addition Pkgs. From \$24,990

For Color Brochure Call Collect (813) 858-3831
Or Write Dept. E. 4444 U.S. 98 N., Lakeland, FL
ID# 85DA01623

Manufactured Homes

ELKS RITUAL CLOCKS & ITEMS

FACTORY DIRECT for this, our 57th Year. Several new items. Write for our new catalog & price list.

11th HOUR MFG. CO.
P.O. Box 5456
Sarasota, FL 33579
813-365-1635

Flex Fence **INSTALL ON YOUR EXISTING FENCE FOR PRIVACY**

ALLIED FENCE
800 N. Henderson
Fort Worth, TX 76107
U.S. 800-233-3623
TX 800-772-5847

FIND BURIED TREASURE

Find buried gold, silver, coins, treasures with powerful new electronic detector. Ultra sensitive. Penetrates deep into earth. Works through mud, beach sand, rock, wood, etc. Signals when object is detected.



Write for Free Catalog

RELCO Dept. DD29 Box 920839, Houston, Tex. 77292

SUMMER COTTAGES



ENGLAND • IRELAND
SCOTLAND • WALES
ISLE OF MAN • ISLE OF WIGHT

Weekly Rentals from \$115 to \$615 • Sleeping from 2 to 14

COTTAGES • FARMHOUSES
TOWNHOUSES • BUNGALOWS
LIGHTHOUSE

Bookings Telex-arranged • Now in Our 12th Year
More Than 900 Listings • Every Listing Inspected

Please send \$5.95 (postage included) for our 147-page
Booking Catalogue containing Full Descriptions and Color
Illustrations of Facilities Available to our American Agency:

SUMMER COTTAGES: UK/EIRE
563 DURHAM ROAD Registered with English Tourist Board
P.O. BOX 4026
MADISON, CT 06443



"It helps me to remember things that none of us should forget."

The next time you are in Chicago remember to visit the magnificent Elks National Memorial and Headquarters Building, at 2750 N. Lake View Avenue. You'll see an awe-inspiring structure that has been a Chicago landmark since 1926. It was erected to honor our Elk Brothers who served and died in World War One, rededicated in 1946 to those who served in the second World War and again in 1976 to veterans of Korea and Vietnam. The sculpture and murals are considered among the finest of their kind anywhere.

**NEW HOURS: 9:00 A.M. to 4:00 P.M. WEEKDAYS ONLY
CLOSED WEEKENDS**

Travel . . .

(Continued from previous page)

high pullers pack the Golden Nugget with its 1,200 slot machines and six restaurants.

A few doors away the Tropicana lays boast to "the biggest jackpot in Atlantic City" (\$2.2 million). The hotel's Slot City players pull the levers on 1,450 machines while hot-air balloons dangle above aisles named Watermelon Way, Orange Avenue and Lucky Lane. Ron DePietro, an ex-blackjack dealer, lures high rollers to the Tropicana with gifts ranging from Cadillac El Dorados and solid-gold putters to TV sets with 50-inch screens.

Big spenders are delivered to the Tropicana daily in the casino's own airplane from La Guardia Airport in New York. Like the postman, DePietro charges ahead despite rain, slush or snow. Once when a high roller's car broke down on the New Jersey Turnpike, DePietro rushed to the rescue with a limousine stocked with Dom Perignon and a hamper stuffed with sandwiches. Another time when a Philadelphia player was snowed in, DePietro had the man's driveway cleared with a plow. He's rescued others with Lear jets and helicopters.

Atlantic City casino operators use every known persuasion to attract players. Resorts International operates its own helicopter airline, employing big choppers like the one Ronald Reagan flits about Washington in. The three 24-passenger Sikorsky S-61 craft fly between Atlantic City and New York. This is the nation's first helicopter airline with full cabin service (a stewardess pours champagne while passengers listen to stereo).

Resorts International delivers other players to Atlantic City daily in a 48-passenger turbojet designated Flight 711. The hotel's publicist, Phil Wexler, was on hand recently when a day-tripper hit a \$27,000 jackpot with the \$10 in coins she was given by Resorts. But she wasn't happy. She complained that in all the excitement she'd lost her \$3 lunch chit. The newly rich matron found Wexler. "I lost my lunch money," she said. "I'm hungry." Wexler took her by the hand and led her off to a deli. "I'll buy," he said.

The lady pocketed her \$27,000, and Wexler picked up the tab. ■

All-American . . .

(Continued from page 8)

crepe paper, and the tables had red, white and blue tablecloths. Town officials were present for the dinner and program, which was topped off with an outstanding floor show with professional entertainers. Featured speaker for the event was State President Robert Shell of Watertown Lodge.

It's easy to see why the Weymouth Elks are asked to march at the very beginning of Weymouth's annual Veterans Day Parade.

But that's not all. Weymouth Lodge has an outstanding POW-MIA program which it hopes to institute on a national basis, according to Lodge Chaplain David LaBadie. He is the POW-MIA Committee Chairman. Other members are Edward Amirault of Braintree, James Cicchese, William Cicchese, Gary Conley, Paul Dewing, Elliott Gabriel, Joe Pyne of Randolph, Tim Yeo and ER Frank Conley.

As part of its Americanism program, the lodge not only flies a lighted United States Flag 24 hours a day, but also right under it flies a black and white POW-MIA flag. On one wall of the lodge room there is a plaque, which is lighted 24 hours a day, listing the names of the 60 men from Massachusetts who were reported as prisoners of war or missing in action as a result of the Vietnam Conflict. The slogan on the plaque reads: "They fought for our freedom. Our fight has just begun for theirs."

The program is extensive. The lodge has prepared a large manual for use by others. Weymouth is believed to be the first large community in the nation to have the POW-MIA flag flown in all its facilities. In 1984, when Lee Clark was exalted ruler, a solemn commemorative candlelight ceremony honoring Americans still missing in Indochina was held on Sunday, December 9th, in the famed Old North Church in Boston. "What an impressive sight," one member recalled.

It's easy to see that veterans programs top the list at Weymouth Lodge. The secretary's office wall is lined with plaques from the Grand Lodge in recognition of the lodge's veterans activities. There are boxes filled with paperback books the members have donated for the veteran's

(Continued on page 40)

Setting the Body's Internal Clock . . .

(Continued from page 27)

Beverages high in caffeine, such as coffee, tea, cocoa, and colas, taken early in the cycle (breakfast—at any time of day) will encourage phase delay of rhythms. When taken after the mid-meal (lunch), caffeine reinforces existing rhythms, and when taken after the late meal it encourages the phase advance of rhythms. Thus beverages containing caffeine can be used to facilitate shift or time zone changes if taken at the appropriate times.

Exercise is important to maintaining regular rhythms. Research indicates that those people who have maintained physical fitness and overall health suffer less from disruptions in normal body rhythms than do others. When traveling across several time zones, if you arrive during your normal waking hours, "Don't go to your hotel and go right to bed," advises Dr. Finger. "Moderate exercise can do more to get rid of that groggy feeling." But strenuous exercise right before bed can keep you awake.

Although the study of circadian rhythms and their relationship to our behavior and bodily functions is a relatively new field, implications are far reaching. Dr. William Hrushesky, University of Minnesota researcher and oncology specialist, has found that harmful side-effects from two anti-cancer drugs can be greatly reduced, and their positive effects increased, by giving the drugs at times of the day compatible with a patient's normal circadian rhythms.

Since our abilities to learn and remember are also governed by our inner clock, there is some evidence that it would be worthwhile to schedule school classes and other learning activities according to time of day. Dr. Finger recommends learning repetitive drill subjects (spelling, arithmetic tables) in the morning, and material requiring complex thinking in the afternoon.

In an article in *Psychology Today*, psychologists Marcia J. Thompson and David W. Harsha suggest structuring your business day to take advantage of natural body rhythms. Schedule important meetings and other activities requiring cooperation for mid to late morning, and reserve mid-afternoon (1 p.m. to 3 p.m.) for less mentally demanding tasks and

meetings that are more social in nature. Later in the afternoon, when energy and efficiency are again on the upswing, return to vigorous activity.

What about "early birds" and "night owls"? Evidence indicates that "morning people," who feel most ambitious early in the day, tend to have higher body temperatures early in the day, while "evening people" reach temperature peaks later in the day. Morning people are more likely to be introverts, according to the experts, while evening people are generally more extroverted. Whether "early bird" or "night owl," the schedule you keep should support your body's natural inclination.

Highway accidents, airplane crashes, medical misjudgments, assembly-line accidents—all are calamities that many scientists say can often be traced directly to human error due to desynchronization of circadian rhythms. The most often-cited example of what may have been a "shift-work-syndrome" disaster is the nuclear accident at Three Mile Island.

At 4 a.m. on March 28, 1979, one of three technicians on duty in the control room of the nuclear power plant failed to notice two warning lights. Seconds later, all three failed to see that a valve that should have closed had stayed open. The time of the beginning of the series of mistakes that led to the crisis is consistent with a time period (3 a.m. to 6 a.m.) that most researchers recognize as the time of least efficiency and alertness for most people.

So if you're used to driving to work at 6:30 a.m., and the switch to Daylight Saving Time suddenly puts you out on the road at 5:30 a.m., there's a valid physiological reason for the difficulty you're having concentrating on your driving. But the gradual adjustment to time zone changes recommended for travelers can also minimize the effects of changing to Daylight Saving Time, according to Dr. Finger. Just adjust your schedule fifteen minutes a day for the week before the change until you are on the new schedule, instead of forcing your body to make the change abruptly.

We can let time rule our lives—as Shakespeare put it, "I wasted time, and now doth time waste me"—or we can become attuned to the rhythm of our own "natural" clocks, gearing our daily schedules accordingly, and enjoy bodies that perform as Mother Nature intended, no matter what the season or time of day. ■

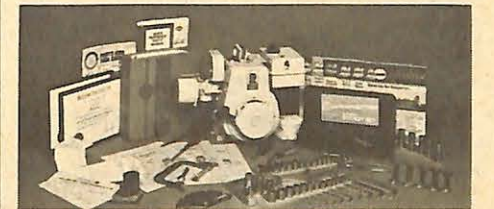
NOW! Get in on the PROFITS in SMALL ENGINE REPAIR

Work part time, full time — right at home — we help you every step of the way.

No doubt about it . . . as a small engine pro, you can cash in on the huge demand for qualified men in one of America's fastest growing industries. You'll be able to command top hourly rates of from \$25.00 to \$30.00 per hour — and that's just for labor.

Plenty of business waiting for qualified men. 65,000,000 Small Engines Are In Use Today!

That's the official count from the Engine Service Assn., and one-million new engines are being built each month. With Foley-Belsaw training, you can soon have the skill and knowledge to make top money servicing these engines.



Professional Tools and Equipment PLUS 4 hp Engine . . . ALL YOURS TO KEEP . . . All at No Extra Cost.

NO EXPERIENCE NECESSARY!

You don't need to be a "born mechanic" or have any prior experience. Lessons are fully illustrated . . . so clear you can't go wrong, and with our famous "learn-by-doing" method you get practical "hands-on" experience.

Foley-Belsaw Institute • 50900 Field Bldg. Kansas City, Mo. 64111

YES, please send me the FREE booklet that gives full details about starting my own business in Small Engine Repair. I understand there is No Obligation and that No Salesman will call on me.

FREE BOOKLET! Send for your copy today!

NAME _____
ADDRESS _____
CITY _____
STATE _____ ZIP _____

A NEW CENTRAL FLORIDA MANUFACTURED HOME COMMUNITY WITH GOLF COURSE LAKE FRONT 1986 GRAND OPENING PRICES FROM \$34,900 PLUS

- Free Golf Course & Marina Membership
 - Trip & Accommodations Reimbursement
- SWISS GOLF & TENNIS CLUB INCLUDES:**
Spacious Clubhouse • Heated Pool
Whirlpools • Marina • Tennis Courts
Private Golf Course
Championship Shuffleboard Courts
Restaurant & Delicatessen • Plus More

TO QUALIFY FOR THESE GRAND OPENING SPECIALS HOME PURCHASE RESERVATION DEPOSIT MUST BE MADE BY AUGUST 30, 1986.

TO LEARN MORE ABOUT THIS ONCE-ONLY GRAND OPENING SPECIAL MAIL TO:

SWISS GOLF & TENNIS CLUB
P.O. BOX 6277
LAKELAND, FLORIDA 33803

NAME _____
STREET ADDRESS _____
CITY _____ STATE _____ ZIP _____
PHONE () _____ ELK/SGC/A

All-American . . .

(Continued from page 38)

hospitals. They were to be delivered soon.

Just before Veterans Day, Weymouth Elks and others were to gather in the office of the Governor for the signing of the proclamation designating November as Veterans Remembrance Month.

Think Weymouth Lodge is active? There's more...much more. For instance, there is an annual Senior Citizens Party. This is another big day in which the "Kitchen Krew" and Lady Elks participate.

About 400 senior citizens are transported to the lodge for dinner, entertainment and prizes. Those that can't come to the lodge are treated with a special dinner at home. Elks drive cars and vans to pick up the senior citizens and return them to their homes and also to deliver meals.

Charity food baskets are distributed both at Thanksgiving and Christmas. So much food is given out that it requires a forklift to load the trucks for delivery.

The Weymouth Elks' annual Memorial Service is outstanding and has placed first or second in the nation in the lodge category for the last 12 years. This event is also chaired by Secretary Gibbons. The lodge has a monument on its front lawn in memory of its departed Brothers.

The lodge also participates in the state's Major Project, which is scholarships for deserving students. In addition, Weymouth's active PER Association also awards two \$500 scholarships to deserving students from Elk families.

Schools in the Weymouth area participate 100 percent in the Elks Free Throw "Hoop Shoot" Contest, Est. Lect. Kt. Palladino reported.

The lodge's list of youth activities is almost endless. It sponsors a Boy Scout Troop and periodically holds the Grand Lodge Eagle Scout recognition program. The Weymouth Elks send two boys to Boys State, two girls to Girls State, sponsor teenage musicals and teenage dances, hold a Halloween Party for children, a Christmas Party for the youngsters (which is held on two consecutive Sundays to

accommodate the crowd), and an Easter Egg Hunt with 1,200 to 1,500 eggs hidden.

About 2,500 children participate in the lodge's youth activities yearly, William Bonner, Youth Activities chairman, reported.

There's something going on every month, such as taking youngsters to a baseball game, hiking in the Blue Hills and visiting Trailside Museum, trips to the ice follies, and participating in the Youth of the Month program and Elks National Youth Week.

When it comes to sponsorship of youth sports, the list is breathtaking. Weymouth sponsors four Little League teams, four farm leagues, five Babe Ruth teams, three baseball teams for high school boys and young adults, three Pop Warner football teams, three basketball teams, five hockey teams, and eight soccer teams, not to mention a volleyball and a softball team.

The lodge also participates in Project LUCK, which involves sending sixth-grade pupils on a trip to Russia for better understanding. If a child is involved, it's almost a sure bet that Weymouth Elks will contribute to the program.

The lodge donated to the Elks Rose Parade Float Fund and donated heavily to the Elks Statue of Liberty Restoration Fund.

In its Americanism program, Weymouth Lodge annually presents an award to someone who has provided some outstanding service to the community. This past year, the award went to a student who helped a crippled person everyday after school, keeping him company, fixing his dinner, and doing the dishes.

Weymouth over the years has served as Mother Lodge of two other lodges in the state, and Secretary Gibbons has a plaque for his efforts in establishing another lodge during the year he served as district deputy. All the lodge officers participate 100 percent in the lodge officer training program.

If the lodge wins a trophy, the inscription plate is removed and the trophy given to be won by "special needs" children.

"Anything the lodge gets involved in, we come out No. 1 or at least in the finals," one member proudly said. And that's Weymouth, MA, Lodge No. 2232, truly one of the All-American Lodges, with pride, spirit and determination to be among the top. ■

Departed Brothers

GRAND LODGE COMMITTEE CHAIRMAN Joseph M. Douglass, Jr. of Angola, IN, Lodge died January 13, 1986. Brother Douglass became chairman of the GL Public Relations Committee in 1985, after having been a member of the committee since 1982. He also served as District Deputy Grand Exalted Ruler for the Northeast District of Indiana in 1973-74 and was a past president of the Indiana Elks Association.

PAST GRAND LODGE COMMITTEE-MAN Daniel B. Tammany of St. Louis, MO, Lodge died January 24, 1986. Brother Tammany was a member of the GL Committee on Judiciary from 1974-1979. He also served as District Deputy Grand Exalted Ruler for the Southeast District of Missouri in 1961-62 and was a past president of the Missouri Elks Association.

PAST DISTRICT DEPUTY W. Albert Docking of Bangor, PA, Lodge died January 4, 1986. Brother Docking served as District Deputy Grand Exalted Ruler for the Northeast District of Pennsylvania in 1967-68.

PAST DISTRICT DEPUTY A. E. Gunderson of Auburn, WA, Lodge died recently. Brother Gunderson served as District Deputy Grand Exalted Ruler for the West Central District of Washington in 1956-57.

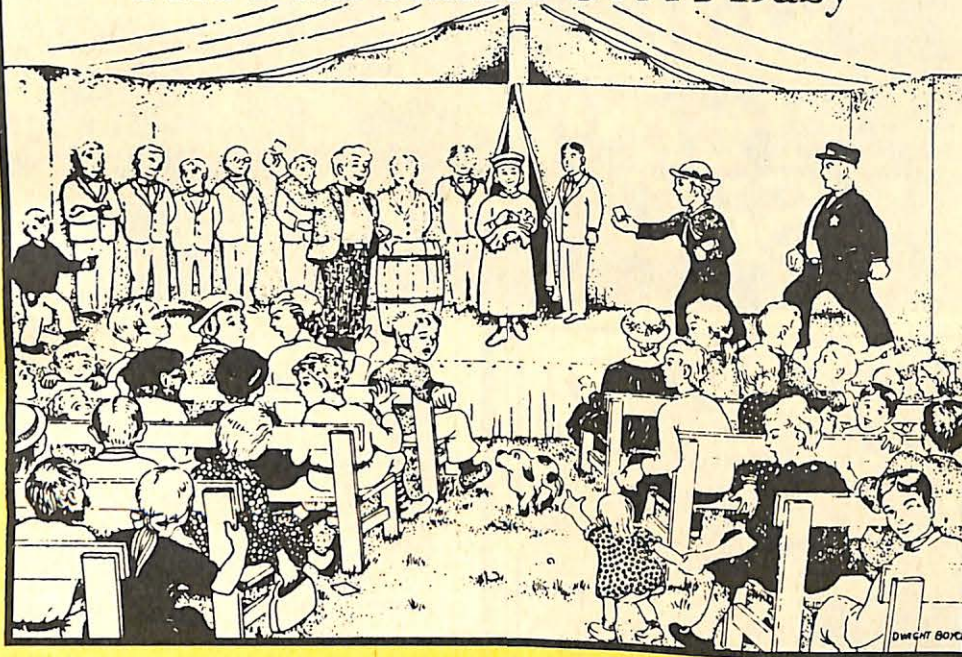
PAST DISTRICT DEPUTY Harold A. Varner of Waynesburg, PA, Lodge died January 5, 1986. Brother Varner served as District Deputy Grand Exalted Ruler for the Southwest District of Pennsylvania in 1964-65.

PAST DISTRICT DEPUTY Robert E. Carville of Massena, NY, Lodge died January 29, 1986. Brother Carville served as District Deputy Grand Exalted Ruler for the North Central District of New York in 1976-77.

PAST DISTRICT DEPUTY Edgar L. McAlexander of Greenville, MS, Lodge died January 23, 1986. Brother McAlexander served as District Deputy Grand Exalted Ruler for the North District of Mississippi in 1971-73.

PAST DISTRICT DEPUTY Robert J. Meeker of Brigham City, UT, Lodge died January 24, 1986. Brother Meeker served as District Deputy Grand Exalted Ruler for the North District of Utah in 1966-67.

The Elks Raffle Off A Baby



by Willard K. Baker

Reprinted with permission from Good Old Days, Volume 22, No. 3 (September, 1985).

Portage, Wisconsin, sixty years ago was probably one of the most dead little cities in the whole state. Its population was a little over five thousand people and boasted a police force of a chief who worked days, and a night policeman who patrolled downtown at night. Quiet had reigned for many years and nothing out of the ordinary ever happened. The chief of police was a fleshy man weighing in at possibly three hundred pounds. He was very officious and the only ones scared of him were the kids; to all others his bark was worse than his bite.

As I said above, nothing ever happened out of the ordinary, not even when the county court was in session. No one ever locked their doors; frankly, some of the merchants used to fail to lock up at the close of the day's business.

The local Elks Lodge made up their minds that they would have some fun and wake up the old city, including the chief of police. I don't recall who it was that got a bright idea on how to wake up the old city by pulling something out of the ordinary, to have some fun and to make some money to outfit a city baseball team and to organize a Boy Scout troop. His idea was to get the Old Beverage Players

to come to Portage, set up their big tent for a one-night stand, and the Elks would raffle off a baby, selling tickets at fifty cents apiece!

The city sure started waking up. Church groups became indignant that such a thing should be allowed. Various groups started circulating petitions. Meetings were held and the local Elks Lodge was severely castigated. The Elks paid no attention to the outcry and continued to advertise their raffle. It very nearly got out of hand because of attracting attention even to neighboring towns such as Wyocena, Pardeeville, Arlington, Poyette and other nearby towns. Married couples wanting to adopt a child fell for the raffle hook, line and sinker.

The sheriff, who was a member of the Elks, refused to help the chief of police out. He claimed it was strictly a city problem and it was up to the chief to handle it.

Every few days the committee that was in charge of the raffle would plant a new rumor here and there to keep things going. It seemed that just recently three different unmarried young ladies had had the misfortune to give birth to babies and the committee jumped on that with unholy glee and used it to plant some of the best rumors of all.

Now the chief of police was not a member of the Elks, and the various church groups were making his life miserable. There was not a single

thing he could do until the Elks actually raffled off the baby, so he finally called on the Elks Lodge and asked for the exalted ruler, who came to the door. The chief begged him to call off the raffle and in turn was told to go chase himself. The exalted ruler shut the door.

Now came the big night. The Beverage Players set up their big tent and played to a capacity crowd. In the meantime several hundred out-of-town people had come to Portage for the big night.

In the meantime the Elks Committee had made arrangements with Mrs. Olga Pederson to win the raffle. Mrs. Pederson was an elderly lady, well known to all as a kindhearted, lovable type of person who had raised a large family. She was a jolly person, a perfect type for the act to come. She was to put on a good act by sitting in the center of the large audience, and when the winning number was called, to get up, scream and hold up the winning number, proceed to the platform and take over the baby.

Everything was all set; the grand finale was about to be staged. Twelve or fifteen of the local Elks, headed by the exalted ruler, marched up on the platform and lined up behind the large barrel of tickets. The exalted ruler reached into the barrel and pulled out the winning ticket and very seriously intoned, "Number 767 wins the baby."

Mrs. Pederson dutifully screamed that she had the winning ticket and dashed up to the platform.

Out marched a nurse with the baby. A little sunbonnet could be seen and a nursing bottle could also be seen. The nurse placed the baby in Mrs. Pederson's arms, and then up the aisle marched the chief of police with twelve auxiliary police that he had sworn in and officially arrested everyone on the platform. He then reached out for the baby.

About then the baby squealed and said, "oink, oink." It was a baby pig!

Immediate pandemonium broke loose; laughter, hand clapping and foot stomping broke into "oinks" as the deflated chief of police and his army walked down the street.

The Elks Lodge not only made enough money to outfit a city baseball team, but to organize and fully equip a Boy Scout troop. For months after the big night, we teenagers would hide in alleys and back of lumber piles to oink at the chief! ■

★★★★ **NOVA** ★★★★★
HANDY HELPERS

JAR & BOTTLE OPENER

Opens all twist lids-to 5" and child-proof lids
Mounts under cabinet
Great for kitchen, shop, RV or boat. **\$5.50** each



APPLE SLICER

Sharp cutting edge-cores 'n cuts
8 slices in one stroke.
Tough, space-age nylon.
Top rack dishwasher safe. **\$3.50** each



Canning Jar Resealers

Re-seals opened jars-tight!
Seals in freshness & flavor.
A must for home canner.
Easy-hold grip for re-open.
(Not for canning process)



Wide Mouth \$1.50/Reg. Size \$1.25 ea.

NOVA PRODUCTS, E46	
QUAN.	UNIT TOTAL
— Jar & Bottle Openers	\$5.50
— Apple Slicers	3.50
— Wide Mouth Resealers	1.50
— Reg. Size Resealers	1.25
— Special 2 each size	4.50
	Postage & Handling .50

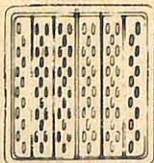
Wash. residents add 7.5% St. Tax **Total**
Please enclose check or money order. No C.O.D.

NAME _____
ADDRESS _____
CITY, ST, ZIP _____

Our promise - Satisfaction or money back!

A Great Gift Idea for the Outdoor Chef

NEW! EXCLUSIVE DESIGN BBQ Grill Top



NO MORE FLARE UPS!

New **Poor Bobby's** Grill Tops come in sizes to fit round and rectangular grills, both gas and charcoal! Save fuel, cook hard-to-grill favorites with ease. Write or call for prices and literature

POOR BOBBY'S 1-800-662-6663
1101 W. Breen Ave. (SU) Kingsford MI 49801

Elks Family SHOPPER

Useful and unique new products for indoors and outdoors

Burke Value!
Try-before-you buy! Longest Warranty.



Write or call for FREE information on:
Handsome Styles
Beautiful Fabrics
Custom Fitting
FREE Home Trial
Longest Warranty

Medicare COVERAGE Available

Toll-Free: 1-800-255-4147

BURKE DEPT. E-486
P.O. BOX 1064
MISSION, KS 66222



FISH FLIES

Here's a professional dry fly assortment featuring 12 of the world's most famous fish flies. It's displayed in its own case which charts each of the selections on the inside cover. The case measures 3" x 4" and the hook size is #22. Only \$5.95 plus \$2. shipping and handling. Order now. Satisfaction guaranteed.

HILLTOP HOUSE DISTR.
Rt. 1 Box 275 Millstadt, Illinois 62260

CUSTOM PINS FOR ALL CLUBS

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

Write today for free price list.

—KB— SPECIALTIES



16917 Clark Ave. Dept. FE
P.O. Box 1703 Bellflower, Cal. 90706-1703
(213) 866-3725



NEW FROM WALKER FARMS, an instant gravy mix, beef or chicken, to pour over your dog's dry food. Add water, shake and pour over dry dog food for a delicious beef or chicken taste. Contains necessary proteins and minerals for your dog's good health. For insured quality and freshness, each can (4 oz.) is filled, weighed, and sealed by hand. A 4 oz. can makes 64 ozs. of gravy! \$3.00 per 4 oz. can, beef or chicken. Add \$1 postage, total \$4 for one can, or \$7.40 for two. IL res. add 6 1/4% sales tax (19¢ per can). Walker Farms of Batavia, P.O. Box 55, Batavia, IL 60510.



THE MAIL/KEY CENTER, A HANDY ATTRACTIVE ACCESSORY that fits in most any room, is individually hand-crafted from selected solid American black walnut. The plaque can be engraved with 84 characters, with names or any message you desire. Has bracket to hold mail and 4 pegs keep track of keys. Two keyhole mounting slots routed on reverse side. Danish oil finish. Plaque measures 9" wide, 11" high, and 3/4" thick. Only \$22.95 + \$2 s&h. MO res. add sales tax. Mail check or money order to Karbar Industries, Dept. Elks, Highway 142, Gatewood, MO 63942.

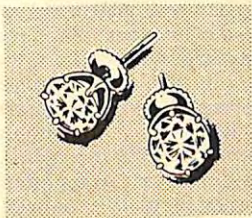
EMERGENCY POWER FAILURE LIGHT

Light turns on automatically the instant power fails! Just plug unit into wall outlet and leave it... it's always on duty. Features rechargeable nicad batteries and on/off switch so it doubles as a flashlight. Send \$12.95 (CA residents, add 78% tax) to:

ASHLAND STATION
26280-A Cedar Avenue • P.O. Box 1061-A
Pioneer, CA 95666



"HOME IS WHERE YOU HANG YOUR HEART"... handpainted country pine Welcome Wreath is 10 1/4" in diameter. Complete with 2" "Kissing Ducks" and a little red heart hanging on a string, makes a welcome addition to entry hall, kitchen, family room or doorway. Adds a country warm decorator touch and is the perfect housewarming gift. Order your Welcome Wreath for just \$3.99 + \$1.25 2 for \$7.25 + \$2.25. Old Village Shop, Dept. VZ-2347, Bldg. #9, Hanover, PA 17333.



HARD TO BELIEVE THESE ARE NOT DIAMONDS. These man-made gems have all the brilliance of fine diamonds, and even jewelry experts have a hard time telling the difference. Faceted and polished by skilled gem cutters and guaranteed a lifetime never to lose their brilliance. The one carat pierced earstuds are set in 14K gold. \$39 inc. postage and insurance. Information and color catalog free on request. Gem I, P.O. Box 700, Boulder City, NV 89005 or call toll-free 1-800-435-4361. Mention ELKS MAGAZINE for special catalog discounts.



A NEW PRODUCT FOR RECREATIONAL VEHICLES to stop contents of refrigerators and cabinets from sliding around when traveling, and spilling out when the doors are opened. They increase shelf storage capacity by turning any shelf into a 4" deep storage bin. **SHELF-GUARDS** are 4" tall chrome plated wire barriers available in 12" and 16" models. Packaged with hardware and instructions for easy mounting on RV refrigerator or wood cabinet shelves. Spring-loaded and priced at \$8.75 for the SG-12 and \$8.95 for the SG-16. Available at your local RV dealer. Or, order from Binns' Wire Products Co., 18882 SW Shaw St., Aloha, OR 97007. Enclose check, Visa or MasterCard info. Add \$1.50 per order for s&h.

Make \$25 to \$100 per hour

with

Badge-A-Minit

Yes, it's really possible by making and selling bright, colorful Badge-A-Minit buttons. Buttons are proven money-makers at fairs, flea markets, conventions, or anywhere people congregate. They're fast and easy to make with Badge-A-Minit and inexpensive!
Send for a FREE full color catalog and idea book, or send for a Starter Kit, only \$26.95 plus \$1.75 shipping. (IL residents add \$1.62 tax)

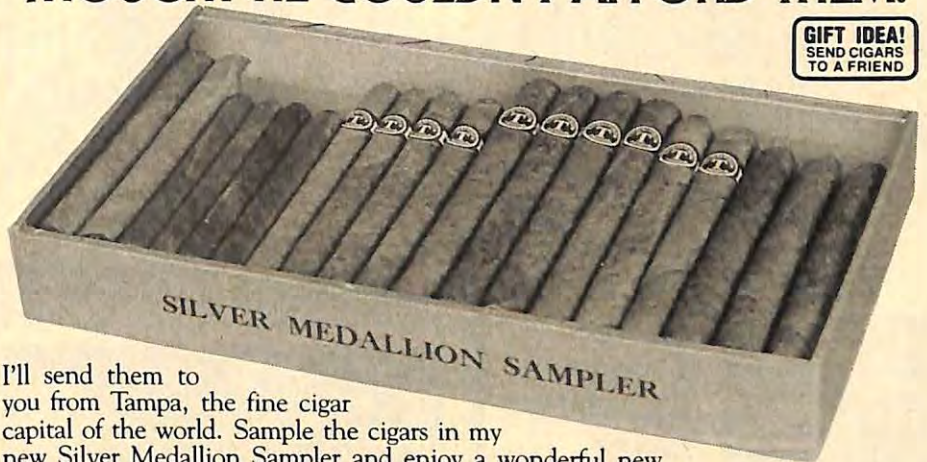


Badge-A-Minit, Dept. EL-486
346 North 30th Rd., Box 600, LaSalle, IL 61301, Phone (815) 224-2090

YOU DON'T NEED CASTRO'S PERMISSION TO SMOKE CUBAN-SEED HANDMADE CIGARS!

HANDMADES FOR THE MAN WHO THOUGHT HE COULDN'T AFFORD THEM!

GIFT IDEA!
SEND CIGARS TO A FRIEND



I'll send them to you from Tampa, the fine cigar capital of the world. Sample the cigars in my new Silver Medallion Sampler and enjoy a wonderful new smoking sensation. I'll include a generous sampling of Honduras hand-made, plus a nice selection of vintage-leaf, long-filler and cut filler cigars, all perfectly blended for mildness and flavor.

These superb smokes are made with expertly blended Cuban-seed-leaf tobaccos grown and cured the old Cuban way in Honduras from seed smuggled out of Cuba. They're mild, flavorful and extremely satisfying to the cigar smoker who's looking for something new, something better, something exceptionally tasty. Experts can't tell them from Havana. You won't be able to either, when you try them. Natural wrapper. If you're ready for a luxuriously enjoyable smoking experience, try them now.

—"Yours is the only decent cigar I have had in over 12 years," one new customer wrote me the other day.

—"Of all the cigars I have smoked, both cheap and expensive, yours is the best of the bunch," wrote another.

—"Outstanding! Best cigars I have had since returning from overseas," wrote H.E.O., of Columbia, S.C.

—"I am very impressed with the mildness and freshness of the sampler you sent," said J.J.M., of Lincoln, IL.

To order, fill in and mail coupon to

B508

THOMPSON CIGAR CO.

5401 Hangar Ct., Dept. B508 Box 30303, Tampa, FL 33630

O.K., TOM! Ship me the Silver Medallion Sampler under your money-back guarantee for only \$10.90.

- Check for \$10.90 enclosed (Fla. residents add 5% sales tax).
 Charge \$10.90 to my VISA American Express
 MasterCard Diners Club

Credit Card No. (Print all digits)

EXP. DATE

name

street

city

state

zip

OFFER GOOD IN U.S. ONLY

MY OFFER TO CIGAR LOVERS

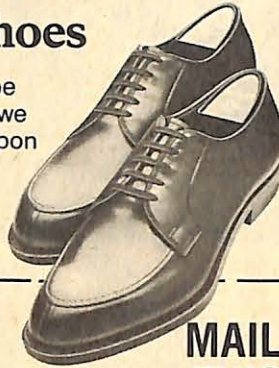
I'll send you postpaid a selection of 42 factory-fresh cigars—a special selection of Honduras handmades, vintage-leaf long-filler and cut-filler smokes. If these cigars aren't all you expected, return the unsmoked ones by United Parcel or Parcel Post within 30 days and I'll refund your money. No questions asked. Your delivered cost is only \$10.90 for 42 factory-fresh, Cuban-seed-leaf cigars.

CREDIT CARD USERS SPEED DELIVERY BY CALLING TOLL-FREE 1-800-237-2559 IN FLORIDA, CALL 1-800-282-0646

25 FREE PAIRS

Wright Arch Preserver® Shoes

Yes! 25 pairs of America's finest men's shoes will be given to 25 people who answer this ad. On May 31 we will draw 25 names from those who mail in the coupon below. Each will choose a pair of WRIGHT ARCH PRESERVER SHOES priced up to \$149! Mail this coupon for FREE catalog and YOUR chance to win these famous shoes.



MAIL THIS COUPON TODAY!

Executive Shoes, Dept. 426, Box E
Rockland, MA 02370

Enter me in the Free drawing, and send Free catalog of Wright Arch Preserver Shoes.

Name _____ (PLEASE PRINT)
Address _____
City _____ State _____ Zip _____



Ride up and down stairs safely.

Cheney has the lift you need. The deluxe Wecolator for straight, curved and spiral staircases or the economical Liberty™ Lifts for straight stairways. You'll ride safely from floor to floor in the home you love.

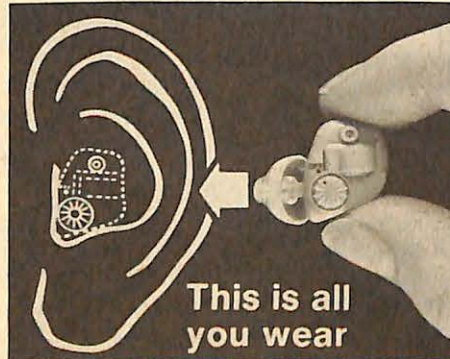
- Wide comfortable seats and footrests
- Folds out of the way for normal stair use
- Individualized options, decorator colors
- Unmatched limited warranties

Contact your local Cheney representative or call Darlene Lewis 1-800-782-1222.

helping people help themselves

The CHENEY Company

Dept. EM, P.O. Box 188, New Berlin, WI 53151
414-782-1100



This is all you wear

All-in-Ear Aid - Save \$200+

Improve your hearing! Name brand aid helps you understand words you miss. If you hear but don't understand, this aid amplifies the sounds you need. Enjoy comfortable, attractive aid in your own home. FREE 30-day home trial. We promise no salesmen! Write today for free catalog! **J & M, Dept. 41-A**
329 N. Third Street, DeKalb, IL 60115

Elks Family Shopper consumer/news

Two of every three car buyers will purchase used vehicles this year reports the Automotive Information Council (AIC). The decision-making process can be an anxiety-filled nightmare if one doesn't know what to look for when used-car shopping. AIC offers the following basic evaluation checklist for used car buyers.

Shop with someone who knows about cars. Do not be intimidated by a seller eager to rush your examination of the car.

Begin by examining the outside of the car. Look for signs of body work or frame damage, indicating it was in an accident. Check for dents, ripples in the metal and mismatched or dull paint spots. These often signal that the car may have been in an accident or rusted out and repaired. Look for rust on door bottoms, fenders, wheel wells and under floor mats.

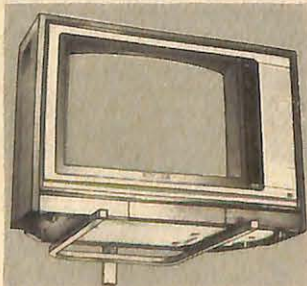
Continue by checking the car's suspension system on level ground, noting if it sags in the front or back. If one corner is lower than another, one of the springs may be worn or broken. Also, push down on one of the corners hard; if it continues bouncing the shocks are worn.

It is also important to check the car's tires, especially for tread wear. Unevenly worn tires could be a signal of problems with the steering, suspension or the brakes. Also, check to see if the spare tire, jack and lug wrench are in the trunk.

Check the condition of the glass. Cracks or scratches often enlarge and require expensive replacements.

The next step is to thoroughly examine underneath the car on a clean surface. Any fluid dripping from the car's underside is a sign of trouble (except water from air conditioning).

Continue your inspection of the car's underside, checking for breaks or rusting in the frame or signs that it has



TV WALL SHELF Only \$12.98 Plus \$2.95 Shpg.

No space for TV? Mount this space-saver on the wall, like hotels do. Attach it right where you want it for comfortable viewing from bed, sofa or in kitchen. Strong, sturdy black metal arms hold portable TV up to 15" deep. It swivels for easy viewing too! Check, MC or VISA. SPECIAL: Two for \$24 plus \$4.95 shpg. ESSEX HOUSE, Dept. E4-6, Rahway, NJ 07065

MAN'S WIG \$9.95

Stretch Wig Completely Covers All Your Hair



Style M-776

Style M-157

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 and bounce of human hair. Can be washed and shampooed—never loses its shape—can be combed, trimmed and restyled if you wish. Mention style number and color desired: Black, Off Black, Chestnut, Dark, Medium or Light Brown, Dark Blonde, Grey and Black mixed, Grey and Brown mixed. Send \$9.95 plus \$1.95 for shipping and handling. Money back guarantee if not satisfied.

FRANKLIN FASHIONS, Dept. M-636
103 E. Hawthorne Ave., Valley Stream, NY 11580

See Advertisement Inside Back Cover

Haband's C-0-0-L **guayabera** Summer Shirts

2 Shirts for **23⁸⁸**
3 for 34.95
4 for 46.50

HABAND COMPANY

265 N. 9th Street, Paterson, NJ 07530

SI. Señor! Please send me

Guayabera Shirts

as indicated hereon.

PRICE	\$
Please add \$2.00 toward postage and handling	\$2.00
Add \$1.75 each shirt for sizes 2XL & 3XL	
TOTAL	\$

Check enclosed or Charge:
 VISA MASTERCARD
Acct. # _____
Exp. Date _____

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

Sizes: S(14-14½); M(15-15½); L(16-16½); XL(17-17½).
Please add \$1.75 each shirt for 2XL (18-18½) & 3XL (19-19½)

11A	COLOR	How Many?	What Size?
A	WHITE		
B	BLUE		
C	TAN		
D	GREEN		

GUARANTEE: If for any reason you are not absolutely delighted, return any time within 30 days for a full refund of every penny you paid us, no questions asked.

70K-11A

been welded. Any of these could mean the vehicle's structure is weak. The condition of the exhaust system should be examined.

Open the hood and thoroughly check the major engine components. Check the oil dipstick and the transmission dipstick. The oil should be free of water droplets and the transmission fluid should be pink or reddish; if not, the car may have problems.

Look for frayed wiring, leaky hoses and worn fan belts. Examine the condition of the battery and its cables. Beware of batteries with loose or cracked terminals. Look for rust on and in the radiator and any metallic sludge in its coolant.

The next step is to carefully inspect the car's interior. Worn upholstery, carpeting, safety belts, pedals, and ignition keys indicate heavy use. Be sure that all dash controls and accessories (including heat, air conditioning, wiper blades and lights) work properly. Remember the inside lights, including the warning lights on the dashboard. Also, check the brake pedal; if it sinks slowly under steady pressure it could signal a leak in a master cylinder.

Thoroughly examine the odometer. If the digits do not read in a straight line, or if scratches or pieces of broken plastic appear in the speedometer case, it may have been altered in some manner.

When all of these areas have been completely evaluated, it is time to start the engine and take the car on a test drive. The engine should start up easily and run smoothly on several tries.

Test drive the car in both stop-and-go traffic and on the highway. Note any vibrations in the steering which may signal front-end trouble; be alert to wandering and drifting. The car should stop smoothly without veering to either side. Test the brakes on a quiet street for noise or a grabby or mushy feeling.

Finally, before purchasing the car, take it to a licensed mechanic. If this is not possible, at least call the National Highway Traffic Safety Administration's auto-safety hotline (800-424-9393) to find out about any history of safety defects or recalls.

...

Although we're flocking to health clubs in record numbers, and turning marathons into mob scenes, surprisingly few of us know much about the relationship between food and athletic performance.

"Eat to Compete," a series of nine pamphlets, each dealing with a specific sport, is now available. The series is endorsed by the Amateur Athletic Union (AAU). Each pamphlet presents a concise summary of general information about nutrition, and specific information about nutritional requirements for the sport in question.

The brochures are available, free of charge, by writing: Eat to Compete, c/o AAU, 3400 W. 86th St., Indianapolis, IN 46268. Please enclose a stamped, self-addressed envelope. Indicate which sport or sports are of interest.

HEALTH WATCH

T.M.

Unisonic™

Measures Diastolic & Systolic
Blood Pressure & Pulse

\$39⁹⁵

Reg. \$99.95 value



FREE
Digital Thermometer
with purchase
\$14.95 value

- Portable - batteries included
- Easy to Read
- Easy to operate
- Compact • Lightweight

Credit Card Orders

1-800-423-8431
904-824-4117 TODAY!

30-day Money Back Guarantee

or send check or money order to:

HEALTHWATCH®

1750 dept. 205 • st. augustine, fl 32085-1750

Name _____

Address _____

City _____

State _____ Zip _____

add \$2 ship & handling • \$5 if C O D

**Be sure
to mention
The Elks
Magazine
when ordering
from our
advertisers**

KILL LAKE WEEDS

Proven Aquacide pellets destroy
unwanted underwater weeds.



Spread marble sized pellets like grass seed. Effectively kills weeds at any depth.

Registered with Federal Environmental Protection Agency.

Certified and approved for use by state agencies.

Our 31st year.

10 lb. can. Treats 4,000 sq. ft. of lake bottom, \$36.95 includes delivery. **50 lb. carton.** Treats 20,000 sq. ft. of lake bottom, \$139.95 includes delivery. State permit may be required.

CALL TOLL FREE 1-800-328-9350
(Except Minnesota Call 612-222-1922)

Or write for free information to:

AQUACIDE CO.



308 Prince Street, Dept. 453, P.O. Box 65367, St. Paul, MN 55165-0367



The **RECLINE-EZE™** Power Lounge Chair

A "power reclining" lounge chair for your convenience and comfort.

Full power recline at the touch of a switch!

Factory direct savings from the Recliner People.

The distinctively styled "Recline-Eze™" lounge chair is the ultimate in comfort and good looks and the unique power recline action at the touch of a switch is at a price comparable with regular high quality recliner chairs.

The exceptionally smooth power reclining action is completely controlled in your hand with a pendant control switch.

We're the Recliner People from the Recliner Store™ and we **guarantee** if you are not satisfied with your Recline-Eze™ chair, you can return it for a complete refund!

Delivery: We ship within 72 hrs. anywhere in the country.

To order call toll-free 1-800-821-7700, Ext. 331, or use the coupon below. Or, call or write for your free brochure and fabric samples.

THE **RECLINER** STORE

Recline-Eze Chair **Model #1000**
colors **price**

Walnut Naugahyde® \$499.00
Brown Tweed Herculon® Delivered To
Gold Tweed Herculon® Your Door

To order call toll free-24 hrs. per day
1-800-821-7700 Ext. 331

Use your credit card or order by mail.

MC Visa Check

Acct.# _____ Exp. Date _____

NAME: _____

ADDRESS: _____

CITY, STATE, ZIP: _____

PHONE: (____) _____

The Recliner Store, Dept. EEZ-0486
P.O. Box B Grandview, Mo. 64030

GUARANTEED You'll NEVER WASH WINDOWS AGAIN WINDOW MAID™

THE ONCE A YEAR
WINDOW TREATMENT
THAT WORKS
...OR IT'S

FREE!

**YES - WE DO WINDOWS
ANY WINDOWS**

HOME... OFFICE or FACTORY WINDOWS—WINDOW MAID does it all—One application, just one treatment, that's it... Your windows stay sparkling clear and spotlessly clean... FREE of DIRT, DUST and GRIME. NOTHING STICKS TO WINDOW MAID—NOT DIRT—NOT GRIME—NOT INSECTS—NOT DUST—NOT EVEN ACID RAIN.

Window Maid is the same type formulation used by most airlines to aid a Pilot's visibility in any weather. And now enhanced for home windows too—You'll be amazed as you watch the elements hit and just bounce and roll off your windows... month after month—season after season.

Works "like Magic."

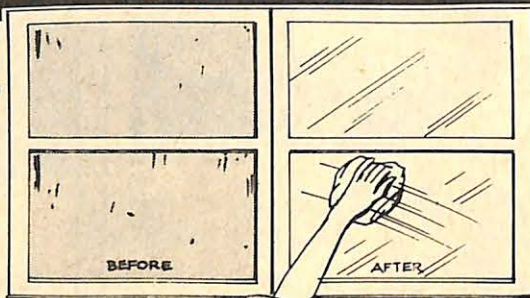
You can also use Window Maid on your Shower, walls, and doors—on mirrors to keep them from fogging up on any surface that could smudge and show dirt. This "MIRACLE"—product will help end house cleaning drudgery forever—giving your home a sparkling appearance at all times.



NOT SOLD IN STORES

HOTELS-OFFICE BLDGS & INDUSTRIAL
INQUIRIES INVITED

All orders processed promptly. Shipment guaranteed within 60 days



**NOTHING STICKS TO WINDOW MAID
•NOT DIRT•NOT GRIME•NOT RAIN-SNOW-SLEET-BIRD DROPPINGS-INSECTS...NOTHING!**

We are so positive that Window Maid will do everything we claim it will do and more, we are giving you an unheard of FULL YEAR MONEY BACK GUARANTEE. If after applying Window Maid-your windows ever

need cleaning, up to one year (1 or 2 regular applications), return the unused portion for a full product refund, no questions asked... THAT'S A "WINDOW CLEAR" GUARANTEE! © NCC CORP. 1986

ONE YEAR MONEY BACK GUARANTEE

WINDOW MAID, Dept. 7191
10-10 44th Ave., L.I.C., N.Y., N.Y. 11101

Please rush me _____ bottle(s) of Window Maid, 8 Oz. bottle (enough for 20 Reg. Home Windows) Only \$7.95 plus \$1.50 Post. & Hdg. SAVE: Two bottles \$13.95 + \$2 P & H. SAVE MORE: Four bottles \$24.95 + \$2 P & H. N.Y. residents add sales tax.
Enclosed is check or M.O. for \$_____

NAME _____
ADDRESS _____
CITY _____
STATE _____ ZIP _____

See Advertisement Outside Back Cover

PRICES IN THIS AD GOOD UNTIL APRIL 30, 1986

MAIL YOUR ORDER TO:
Lee Nutrition
290 MAIN ST.
CAMBRIDGE, MASS. 02142

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

QUANTITY	SIZE	NAME OF PRODUCT	TOTAL PRICE
		Shipping charge for Cordovan Clutch	\$1.50
		Shipping charge (disregard if order exceeds \$10.00)	\$1.00
SATISFACTION GUARANTEED TOTAL AMOUNT			
			B363

FREE CORDOVAN CLUTCH If you check this box, add \$1.50 for shipping and mail your order by April 30, 1986, we'll include your Cordovan Leather Clutch FREE!

PRINT NAME _____
ADDRESS _____ APT. _____
CITY _____ STATE _____ ZIP _____

COOPERATE
WITH THE ZIP CODE PROGRAM
OF THE POST OFFICE DEPARTMENT
USE ZIP CODE NUMBERS
IN ALL ADDRESSES

MOVING?

USPS has dramatically increased change-of-address notification fees on 3rd Class Mail such as *The Elks Magazine*. The Postal Service, at our request, will no longer notify us of your move. Help us cut costs by reporting any address change to your lodge secretary and directly to *The Elks Magazine* Circulation Dept. Be sure to include lodge and membership number or an address label from the magazine.

NOTICE SHOULD BE SENT 6-8 WEEKS BEFORE YOUR MOVE.

ATTACH ADDRESS LABEL HERE

New Address:

Name _____
Address _____
City _____
State _____ Zip _____
Lodge No. _____
Member No. _____

Mail to: Circulation Manager
The Elks Magazine
425 W. Diversey Pkwy.
Chicago, IL 60614

T-SHIRTS from everywhere!

Printed T-shirts from schools, teams, events, products & advertisers from all over the US! All brand new top quality made-in-USA over-run T-shirts. Assorted colors and prints.

5 T-SHIRTS 10.90 plus \$2 post
10 T-SHIRTS \$20.90 & \$3.50 post
SPECIFY SIZE: S M L XL

HATS from everywhere!

Baseball style hats printed for teams, businesses & advertisers nationwide! All brand new top quality. Assorted colors & prints. 30 day money-back guarantee. Prompt shipments.

5 HATS 6.90 & \$2 post
10 HATS \$12.90 & \$3 post
5 T's & 5 Hats \$16.90 & \$3 post
10 T's & 10 Hats \$32.90 & \$4 post

Send CHECK, M.O. or MC/VISA info to:
SPORTSWEAR CLEARINGHOUSE
Box 984-E1, Cambridge, MA. 02140

See Advertisement Inside Front Cover

SATISFACTION GUARANTEED! MAIL TODAY!

OLD VILLAGE SHOP, Dept. FM-5424, Bldg. #9, Hanover, PA 17333

Sure, I'll try the world's most comfortable shoes. Please send me:

MEN'S SHOE _____
 _____ prs. Men's Tan Leather (M242578B) Size _____ Width _____
 _____ prs. Men's Black Leather (M238602B) Size _____ Width _____
 _____ prs. Men's Brown Sueded (M242586B) Size _____ Width _____
 _____ prs. Men's Sand Sueded Leather (M233361B) Size _____ Width _____

WOMEN'S SHOE _____
 _____ prs. Women's Tan Leather (M203562B) Size _____ Width _____
 _____ prs. Women's Black Leather (M203697B) Size _____ Width _____
 _____ prs. Women's White Leather (M223693B) Size _____ Width _____
 _____ prs. Women's Brown Sueded (M223784B) Size _____ Width _____

For just \$14.88 pr., plus \$2.50 per pr. postage and handling.
SAVE MORE! Order TWO pair for just \$28.99 plus \$5.00 postage and handling.
CHARGE American Express MasterCard (Please add \$2.00 for wide width.)
or VISA Diners' Club

Enclosed is \$_____ (NV res. add sales tax) Acc't # _____ Date Exp. _____

PRINT NAME _____
ADDRESS _____
CITY _____ STATE _____ ZIP _____

Check here and send \$5 for a year's subscription to our full-color catalog of fine gifts (Z38995X). Our policy is to process all orders promptly. We charge your credit card only when order is shipped. Delays notified promptly. Shipment guaranteed within 60 days.
© H.H.I., Inc. 1986

Get involved with drugs before your children do.



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

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

Which means you have to learn something about drugs.

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

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

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

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

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

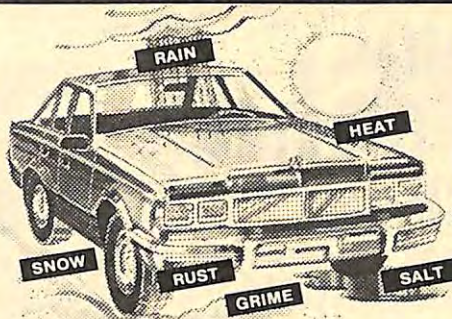
Remember, it doesn't always happen to someone else's kids.

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

And they're all someone's children.

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

NOT A WAX . . NOT A POLY . . NOT A POLISH . . BUT AN ACRYLIC



AFTER 5 YEARS, PROVEN BEST BY MILLIONS OF CAR OWNERS!

ORIGINAL PLASTIC COATING

GLO-SHIELD™
MAKES WAXES AND POLISHES OBSOLETE

AS SEEN ON TV

NOT SOLD IN STORES

Plastic Coat Your Car In Less Than 1 Hour FOR ONLY **\$9.95**
NEW CAR DEALERS CHARGE UP TO \$200

NEW POLYMER ACRYLIC FORMULATION ACTUALLY RESURFACES AND RESEALS IN ONE SIMPLE STEP. GIVES YOUR CAR "SHOWROOM" BRILLIANCE THAT LASTS FOR THREE YEARS—GUARANTEED!

Put an end to corrosion, chalking, rusting, dulling, and pitting of your car's finish. GLO-SHIELD protects your car's finish and restores it, too! You can bring back that new car look in less than one hour with hardly any effort at all! GLO-SHIELD is the miracle polymer plastic sealant that's guaranteed to protect and/or restore your car's finish for a full 3 years. It revitalizes and restores dull, oxidized finishes. . . just wipe on—wipe off! Do away with compounding. . . dead paint is chemically removed. GLO-SHIELD removes old waxes, tar stains, tree sap, road film, dirt, bird deposits, grime, grease, gasoline streaks, rusting, even tarnish. It deposits a plastic film that fuses to the surface and fills the pores to give your car a hard, high lustre, mirror-like finish.

NOTHING LIKE ANYTHING YOU'VE EVER USED BEFORE
Don't confuse GLO-SHIELD with any wax or polish. It is a clear, transparent liquid that, after stripping old wax and grime, deposits a film similar to the acrylic lacquer with which your car was originally painted. And, it works even if your car was painted with enamel. Acrylic sticks to anything. . . but nothing sticks to acrylic. Not tree sap, not road salts, not grime or dirt, not bird droppings, grease or gasoline. . . not even paint.

ACCEPTED & PROVEN FOR PLANES & BOATS, TOO!

GLO-SHIELD is used by America's leading aircraft and boat builders. Desert Sunshine Labs report amazing results. Especially effective while operating in a salt water environment and highly recommended for use on all boats, including fiberglass.

© 1985 Media Mktg., NY

— ACRYLIC IS THE SECRET! —

- DON'T CONFUSE GLO-SHIELD ACRYLIC PRODUCTS WITH IMITATIONS!
- NO RUBBING . . . NO BUFFING!
- CLEANS, COMPOUNDS, POLISHES, SEALS!
- USE ON ANY PAINT FINISH
- FAST, ONE STEP WIPE-ON, WIPE-OFF!

berglass boats, formica, marine hardware, brass, plexiglass, stainless steel, aluminum, etc.

3 YEAR GUARANTEE

If after using GLO-SHIELD you are not delighted, return unused portion, anytime up to 3 years, for a pro-rata product refund.

CONSUMER NOTICE!

Beware of cheap imitations and the scare tactics of High Price Sealants. Only GLO-SHIELD is made with ACRYLICS. . . the same ACRYLIC that's on your car's original paint! GLO-SHIELD is a one-step operation. . . you do it yourself easily. . . in less than an hour.

CREDIT CARD BUYERS, CALL: (718) 784-4005

SATISFACTION GUARANTEED OR MONEY BACK

GLO-SHIELD, Dept. 1369
10-10 44th Ave., L.I.C., NY 11101

Please rush me GLO-SHIELD. I understand that if I am not delighted in every way, I can return the unused portion for a pro-rata refund, exclusive of postage & handling.

- One bottle only \$9.95 plus \$1.00 pp. & hdg.
- SAVE!** Two bottles only \$18 plus \$1 pp. & hdg.

Enclosed is \$_____ check or M.O.

OR, charge to my VISA MASTERCARD

Acct. # _____ Exp. _____

Name _____

Address _____

City _____ State _____ Zip _____

N.Y. RESIDENTS ADD SALES TAX

HERNIA

BRIEFS Medicare Pays 80%

BRAND NEW - No truss, belts or hard pads. Wash and wear. 88% cotton. Wear 24 hrs. Looks like regular underwear. Operation not necessary. Money-back guar. Write or call for FREE brochure in plain wrapper

Toll FREE 1-800-325-0007 (24 hrs./7 days)
(Fla. call collect 305-235-7736)

H.P.H. CORP. (Ortho/Med. Mfg.) Dept. 6L
14120 S.W. 142 Ave., Miami, FL 33186

TEMPE ARIZ

CLUB PINS
GENUINE CLOISSONNE
FULL COLOR HARD ENAMEL
FUN TO TRADE
AT CONVENTIONS
CUSTOM MADE
TO YOUR SPECIFICATIONS

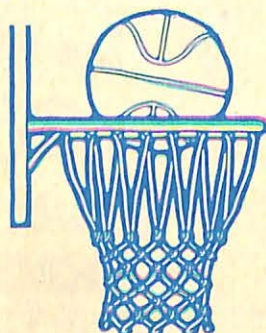
BUY DIRECT AND SAVE
100 piece minimum
Write or phone for prices and details

C. SANDERS EMBLEMS
11684 Pendleton Street
Sun Valley, California 91352 (818) 767-3333

3rd Annual Elks/Basketball Hall of Fame Classic And "Hoop Shoot"® Finals

8:00 p.m. Saturday
April 19, 1986

A New Tradition of Excellence



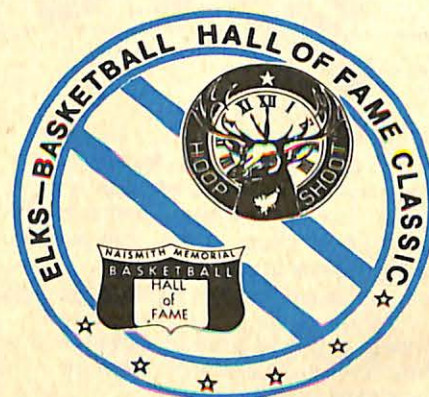
Coach Bob Knight of Indiana University directed the Nationals to victory in the 1985 Classic.

The National Finals of the Elks National Free Throw Program and the Elks/Basketball Hall of Fame Classic will be held in Market Square Arena in Indianapolis, on April 19, 1986.

Seventy-two of the nation's finest free-throw shooters, who have worked their way through rigorous local, district, state and regional "Hoop Shoot" competition, will compete for national honors and the privilege of being enshrined in the Naismith Memorial Basketball Hall of Fame in Springfield, Massachusetts. This event will begin at 10 a.m., and there will be no charge for admission to this event.

The Third Annual Elks/Basketball Hall of Fame Classic will begin at 8 p.m., and will feature 20 of the top collegiate NCAA-sanctioned All-Stars in the country, such as: guard John Williams of Indiana State, center John Shasky of Minnesota, and forwards Dan Palombizio of Ball State and Ken Barlow of Notre Dame.

Two of the most exciting coaches in the country have been named to coach this talented roster: Lou Carnesecca of St. John's University, from the Big East Conference; and Richard "Digger" Phelps of Notre Dame University.



Exciting action from last year's Classic, in which the Nationals defeated the Americans 97-87.

All-Stars Invited To Play

POSITION	PLAYER	HEIGHT	SCHOOL
Center	Dave Hoppen	6' 11"	Nebraska
Center	Brad Daugherty	6' 11"	North Carolina
Center	Greg Drieling	7' 1"	Kansas
Center	John Shasky	7' 0"	Minnesota
Forward	John Salley	7' 0"	Georgia Tech
Forward	Roy Tarpley	6' 10"	Michigan
Forward	Efrem Winters	6' 9"	Illinois
Forward	Dan Polombizio	6' 8"	Ball State
Forward	Chuck Person	6' 8"	Auburn
Forward	Kenny Walker	6' 8"	Kentucky
Forward	Len Bias	6' 8"	Maryland
Forward	Ken Barlow	6' 10"	Notre Dame
Guard	Milt Wagner	6' 5"	Louisville
Guard	Ron Harper	6' 7"	Miami, OH
Guard	Maurice Martin	6' 4"	St. Joseph's, PA
Guard	John S. Williams	6' 5"	Indiana State
Guard	Johnny Dawkins	6' 2"	Duke
Guard	Mark Price	6' 0"	Georgia Tech
Guard	Scott Skiles	6' 1"	Michigan State
Guard	Steve Mitchell	6' 1"	Alabama Birmingham
Coach	Louis Carnesecca		St. John's, NY
Coach	Richard "Digger" Phelps		Notre Dame

viva guayabera!

NO JACKET NECESSARY!

It all started out in gracious, civilized pre-Castro Havana. In that hot, humid climate, suits and ties were out of the question and all the best looking, most important top-flight citizens wore the ultra-cool, ultra-handsome Guayabera Summer Shirt.

Now Haband, the mail order people from Paterson, New Jersey, continue the tradition and bring you the world-famous Guayabera Shirt at this low direct price:

2 Shirts for **Only 23⁸⁸**

Today the Guayabera is the hot-weather Leisure Favorite the world over. Travellers, Chief Executives and Professional Men everywhere wear the Guayabera in perfect style – no tie, no jacket are necessary – and you get four big pockets, side vents, lots of button trim and superb details!

A unique Haband import in cool, crisp lightweight wash and wear Polyester/Cotton.

4 Summer Colors to Choose!



Don't Pay \$25 for ONE Shirt. Use this coupon and cash in on these direct order savings today!

Haband's C-O-O-L **guayabera** 2 Shirts for **23⁸⁸**
 Summer Shirts 3 for 34.95 4 for 46.50

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

Sizes: S(14-14½); M(15-15½); L(16-16½); XL(17-17½).

Please add \$1.75 each shirt for 2XL(18-18½) & 3XL(19-19½)

Si, Señor! Please send me _____ Guayabera Shirts as indicated hereon.

PRICE	\$
Please add \$2.00 toward postage and handling	\$2.00
Add \$1.75 each shirt for sizes 2XL & 3XL	
TOTAL	\$

11A	COLOR	HOW MANY?	WHAT SIZE?
A	WHITE		
B	BLUE		
C	TAN		
D	GREEN		

Check enclosed or charge Visa MC

Acct. # _____ Exp. Date ____ / ____

GUARANTEE: If for any reason you are not absolutely delighted, return any time within 30 days for a full refund of every penny you paid us, no questions asked.

7DK-11A

NAME _____ APT. # _____

STREET _____

CITY/STATE _____ ZIP _____



HABAND
 265 N. 9th Street, Paterson, NJ 07530

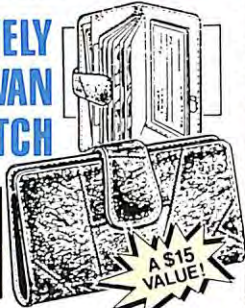


ROCK BOTTOM VITAMIN PRICES ...AND UNSURPASSED QUALITY!

Bob Lee

LOVELY CORDOVAN CLUTCH

**FREE
WITH EVERY
ORDER**



**A \$15
VALUE!**

Here's a stunning accessory that keeps everything you need right where you want it. This compact, handy little wallet contains a Currency Pocket, Coin Purse, 24 Clear Pockets for Credit Cards, Identification and Photos and a Check Book Holder. A perfect 7"x4", it's vinyl lined for years of use. And even though you'll see similar genuine leather clutch purses selling in Leather Shoppes for \$15 or more, this one is yours FREE with any order! Get one for yourself or to give as a gift. Just check the box in the order form when you order, add \$1.50 for shipping and we'll send your genuine Cordovan Leather Clutch FREE!

This offer expires April 30, 1986
May never be repeated!

BOB LEE WILL NOT BE UNDERSOLD!

Bob Lee wants you to try his professional quality products at prices you can't resist (to prove his products are the very best). Vitamin supplements retain full potency for a year. Even if you have a supply on hand, it's a good idea to buy at these low prices and pocket the difference.

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

Contains one of the strongest diet aids available without prescription. Includes modern, effective diet plan that lets you enjoy 3 delicious meals and snacks everyday as you lose weight.

90 for	2.98
250 for	6.00
500 for	9.85

SAME FORMULA OTHERS CHARGED \$5.98 AND UP FOR

L-LYSINE 500 mg Tablets 100—\$2.98 300—\$8.48	SUPER ORGANIC IRON TABS 100 - 1.49 500 - 5.49
--	---

BREWER'S YEAST 7 1/2 GRAIN TABLETS

250 Tablets	79¢
1,000 for	\$1.99

19 GR. 1200 mg HI-POTENCY LECITHIN 100 CAPS 1.09 500 FOR 4.95	CHILDREN'S NATURAL CHEWABLE VITAMINS 100 TABS 1.25 500 FOR 5.49
--	---

THE MOST WANTED POTENCY

GINSENG

250 MG. CAPSULES	500 MG. CAPSULES
100 for \$2.89 250 for \$6.25	50 for \$2.75 100 for \$4.95

VITAMINS BY MAIL FROM LEE NUTRITION

Special Offer from Bob Lee B363
COMPARE ANYWHERE
VITAMIN C 500 MG. WITH ROSE HIPS
LIMIT ONE OF ANY SIZE TO A FAMILY
OFFER EXPIRES 4/30/86
MAIL COUPON WITH ORDER

<input type="checkbox"/>	100 for	87¢
<input type="checkbox"/>	500 for	3.99
<input type="checkbox"/>	1000 for	7.59

Special Offer from Bob Lee B363
COMPARE ANYWHERE
VITAMIN E 400 UNIT CAPSULES
LIMIT ONE OF ANY SIZE TO A FAMILY
OFFER EXPIRES 4/30/86
MAIL COUPON WITH ORDER

<input type="checkbox"/>	100 for	1.45
<input type="checkbox"/>	500 for	6.99
<input type="checkbox"/>	1000 for	13.95

ALFALFA 100 TABLETS 38¢ 500 FOR \$1.55 1,000 FOR \$2.89	GARLIC OIL CAPSULES 100 Capsules 79¢ 500 for \$3.19	DOLOMITE TABLETS Laboratory tested 100 TABLETS 43¢ 1,000 for \$1.79
---	--	---

Chelated ZINC 10 MG TABLETS 100 TABLETS 37¢ 1,000 FOR \$3.49	HERBAL DIURETIC 100 Tablets \$1.49 500 for \$5.99	KELP 100 TABLETS 35¢ 1,000 for \$1.50
--	--	--

VITAMIN A 25,000 UNITS 100 FOR \$1.19 500 FOR \$4.75	9 Vital Minerals Multi-Minerals 100 TABLETS 98¢ 500 FOR \$4.50
--	---

HERBAL LAXATIVE 100 TABLETS 85¢ 500 FOR 3.49	BONE MEAL TABLETS 100 TABLETS 49¢ 500 for \$2.19 1,000 for \$3.69	VITAMIN A & D TABLETS (5000A, 400D) 100 for 49¢ 500 for 1.95 1000 for 3.50
---	---	---

HIGH FIBER BRAN 500 MG TABLETS 100 for 69¢ 500 for \$2.99	ACIDOPHILUS CAPSULES 100 for 1.79 250 for 4.45 500 for 8.75	MULTI-CAL TABLETS 100 For .95¢ 500 FOR 3.75 1000 For 5.85
---	---	---

Pure Lecithin granules
1 Lb. 2 Lbs. 4 Lbs.
2.98 5.49 9.99

CALCIUM 600 PLUS VITAMIN D
Each tablet contains 1500 Mg. of Calcium Carbonate which supplies 600 mg. of elemental calcium plus 125 i.u. of Vitamin D to help Calcium absorption. Same potency as CALTRATE™ 600 plus Vitamin D selling at \$6.84 for 60 Tablets. Our prices—60 TABLETS 3.00 120 TABLETS 4.50 240 TABLETS 8.00

VITAMINS FOR HAIR CARE 100 DAY SUPPLY \$3.75 250 DAY SUPPLY \$6.98	PAPAYA PAPAN DIGESTANT 100 TABLETS 65¢ 500 for 2.75	SELENIUM 100 MCG. TABLETS 100 \$2.25 500 for 9.95
---	--	--

INDIVIDUAL B-VITAMIN Tablets

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

HIGH POTENCY VITAMIN B6

50 MG. TABLETS 100 for 89¢ 500 for 3.98	100 MG. TABLETS 100 for 1.49 250 for 3.65
---	---

L-TRYPTOPHAN

100 MG. TABLETS 100-3.49 500-16.50	500 MG. TABLETS 30-4.75 60-8.00
---------------------------------------	------------------------------------

500 MG. BEE POLLEN TABS 100 for 2.19 500 for \$7.50	1,000 MG. BEE POLLEN TABS 100 for 4.25 500 for \$14.75	CRANBERRY CAPSULES Equal to 1132 MG. of cranberry juice. Has been found to favor urinary tract health. 100 FOR \$3.00 250 FOR \$6.00
--	---	---

100-B COMPLEX
100 MG. EACH OF B-1, B-2, B-6 NIA-CINAMIDE, CHOLINE, INOSITOL, PANTOTHENIC ACID & PABA, 100 MCG EACH OF B-12, BIOTIN & FOLIC ACID.
50 TABS 3.35 100 TABS 5.49

"KEY 4" TABS

KELP, VITAMIN B6, LECITHIN & CIDER VINEGAR
Highest Quality
Only the low price is different
100 for 79¢ 500 for 2.99

POTASSIUM GLUCONATE 100 Tablets 95¢
595 MG. 1,000 for \$7.99

BALANCED 50 MG. B-COMPLEX
HI-POTENCY
"LEE-PLEX 50 MG."
In 1 cap daily: 50 mg each of Vit. B1, B2, B6, Niacinamide, Pantothenic Acid, Choline, Inositol, 50 mg. Para-Aminobenzoic Acid, 50 mcg. each of B12, d-Biotin, 100 mcg. Folic Acid.
50 CAPS 1.79 100 CAPS 2.69
500 for \$10.59

Desiccated LIVER Tablets 7 1/2 GRAIN 100 FOR 69¢ 1,000 FOR 3.50	100 MCG. VITAMIN B-12 100 FOR 65¢ 500 FOR 2.50	500 MCG. VITAMIN B-12 100 FOR 1.95 500 FOR 7.50
--	--	---

NATURAL VITAMIN C Tablets
AT FANTASTICALLY LOW PRICES With Rose Hips

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

VITAMIN E CAPSULES

MONEY BACK GUARANTEE—HIGHEST QUALITY

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

PRICES IN THIS AD GOOD UNTIL APRIL 30, 1986
MAIL YOUR ORDER TO
Lee Nutrition
290 MAIN ST.
CAMBRIDGE, MASS. 02142

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

QUANTITY	SIZE	NAME OF PRODUCT	TOTAL PRICE

Shipping charge for Cordovan Clutch \$1.50
Shipping charge (disregard if order exceeds \$10.00) \$1.00
SATISFACTION GUARANTEED TOTAL AMOUNT

B363

FREE CORDOVAN CLUTCH If you check this box, add \$1.50 for shipping and mail your order by April 30, 1986, we'll include your Cordovan Leather Clutch FREE!

PRINT NAME _____
ADDRESS _____ APT. _____
CITY _____ STATE _____ ZIP _____