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Elks
magazine
April 1986



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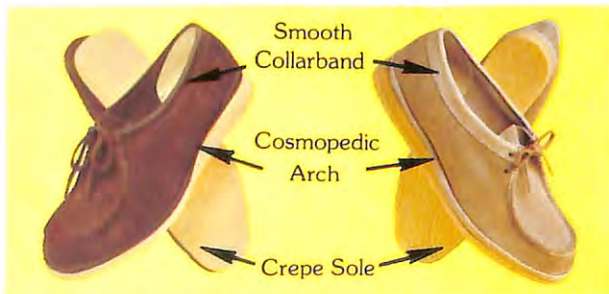
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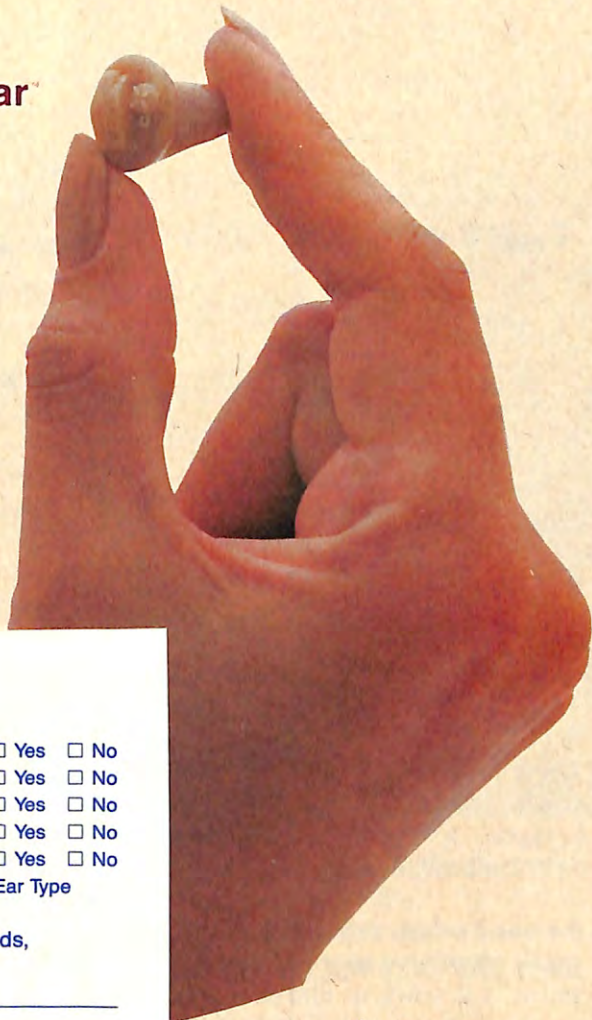
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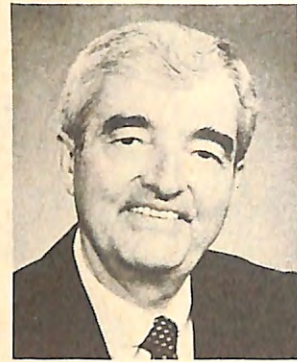


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A MESSAGE FROM
THE GRAND EXALTED RULER



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.

A handwritten signature in cursive script, written in dark ink. The signature reads "John T. Traynor".
John T. Traynor



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Willard K. Baker

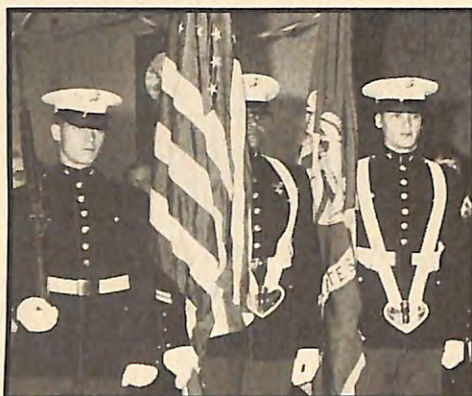
48 3rd Annual Elks- Basketball Hall of Fame Classic and "Hoop Shoot" Finals

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Henry Fields

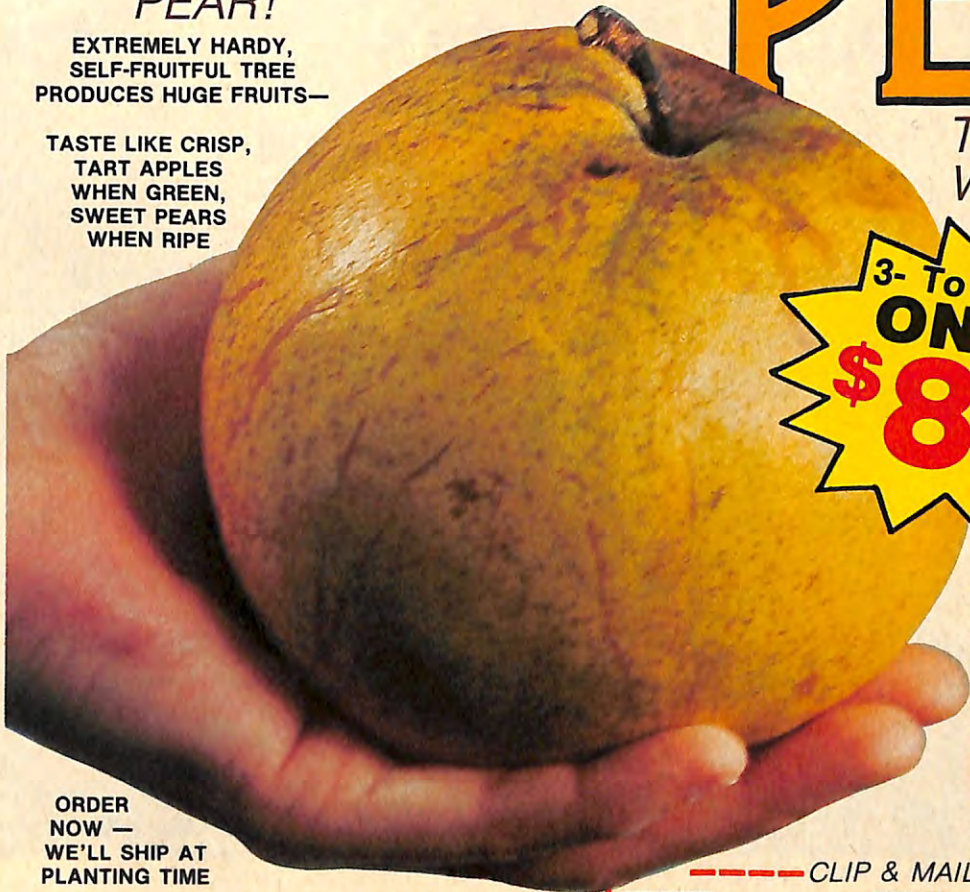
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Weymouth, Massachusetts

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

"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

winner, 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.

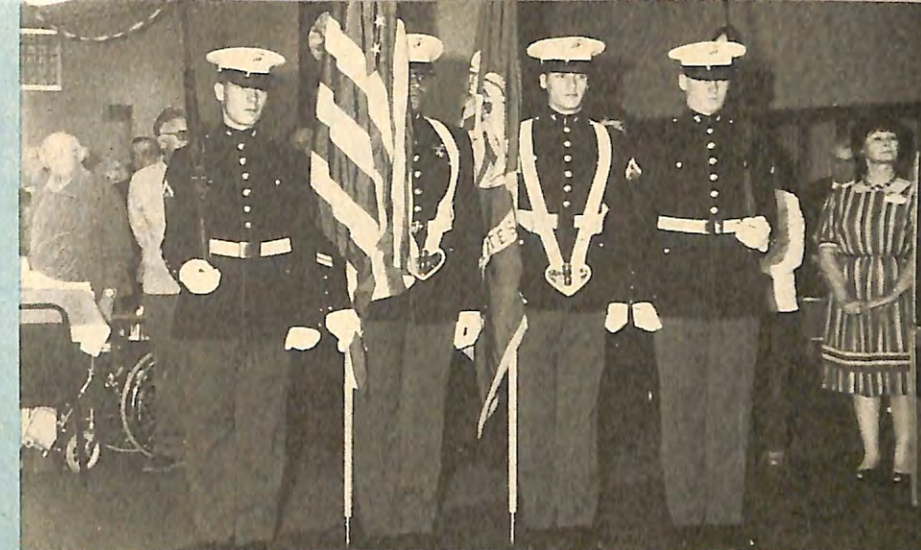
For instance, when hurricane "Gloria" hit, all the eating establishments in Weymouth were ordered closed. The Weymouth Elks, how-



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.

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.

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provided to this column.

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-

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

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

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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.

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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.

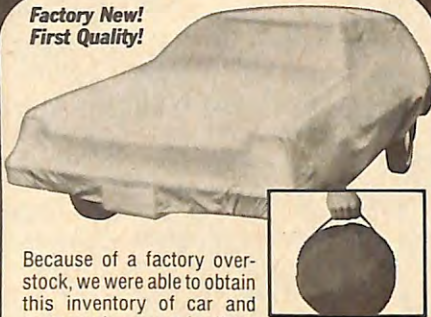
Congratulations on a beautiful job.

Lee Delforge
Green Bay, WI

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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)



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Drug Awareness Education Program

PART III

Lodge Programs That Work

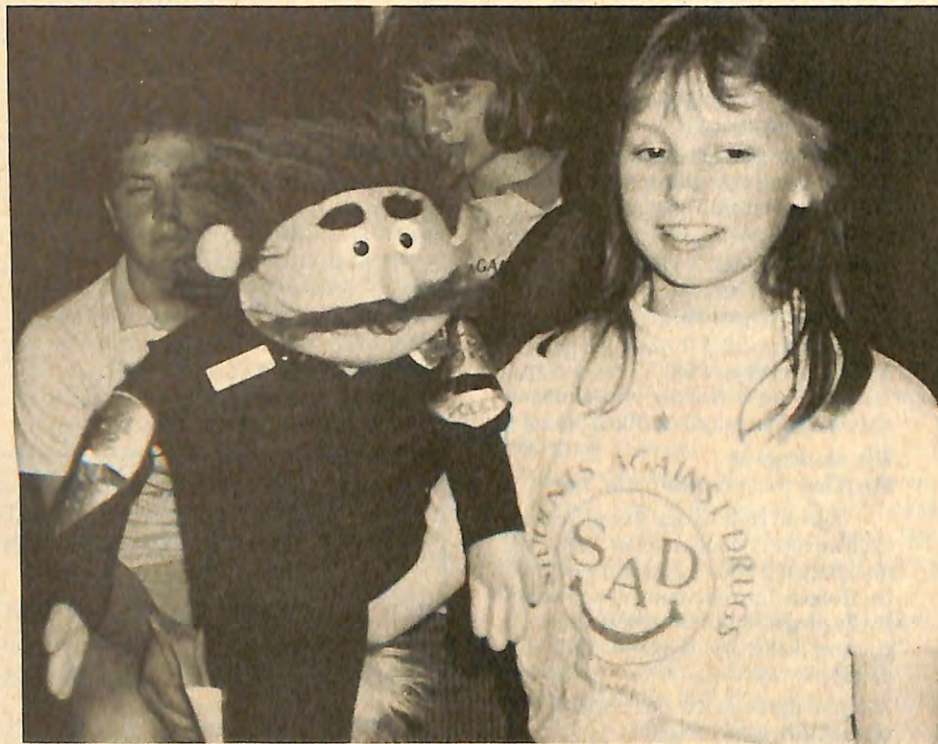
Staff Report

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.

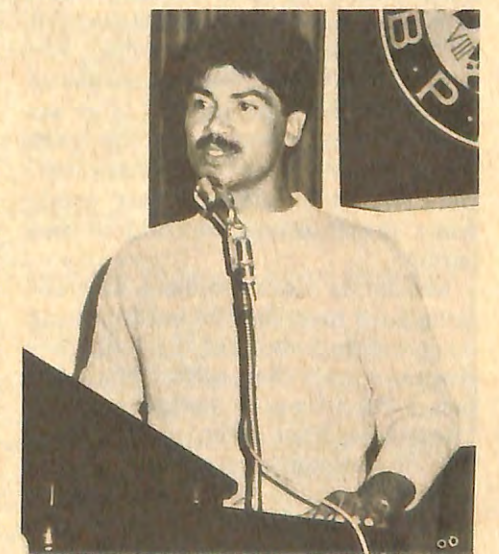
The Forest Grove Elks' puppet

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)

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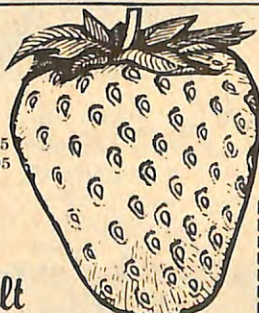
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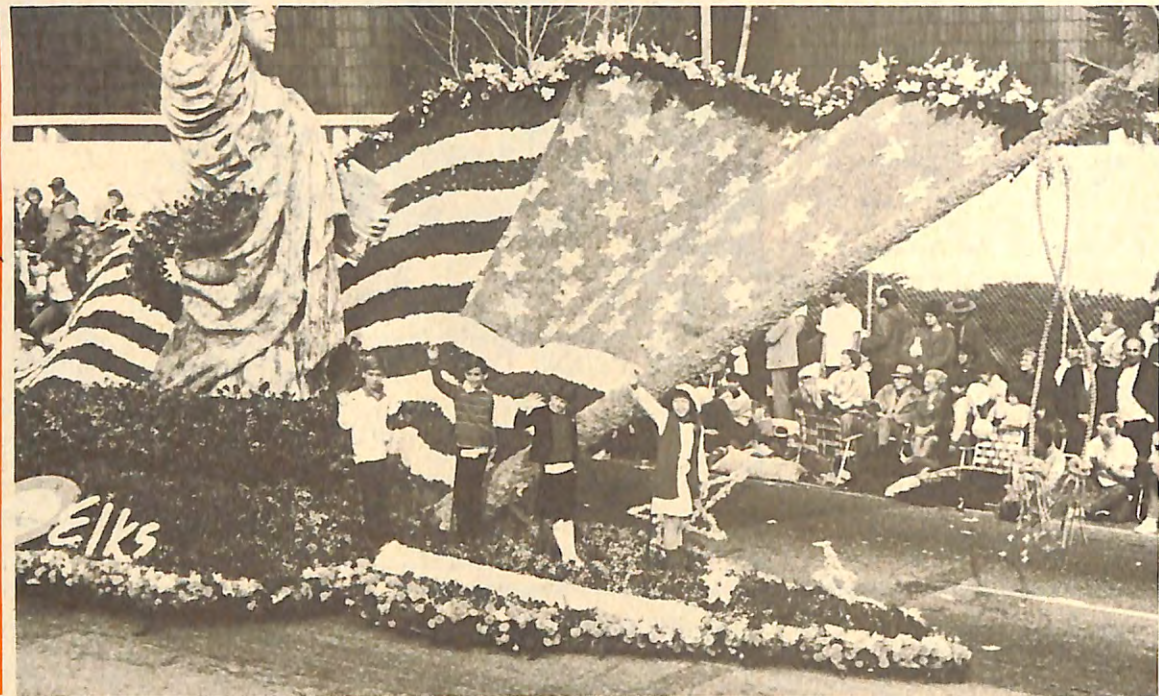
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NEWS OF THE LODGES



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. "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.



Syracuse, NY.

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.



Melbourne, FL.

MELBOURNE, FL. As part of its Youth Activities Program, Melbourne Lodge sponsors a twelve-team youth bowling league. Each youth wears a Melbourne Elks T-shirt like the one being held by Patrick Dwyer (right), the first recipient of the Lodge's "Bowler of the Month" award. Patrick is being presented with his plaque by ER William Fricke.

GUILDERLAND, NY, Lodge has on many occasions donated money, materials and services to the Early Childhood Education Center for Handicapped Children. At the time of the most recent donation, Nancy LaRocca, director of the center, presented a plaque of appreciation to lodge Community Relations Chm. Richard Byron, Sr. and ER Howard Parsons (not pictured).

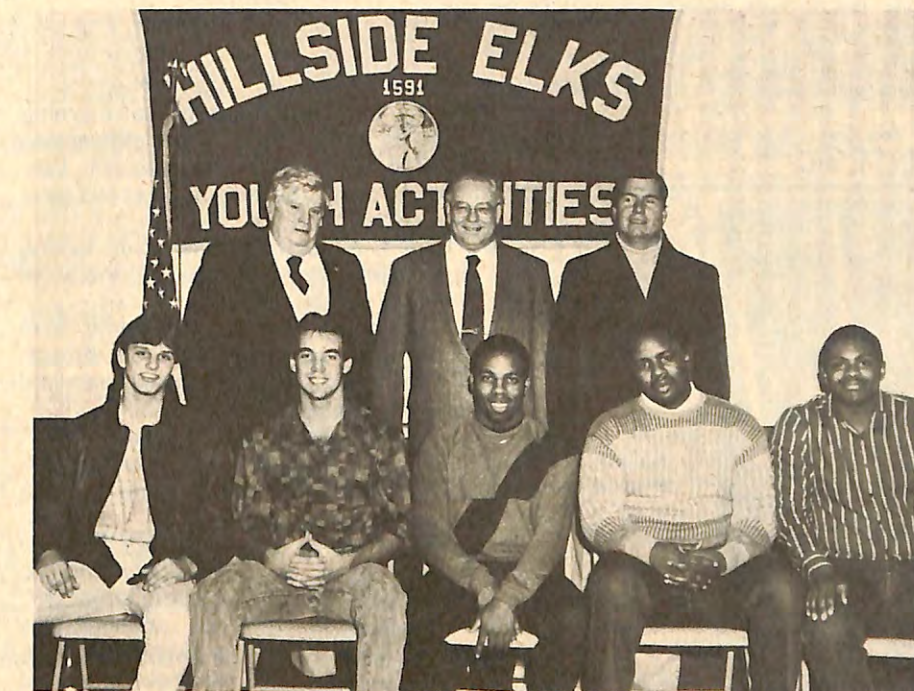
HILLSIDE, NJ, Lodge sponsored its 50th Annual Dinner for the Hillside High School Comets, who last year were state sectional champions. Standing behind some of the players are (from left) George MacDonald, Youth Activities Committee chm.; ER David Pearce, Sr.; and committee member Boyd Beattie.

LAKE CITY, FL. Nationally known sportscaster Pat Summerall was recently initiated into Lake City Lodge. Brother Summerall's father was one of the lodge's first trustees.

WEST MILFORD, NJ. The Abused Children's Committee of West Milford Lodge



Guilderland, NY.



Hillside, NJ.

has made the Mount Saint Joseph's Children's Center for emotionally disturbed boys in Totowa its major project.

The committee has presented \$4,000 in new clothing, donated by the Lord and Taylor department stores, to the boys at the center. The Elks also took 20 of the boys to a Christmas dinner, which was donated by a Warwick, NY, restaurant.

KITTANNING, PA, Lodge sponsored its annual basketball tournament, which involved several high schools from the Allegheny Valley region of the state.

The highlight of the event was the presentation of a plaque to Zigmund "Red" Mihalik of Ford City. Mihalik, a retired basketball official, is world renowned for his abilities, having officiated at the high school, college and Olympic levels.

HARRISON-EAST NEWARK, NJ. For the second year, the Crippled Children's

Committee of Harrison-East Newark Lodge held a successful Super Bowl Sunday Party. The party raised \$3,500 for the lodge's Crippled Children's Fund.

ALLEGHENY, PA. Twice a year for the past eight years, Allegheny Lodge has invited 100 trainable mentally retarded students from the Conroy Education Center to a bowling party at the lodge.

At the most recent party, eight classrooms were represented, and the high bowler from each classroom received a trophy. The students also enjoyed a meal at the lodge, door prizes were given out, and each student received a grab bag.

HAGERSTOWN, MD, Lodge donated \$1,500, and the Ladies of the Elks, \$500, to the San Mar Children's Home. The money is to be used to purchase furniture for the lounge at the home.

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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 it's 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)

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MARTY ROBBINS

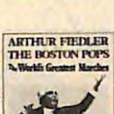
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Here is the one and only Nat "King" Cole singing all his greatest hits in one magnificent 2-record collection.
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SETTING THE BODY'S INTERNAL CLOCK

"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 Stroebel, 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 disrupters 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)

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Candidates For Grand Lodge Office

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



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

Whereas: he has served East Chicago, Indiana, Lodge unstintingly in many capacities, especially in every office in the Lodge, and as their Exalted Ruler 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

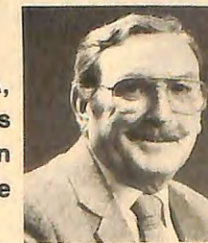
Deputy Grand Exalted Ruler in 1972-73 and 1973-74, served from 1974-80 on the Grand Lodge Auditing and Accounting Committee, the last two years as Chairman, began serving on the Lodge Development Committee in 1980 and is currently Chairman, and since 1981 has been designated Liaison Officer between Lodge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

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ELKS BASEBALL GREATS

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



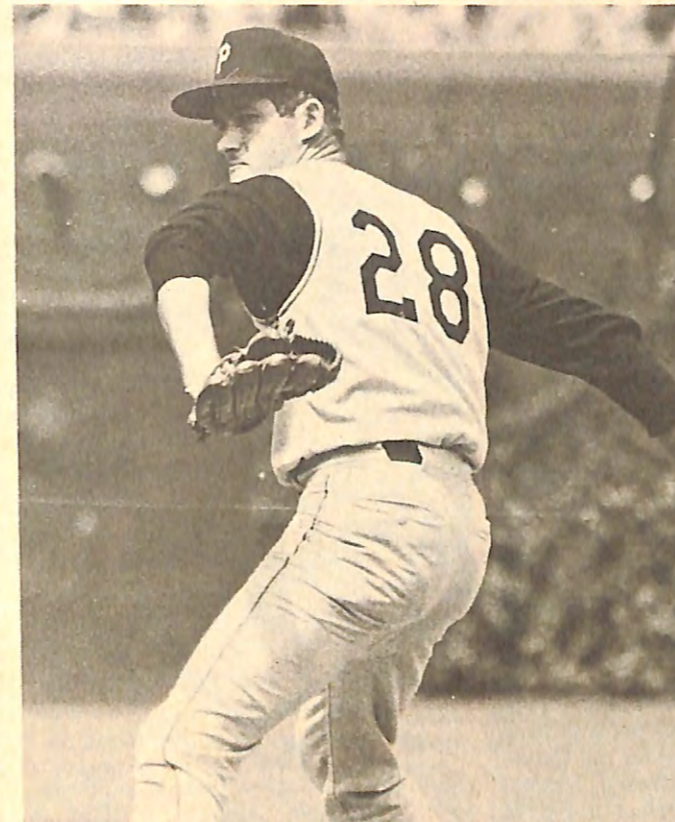
Throughout the history of our national pastime, some of major-league baseball's best-known players have been Elks. Shown in the next few pages are pictures of some of the Elks who once wore major-league uniforms. The photographs were supplied by *The Sporting News*, which is celebrating its centennial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



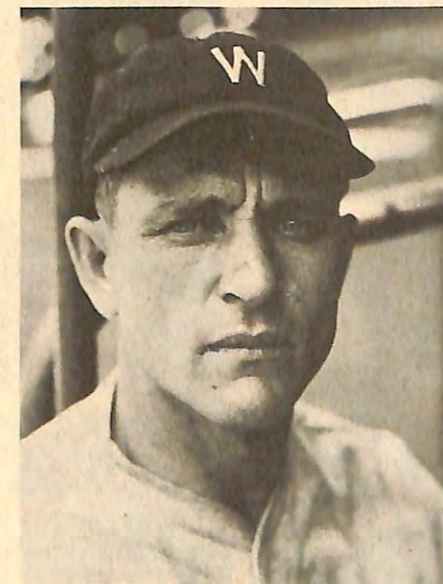
Ontario, Oregon, Lodge member Harmon Killebrew, who is fifth on the all-time home-run list with 573, won six home-run championships during his major league career. The former Minnesota Twins slugger played in 11 All-Star games, was the American League's Most Valuable Player in 1969, and *The Sporting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

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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!

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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.

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

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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.



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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.

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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.

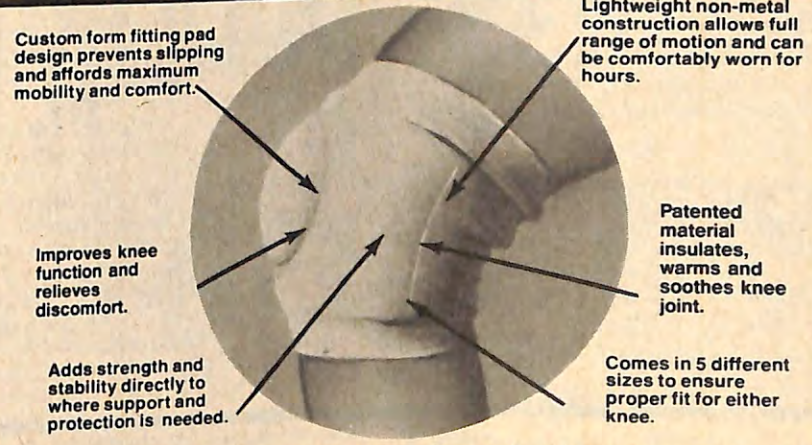
On the other end of the spectrum, Kansas City, MO, Lodge No. 26 has a new member. He is Jay Olney, who is only 91.

...

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.

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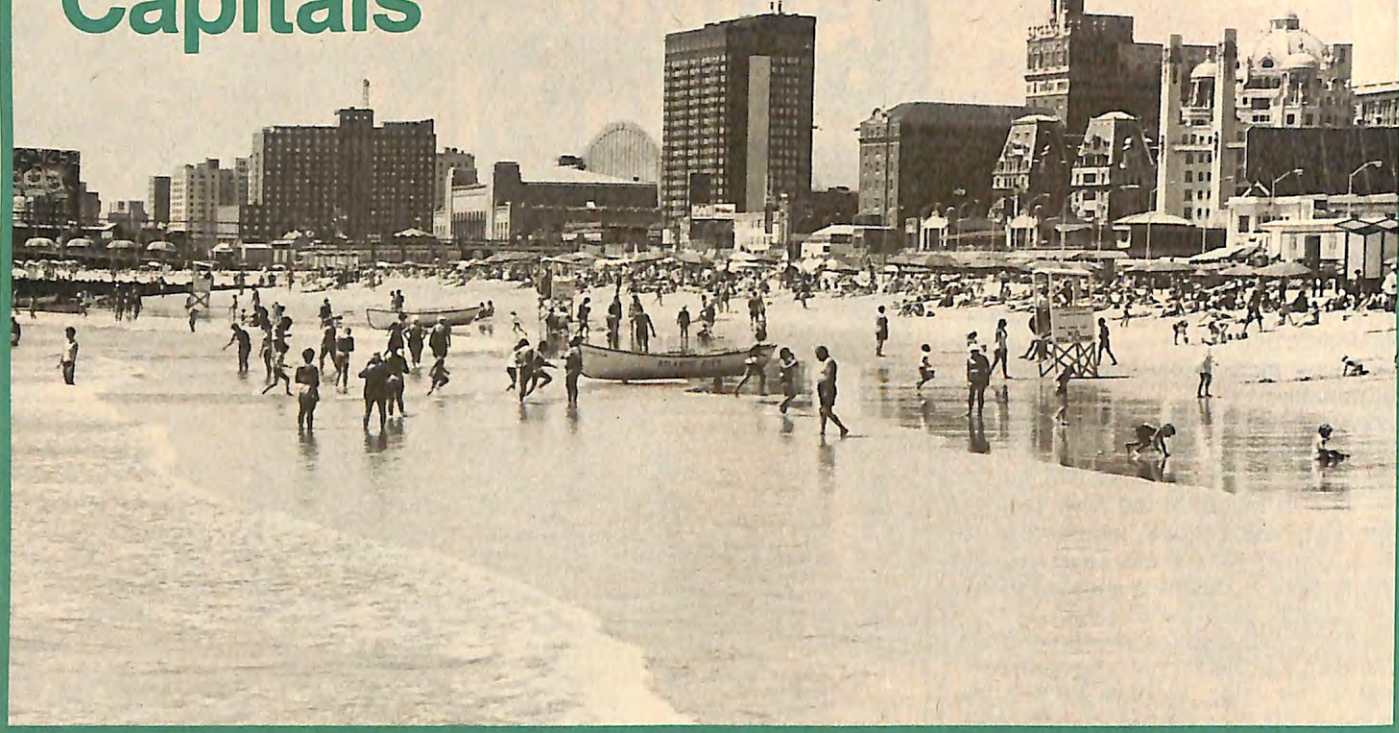
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Vacationers enjoy the seashore at Atlantic City.

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).

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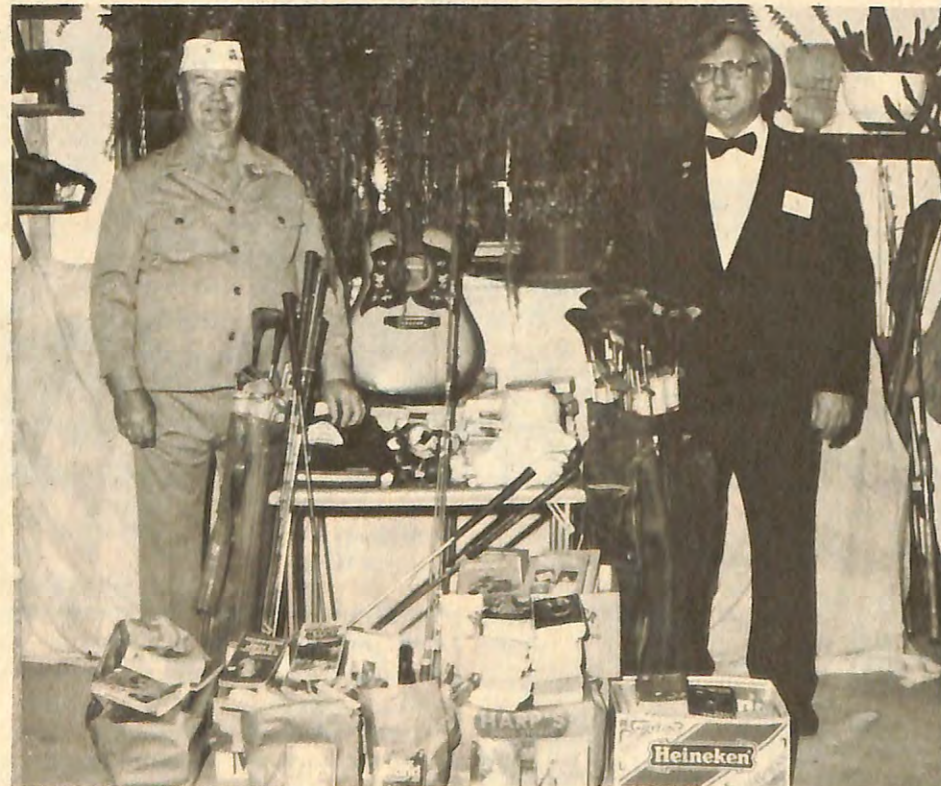
"So long as there are veterans in our hospitals, the Benevolent and Protective Order of Elks will never forget them."



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

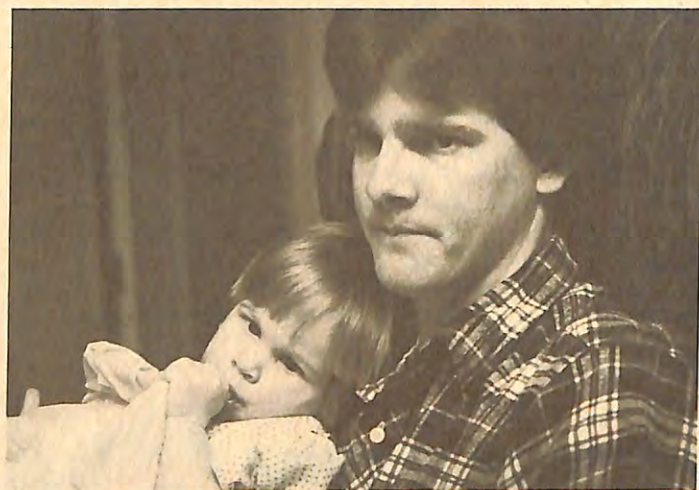
Elks National Foundation

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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.)

For more than 30 years, treatment of Cerebral Palsy has been the Major Project of the Ohio Elks Association. In addition to the lodge per capita contributions, this project is funded in part by the Elks National Foundation, and contributions have been received from Lady Elks organizations, district activities committees, golf and bowling leagues, memorials and other special sources.

Since the program's inception, \$1,321,796 has been contributed. During the same period, more than \$1,248,250 was dispersed to 14 different Cerebral Palsy organizations in grants to aid the cerebral palsied of Ohio.

The accompanying photo shows a child and therapist at the Betty Jane Memorial Rehabilitation Center in Tiffin, OH.

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 statewide 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)

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Robert A. Yothers, Chairman
Elks National Convention Commission

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Retirement . . .
(Continued from page 10)

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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)

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

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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. ■

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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. ■

Deported 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.

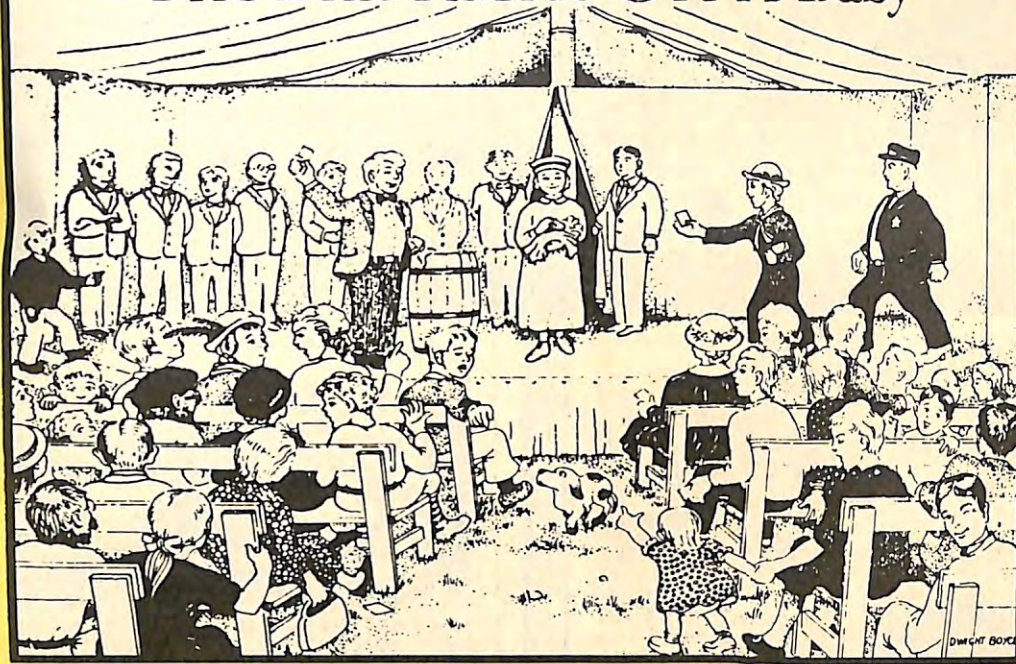
PAST DISTRICT DEPUTY Harold A. Varner of Waynesburg, PA, Lodge died January 5, 1986. Brother Varner served as District Deputy Grand Exalted Ruler for the Southwest District of Pennsylvania in 1964-65.

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, Poynette 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! ■

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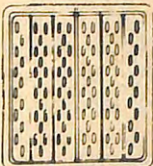
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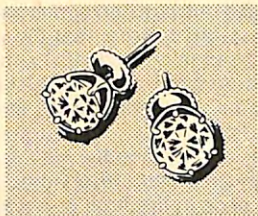


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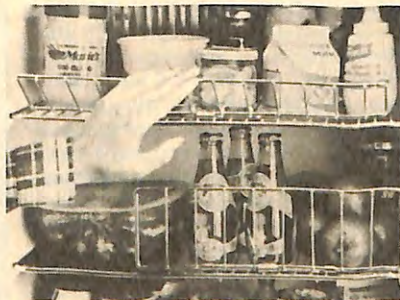
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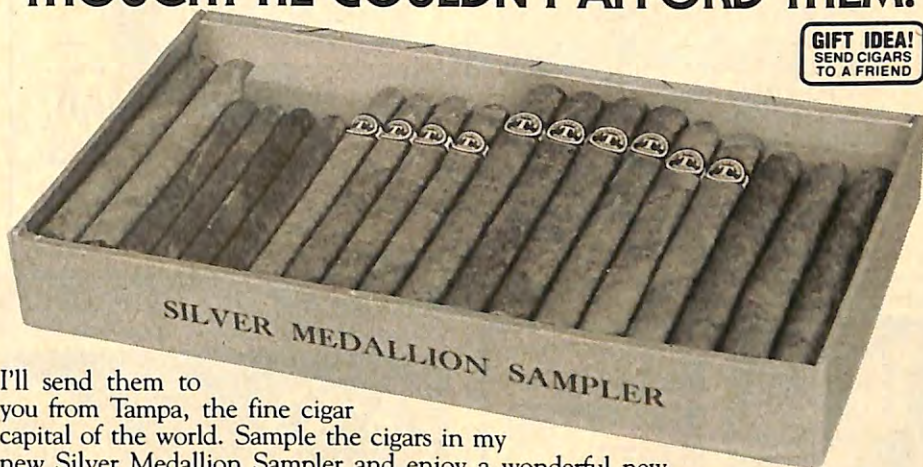


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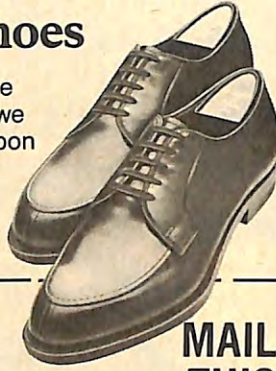
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Elks Family Shopper consumer/news

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



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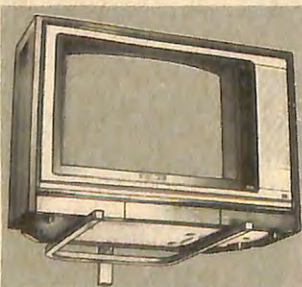
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7DK-11A

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.

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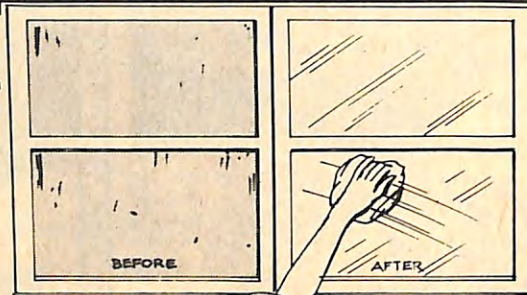
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Learn about peer pressure on a twelve-year-old. Then show them you understand how important their friends are to them. But also tell them that real friends won't insist they do drugs.

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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.

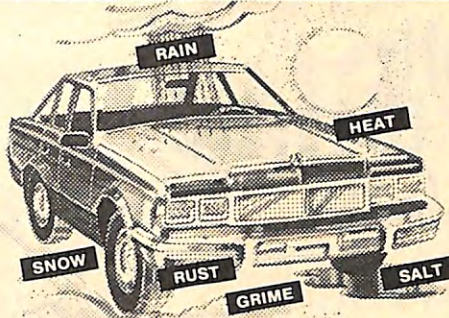
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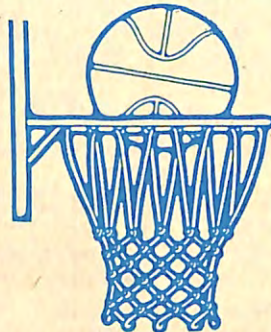
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3rd Annual Elks/Basketball Hall of Fame Classic And "Hoop Shoot"® Finals

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!

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