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**Elks**  
magazine

July/August 1986

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**FOREST  
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## 6 The Saga of the Forest Rangers

The story of the pioneering guardians of America's priceless resource.

**Robert J. Duhse**

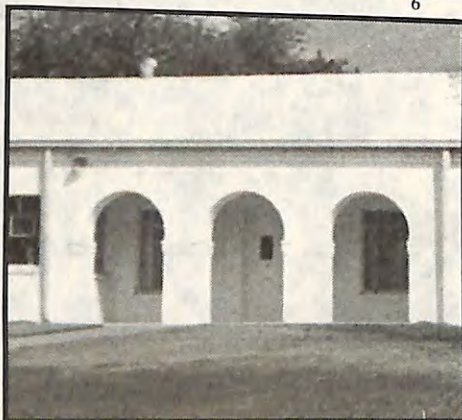


6

## 16 Texas Elks Children's Diagnostic Center

This state major project is a unique program for children who need special help.

**Billie Norman**



16

## 20 If You Rest, You Rot

You can develop a personal exercise program that is enjoyable as well as healthful.

**Edwin A. Peebles**

## 28 Awareness: The Key To Drug Free Children

An update on the efforts of Elks across the nation to prevent drug use.

**Staff Report**

## 34 Surrender in Skeleton Canyon

The final surrender of Geronimo and his renegade Apaches.

**Fay Doyen Ellis**



20

## 38 1986 "Hoop Shoot" / Hall of Fame Classic Recap

Highlights of exciting basketball competition in Indianapolis.

## Departments

- 4 Letters
- 8 It's Your Business: Service Should Be Fun
- 10 News of the Lodges
- 14 For Elks Who Travel: Summer Destinations
- 22 Elks National Service Commission
- 24 You and Retirement: Learning While Working
- 26 On Tour With John T. Traynor

**Cover:** Yosemite National Park, California



38

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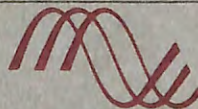
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# LETTERS

• Having had significant exposure to your magazine during the last several years, I have more often than not enjoyed, as well as agreed with John Behrens' opinions.

Mr. Behrens' February column was particularly interesting. While he talked of new cars and stoves, his perceptions and insights into the word "quality" can and should be taken to heart by all of us engaged in American business, be it the production of children's toys or the sale of high-performance fighter aircraft.

Mr. Behrens' column reminded me to look beyond the word "quality" and to focus my attention on the true meaning behind that abused and over-used word.

Gene Kraay  
St. Louis, MO

• I thoroughly enjoyed the March '86, "Farewell to the Faithful Caboose," cover and article. I am a railroad enthusiast, and have been trying to obtain a caboose in which to establish a small museum of railroad artifacts. Our farm is regularly visited by groups of children. Many thanks for a fine story.

Barbara Roland  
Grovetown, GA

• After reading John Behrens' March '86 column, "Small Business Demands More Than Financing," I started thinking about the requirements for success he delineates: competitiveness, leadership and commitment, and creative marketing.

Recently, I hired a carpet cleaning service because its owner impressed me. He was knowledgeable, self-assured, professional, competitive...and enthusiastic about his work. Another individual I didn't hire arrived to give an estimate in jeans, without paper and pen, asking questions about family photographs.

Of course businesses need sound financing. But as John Behrens effectively explains, business owners today need flexibility, creativity and commitment to survive. Proprietors should heed Behrens' perceptive analysis.

Ellen Portnoy Abelow  
Utica, NY

• I read with interest the "It's Your Business" column in the May issue, which addresses employee time wasters. Until now I hadn't heard of the Robert Half study, but I am happy to have been better informed.

Thanks for such enjoyable reading. Please keep up the good work.

Joseph Zlomek, Publisher  
Tribune Star Publishing Co.  
Terre Haute, IN

• I just received the May issue of the magazine and I was overwhelmed when I saw the front cover about volunteer firemen. This subject is very close to my heart.

I have been an active volunteer fireman for the past 48 years. When I started, our equipment consisted of a large cart with a fire hose, all of which we pulled to the scene of a fire.

I was recently selected as the nation's Volunteer Fireman of the Year, and at 70 years of age, I am still responding to fire calls.

Louis DeFillipo, PER  
South Plainfield, NJ

• I just finished reading the article on volunteer firemen. I have been a volunteer fireman for the past 54 years.

This article is the best I have ever seen in any paper, book or magazine about the true life of a volunteer fireman. Their lives are dedicated to saving life first and property next, regardless of the danger to themselves.

John McCormick  
Rehobath Beach, DE

• I recently read your May issue, and admired James Lavengood's cover illustration on "Home-front Heroes: Volunteer Firemen." I am a volunteer fireman and vice-president of New Hamburg Fire Company No. 2.

This is a classy piece of work, both the cover and inside story.

Sal Cocolicchio  
Wappinger Falls, NY

• I wish to congratulate Robert Duhse for his interesting article on volunteer firemen in the May issue of the magazine. The article was well documented and presented a look at the public relations process.

I was a fireman in Chicago for 30 years and am now lodge chairman of the Fireman of the Year committee.

I commend the Elks for addressing the issue of volunteer firemen.

Lloyd Polan  
Tucson, AZ

• The Elks continue their lead by printing a salute to volunteer fire-fighters throughout America. The spirit of volunteerism is alive and well. I have had the pleasure to serve with such unselfish people, the neighbors of us all.

S. L. Bigelow  
Fire Chief  
Kitsap County, WA

• "Home-front Heroes: Volunteer Firemen" was a most interesting article. Although I had to stop fighting fires when I reached retirement age, I still am interested in our department activities. I am proud this fine article was printed in the magazine.

George Pappas  
Hagerstown, MD

• I have just finished reading "Valiantly She Sailed" by Robert Bearce. May I offer a bit of Old Ironsides history not included in the June issue?

In 1916, when *USS Constitution* was ready for the scrap heap, school children were asked to collect pennies for her restoration. The Franklin School in Santa Barbara, CA, which I attended, was awarded a picture of the ship and wood from the hull for their effort.

In 1936, as a new teacher in Placencia, CA, I found a similar picture framed in wood from the hull. This prized possession hung in my office for forty years. I have often wondered how many of these pictures still hang in schools throughout the United States.

Thanks for the enjoyable article.

Harold Polley  
Newport Harbor, CA

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



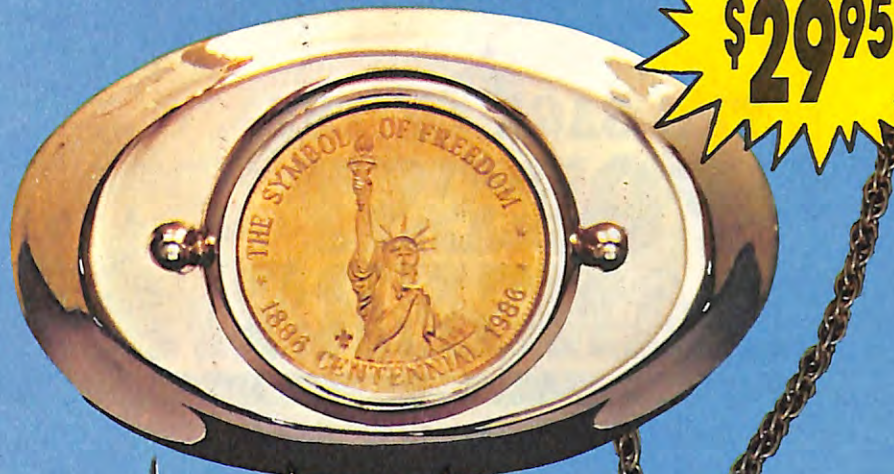
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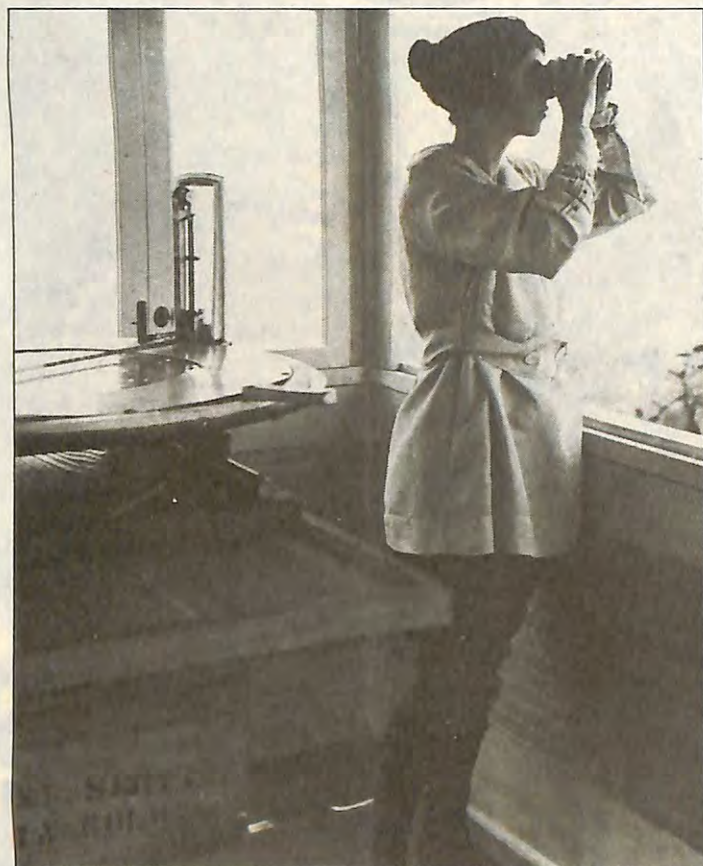
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# THE SAGA OF THE FOREST RANGERS



Left: Helen Dowe, a fire-spotter at Devil's Head Fire Lookout in Pike National Forest, Colorado, carefully surveys her district in this 1919 photograph. Right: In 1910, just as today, the telephone was a vital means of communication for the forest rangers. (Photos courtesy of National Archives.)

by Robert J. Duhse

When the first European immigrants landed on the North American continent, they found a land covered with vast forests. To the new settlers, whose own native forests had long ago been depleted, the huge stands of timber seemed an inexhaustible source, free for the taking. So they slashed and burned their way across the continent, recklessly destroying these priceless resources to make room for roads, farms, and settlements.

By the mid-1800s, nearly all of the virgin stands that had covered America from the Atlantic Ocean to the Midwest had been cut down or delib-

erately burned. Of the estimated 1 billion acres of original forest, less than two-thirds remained. Then, as the nation moved ever westwards, the great trees of the western mountains became threatened with similar destruction.

But by the late 1870s a few strong voices of conservation raised an alarm. Despite bitter opposition from private interests, Congress in 1891 authorized the National Forest System. In that same year President Benjamin Harrison approved the purchase of 1.2 million acres of forest preserves in Wyoming.

More purchases quickly followed

and the National Forest Service was firmly established. These tracts were placed under the protection of a select group of rugged and dedicated men—the Forest Rangers. This is the story of the difficult early years of those pioneering guardians of America's priceless resource.

In addition to western forest lands, subsequent legislation provided for the purchase of private lands east of the Mississippi. Those lands had been largely burned, cut-over or farmed out. As the years passed, they too would be reforested and reseeded. Also, in the southern and northern states many private and public do-

main lands were converted into forest preserves and placed under the care of Forest Service Rangers.

By the early 1900s an effective administrative system had been established. Large areas that included several forest preserves were subdivided into smaller districts, each the responsibility of a forest ranger. Such districts often contained 100,000 acres or more, and could include mining, timbering and grazing operations that must be subject to the ranger's authority.

The men selected for these positions were mostly hardy pioneer stock—cowmen, miners, timbermen. Few applicants could meet all the demands of the job. Great physical stamina was required, along with qualities of leadership, organization and an ability to get along with all types of people. This last trait, together with personal courage, was especially necessary during those formative years.

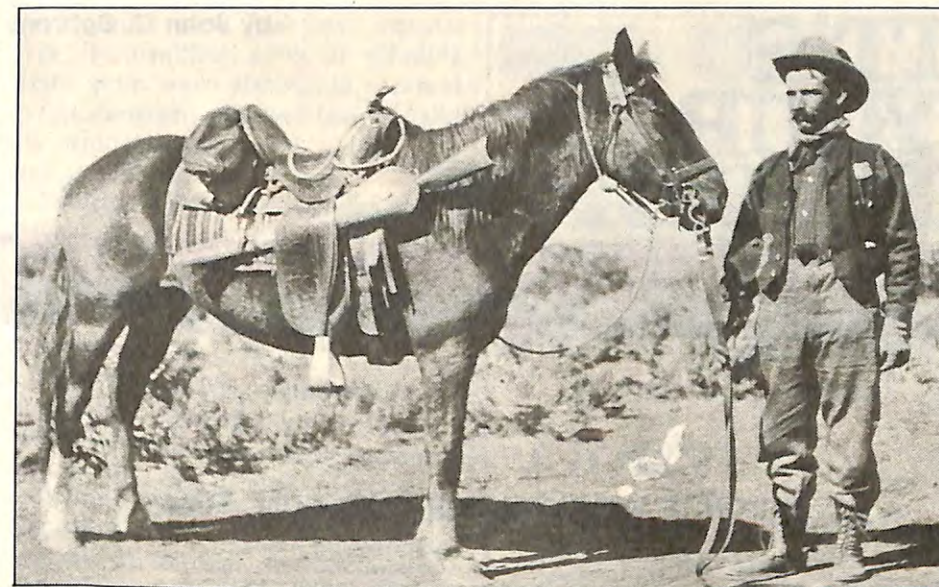
The threat of physical violence was constant from some of the sheep men and cattle ranchers and also from the greedy and lawless miners and squatters who claimed the lands as their personal property. Rangers were beaten, shot, and a few murdered when they attempted to enforce the new boundaries.

In his district the ranger was often the only policeman, fish and game warden, coroner, disaster rescuer, and doctor. He settled disputes between cattle and sheep men, organized and led fire-fighting crews, built roads and trails, negotiated grazing and timber sales contracts, carried out reforestation and disease control projects, and ran surveys.

Somehow he also managed to keep up with the required paperwork and records. For these duties the first rangers were paid \$100 per month, from which housing was often deducted, and they had to furnish their own horses and tack.

To become familiar with their territory, the rangers rode over every square mile of their districts. They had to become familiar with each variety of tree, recognize damage to those trees from insects or diseases, and apply corrective measures. They constantly monitored the condition of rangelands and water supplies, and guarded against trespass from illegal timbering and grazing. And always they were on the lookout for fire.

These duties were carried out at great personal risk. Trails, if existent, were crude and dangerous—roads



Top: Like all of the other early forest rangers, Jim Sizer, shown in this 1910 photograph, had to furnish his own horse and saddle. Sizer's district was in Apache National Forest, Arizona. (Photo courtesy of National Forest Service.) Lower photograph, taken in 1908, shows a ranger station in Lincoln National Forest, New Mexico. (National Archives photo.)

almost non-existent. Travel was hazardous in summer from sudden flash floods; in winter, from blizzards that might trap the ranger in the forest. A horse could fall into a canyon. The ranger could break an arm or leg miles from the nearest assistance, or become trapped in a forest fire. There was danger in some areas from wild animals and hordes of stinging insects.

But the primary fear of every ranger was the continuing threat of fire in the valuable stands of timber. In the western mountains the forests often covered endless mountain ranges and valleys, accessible only on foot or rough trails. It could require many hours just to reach a fire.

During the hot summer months the

trees and underbrush lost their moisture and became bone-dry tinder. A match dropped by a careless smoker, a stroke of lightning, a fire deliberately set by a squatter to clear brush, could start a massive fire storm that would destroy thousands of acres of virgin trees.

To assist the rangers in keeping watch, a network of fire-spotters or fire-guards was employed. Tall, crude wooden towers with small log cabins at their base for living quarters were erected on the tips of the tallest peaks, usually within distant sight of each other to relay warnings by heliograph. Here a solitary man—and an occasional woman—would spend an

(Continued on page 9)



# NEWS OF THE LODGES



Santa Cruz, CA.

**SANTA CRUZ, CA.** Lodge recently completed a project that served as both a civic need and a patriotic deed.

In an effort to help the community's program to clean up the environment, ER Les Yeffa appointed a "Project Drain Oil" Committee, which collected automobile drain oil from the area. Five lodge members who operated service stations offered to collect oil from motorists who changed their own oil.

Within five weeks the goal of 2,000 gallons was reached. The community is much cleaner now, since much of the oil came from the backyards of citizens who didn't know what to do with it.

The oil was trucked to Fort Mason Center, San Francisco, where it was taken to the volunteer crew of the S.S. *Jeremiah O'Brien* (National Liberty Ship Memorial). The oil was used as fuel on the ship's Seventh Annual Seamen's Memorial Cruise of San Francisco Bay on Armed Forces Day.

In photo, truck driver Rocky Glenn pours one of the last gallons of oil into the 2,000-gallon tank. Joe Guzman, on the ground, gets ready to pick up another container for Eric Sorenson.

**GARDEN GROVE, CA.** Lodge received a certificate of recognition from the local school district. The district praised the lodge for the \$20,797 it contributed during the past year to students and to school programs and activities.

**PALO ALTO, CA.** Lodge presented its Athlete of the Year Award to Ramiro Martinez of the Juana Birones Orthopedic School. Martinez received the award for his attitude, helpfulness to others, swimming and bowling achievements and coaching of a Little League team.

**PASO ROBLES, CA.** For more than two years, Paso Robles Lodge, and more recently San Luis Obispo Lodge, have

sponsored an almost countywide distribution of books and magazines to hospitals and penal institutions.

The project is headed by Russell Smith, a member of Paso Robles Lodge. Over 3,000 books and magazines are collected monthly from the offices of professional people in the area, as well as from collection points at senior centers and churches. The material is then sorted to fit the needs of the particular locations and age groups and delivered to 20 dropoff points.

**WHITTIER, CA.** During a long weekend promotion with Shell Oil, members of Whittier Lodge helped the Emblem Club wrap and sell more than 20,000 hot dogs. Over \$4,000 was raised for the benefit of local charities.

**LONG BEACH, CA.** Lodge made a donation of \$6,500 to the Association for Retarded Citizens - Long Beach.



San Jose, CA.



Hawthorne, CA.

**SAN JOSE, CA.** John Ford (second from right), Americanism chm. of San Jose Lodge, is pictured with the winners of the lodge's essay contest on "Why We Should Honor Our Flag."

Milisa Petersen, Chris Chang and Natalie Dean, all sixth-grade students at Bret Harte Middle School, each received \$50 Savings Bonds. Est. Loyal Kt. Eugene Scarborough (right) announced the names of the winners.

**HAWTHORNE, CA.** PDD James Mason (center) of Hawthorne Lodge received a plaque from Blood Bank Chm. Bill Creighton for donating a total of 10 gallons of blood. Looking on was then-ER James Wilson.

**BALLARD (SEATTLE), WA.** Seattle Mayor Charles Royer (center) signed a proclamation designating the week beginning May 1st at Youth Week. Looking on were ER George Boxrz (right) and lodge Youth Activities Chm. Duane Bartlett.

**WATSONVILLE, CA.** The installation of new officers at Watsonville Lodge was unique for two reasons. Mike Ruso (second from left), at age 28, was the youngest ER ever installed at the Lodge. Also, ER Ruso was installed by his grandfather, PER Gene Bartlett (second from right). Assisting in the installation were PSPs Jim Nielsen (left) and Sig Lien.

**ROSEBURG, OR.** Ninety-nine-year-old Doss Burgess received a set of flags mounted on a plaque which honored him on his 75th anniversary as member of Roseburg Lodge.

An avid billiard player in his younger days, Brother Burgess is a past champion of the National Senior Elks Billiard Championship Tournament. He served as the chairman of the lodge's billiard committee for 40 years.



Ballard (Seattle), WA.



Watsonville, CA.

**EL CAJON, CA.** The Elks Amateur Radio Club, which was started by Ralph Miller in April, 1985, now has 36 members from lodges in the South Coast District. Monthly meetings are held at El Cajon Lodge.

The club has provided communications for the Drug Awareness Program and the Ten Kilometer Run, and is looking into community emergency pro-

grams. The club conducts a net on 147.855 MHz Tuesday nights at 7:30.

**SAN FERNANDO, CA.** On behalf of San Fernando Lodge, then-ER Cal Reed presented a new set of jewels to the officers of Glendale, CA, Lodge. The new jewels replaced those which had melted when Glendale Lodge was destroyed by fire last January.



## News of the Lodges

(Continued)

**FEDERAL WAY, WA.** Lodge presented its Citizen of the Year Award to Mrs. Rosela Bodine (second from right). Mrs. Bodine was recognized for taking in 115 foster children, most of whom were handicapped and/or abused, during the past 20 years. She also received a "distinguished Citizen Award" from the State of Washington, signed by Lt. Gov. John Cherburg.

At right is Trina, one of Mrs. Bodine's foster children who chose to stay with "her mom." Also pictured are (from left) ER Larry Stewart; William Manion, Puget Sound District chm. for the BUCKS Program, reading a congratulatory letter to Mrs. Bodine from Lt. Gov. Cherburg; and PER Bob Nystrom.



Federal Way, WA.

**TUCUMCARI, NM.** For the last two lodge years, the exalted rulers of Tucumcari Lodge have been sons of past exalted rulers of the lodge. These are the first father/son ER teams in the history of the lodge.

Pictured from left are Harold Ferguson, ER 1972-73; Richard Ferguson, ER 1986-87; C.J. Wiegel, ER 1985-86; and Philip Wiegel, ER 1955-56.



Tucumcari, NM.

**AKRON, CO.** Eugene Thim, Jr. (left), ER of Akron Lodge, presented his father, Tiler Gene Thim, Sr., with a pin in recognition of his perfect attendance at 286 consecutive meetings since the fall of 1979.

Akron is a rural eastern Colorado town, and most of the lodge members live in the country. Gene Thim, Sr. lives 34 miles from Akron and has traveled 19,448 miles to keep his perfect attendance record.

Enochs (left) and PER Jack Rowe (right) (not pictured). The plaques were awarded to the two officials in recognition of their help with Elks projects during their terms of office.

**BELLFLOWER, CA.** Trustee Jim



Akron, CO.



Bellflower, CA.



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by Jerry Hulse

I hear the cry of gulls and the pounding of surf...the melody of mountain streams and the buzzing of a bee. Summer is here, with its long days and warm nights and destinations...close and faraway.

I have in mind someplace where the air is pure and the sky is filled with stars. Alaska, perhaps, and the old mining town of Skagway with its weathered storefronts and wooden sidewalks—poised at the end of Alaska's peaceful Inside Passage... the terminus for throngs of summertime visitors.



The historic main street of Skagway, Alaska.

## Summer Destinations

Eighty-two fierce winters have passed since George Carmack and two Indian companions, Dawson Charlie and Skookum Jim, ushered in the Klondike Gold Rush with their discovery of nuggets along Bonanza Creek. In this brief moment they touched off a stampede that reached a roar.

Skagway was born of gold fever, and last year more than 100,000 visitors hiked up the main drag, Broadway, checking out a string of souvenir shops, a general store with a potbellied stove (just down the street from one of Alaska's oldest hotels) and a restaurant that turns out waffles topped with hot blueberries and sourdough pancakes swimming in homemade wild Alaskan berry syrup.

Summertime also brings to mind Charleston, South Carolina, with its magnificent homes lining cobbled streets and narrow, tree-shaded alleys. Gas lamps flicker and there is the echo of horses' hoofs as carriages pass gardens dripping with Spanish moss, jasmine, honeysuckle, magnolia and crepe myrtle.

The city holds tenaciously to its old homes, churches, forts and plantations. Concerts and chamber music are heard in historical Dock Street Theater and Charleston's magnificent old mansions, and during candlelight concerts shadows play on 14-foot ceilings.



A hiker in Montana enjoys the serenity of the mountains.

And there is Oregon's Rogue River with Morrison's Lodge, where summer breezes blow through moss-covered forests. At Morrison's, vacationers hike through grass that's knee-deep and laze on the banks of the Rogue, or raft downriver to a spot where Zane Grey holed up at China Gulch. Located 16 miles outside Grants Pass, Morrison's is a turn-of-the-century hideaway with country suppers and pies dripping with blueberries that grow wild beside the Rogue.

Morrison's turns out homemade jams and jellies, pickles and spiced figs, sourdough pancakes, baking powder biscuits, stews and chili. Meals are served family-style in the lodge's old-fashioned kitchen, and there's a piano in a parlor with picture windows that frame the river. A silent, haunting slice in southern Oregon, the land surrounding the lodge represents one of the few remaining expenses of unspoiled wilderness in the United States. Bald eagles soar, black bears fish the river,

and both deer and elk roam the forest.

More and more, vacationers are withdrawing to America's wilderness regions. In Yellowstone they join Ralph Miller who leads backpacking trips into the wilds of this Wyoming park. Only instead of hikers toting heavy gear, Miller carries it in by horseback—the drop packs, sleeping bags, cooking gear, food and tents.

If camping isn't your thing, a group in Washington State suggests vacationing in a country inn. Kala-loch Lodge rises on a bluff overlooking a beach strewn with driftwood. Inland from the ocean, other vacationers cozy up at Lake Quinault Lodge in Olympic National Forest with a dining room that overlooks the lake.

For other seclusion, there is the Capt. Whidbey Inn on Whidbey Island, and Hotel de Haro, where Teddy Roosevelt once vacationed on San Juan Island. In Port Townsend a collection of gingerbread mansions provides other shelter for visitors. And in Mt. Rainier National Park it's Paradise Inn with its beamed ceiling and stone fireplaces.

Summer is the season for Colorado as well and a ranch with the melodic name of Drowsy Water, a gentle hideaway with a stream that flows beside rustic cabins; all this in a narrow valley near Granby. On hot afternoons, guests at Drowsy Water dip into a swimming pool or wade into icy waters that rush from mountains still brushed with snow. Cattle graze and vultures wheel overhead, riding thermals in a sky so blue that one blinks.

I have in mind another Colorado guest ranch I visited only last summer, Tall Timber, where the meadows are carpeted with wildflowers and a river flows through a canyon as peaceful as the clouds that scud through the Colorado sky. Guests reach the ranch by riding a narrow-gauge train from Durango along precipitous cliffs, while deer peer from the forest and mists drift from waterfalls.

The ranch with its scattering of cottages is framed by ponderosa pine alongside the Animas River, with its deep gorges and raging white water. Because the ranch is remote, guests do without telephones and TV. Instead, they learn the pleasure of reading again and hiking in the woods, breathing in the unsullied freedom of this Colorado wilderness

(Continued from page 19)

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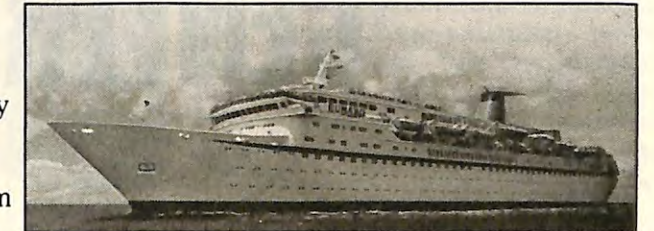
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## News of the Major Projects

# TEXAS ELKS CHILDREN'S DIAGNOSTIC CENTER

by Billie Norman

The large multi-winged white stucco building stands on a small hill overlooking the surrounding countryside—a peaceful location at the edge of the wooded Texas Hill Country. Here the Texas Elks State Association's Major Project quietly offers a remarkable program of developmental and educational evaluation for children who need special help.

The facility is located in the small rural community of Ottine, about halfway between Luling and Gonzales. It is just off U.S. 183, down a serene winding road, near the entrance of Palmetto State Park on the San Marcos River. The air is soft, the sun is warm, and the birds serenade the residents with never-ending songs.

Outside the building, a sense of tranquility prevails. It is hard to comprehend what goes on behind the sign standing at the front gate—"TEXAS ELKS Children's Diagnostic Center"—for inside there are up to 12 children in residence who are being evaluated for such problems as autism, mental retardation, cerebral palsy, behavior problems, learning problems, muscular dystrophy, speech disorders and even personality disorders.

Peace is often an emotion hard fought for inside this sturdy, compact structure. The building itself looks as if it has dug its heels into the hillside in order to brace itself for the emotion being turned loose inside its concrete block walls.

The Texas Elks State Association first opened this facility in 1946, just

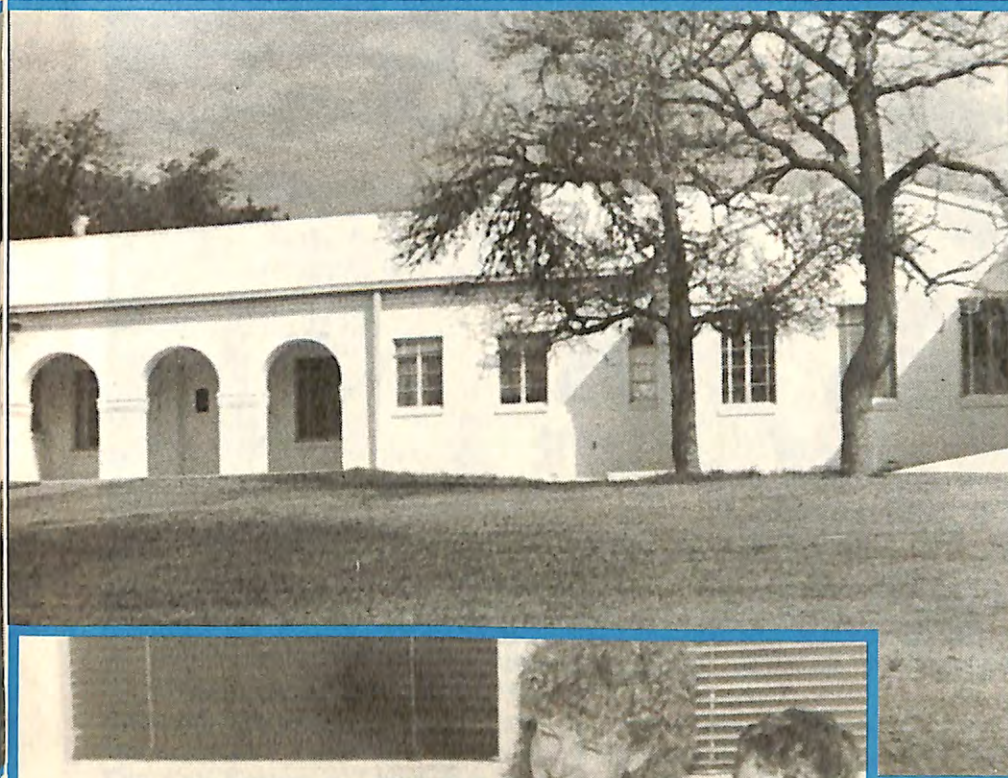
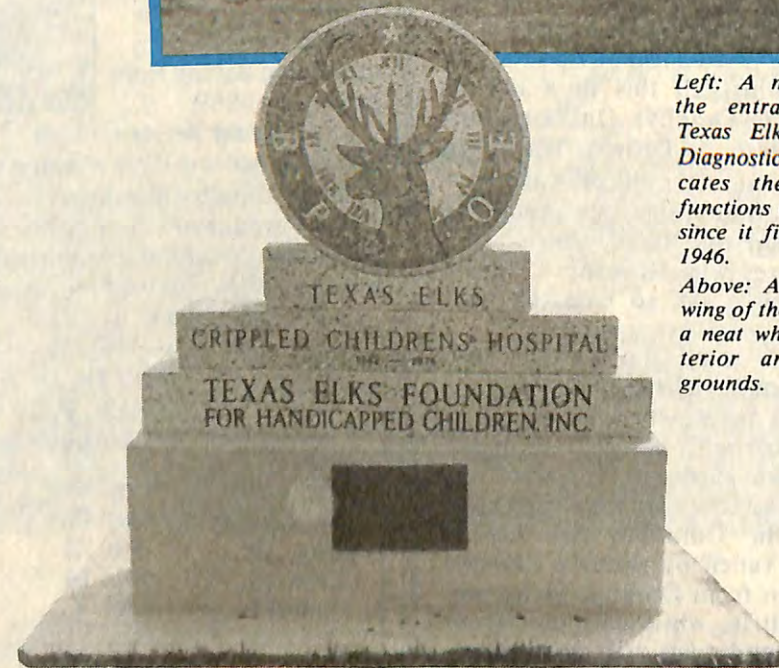
after the end of World War II. As the "Texas Elks Crippled Children's Hospital" it was a haven for children afflicted by the polio epidemic which ran rampant in the 1940s and 1950s.

When the need for such a service was over, Texas Elks modified their program to more effectively serve Texas children. The facility became



Left: A monument at the entrance to the Texas Elks Children's Diagnostic Center indicates the expanding functions of the facility since it first opened in 1946.

Above: A view of one wing of the center shows a neat white stucco exterior and well-kept grounds.



A teacher uses hand puppets to amuse two residents of the center.

Texas Elks Foundation for Handicapped Children in 1977. Its focus was broadened to include children who have a variety of handicapping conditions.

Today, the Texas Elks Children's Diagnostic Center provides the personnel and facilities to examine the children's developmental, physical

and mental health conditions that may interfere with their educational potential. And the center's unique services are offered free of charge.

A team of specialists, including a psychologist, educational diagnostician, classroom teacher, speech and language pathologist, occupational therapist, social worker, child care

**"The service offered by the Elks is unique in this state."**

supervisor, registered nurse and consultant medical specialists, evaluate the children's disabilities and identify their needs.

The center admits 10 to 12 children each month. These youngsters move into the building for up to three weeks, where they live with each other and the staff, and are observed 24 hours a day.

"This facility is licensed by the Texas Department of Human Resources," said Lisa Cowan, director of the diagnostic program. "The service offered by the Elks is unique in this state. They do something here that no other facility does. No one else does a thorough diagnostic evaluation in a residential setting. I'm very proud to be working with this group."

Ms. Cowan said that the service is offered to any Texas child below the age of 18 regardless of race, religion or ethnic origin. Children are referred most often by schools, but referrals frequently come through word-of-mouth from parents who have used the services offered. A child must be admitted by a parent or legal guardian.

Ms. Cowan went on to explain that the evaluation process involves four steps: the child is admitted for up to three weeks; problems are identified, and recommendations and remedial techniques are developed; meetings are held with the family, schools and agencies involved with the child; and follow-up on the child's progress is done periodically.

Said Ms. Cowan, "We have a large waiting list. There is at least a six-month delay in admittance, even in





Opportunities for outdoor play abound at the center.

an emergency. We screen the applicants for priority care."

At the completion of the three-week evaluation, the parent or guardian attends a discharge conference, where he receives a detailed explanation and summary report on the initial findings and recommendations. Comprehensive written reports are sent to the parent or guardian and school personnel. Parent training in effective treatment techniques is provided.

"Sometimes we find that what the child may need most is love and acceptance. It is very hard to help the parent see that they, as parents, may need to back off," said Ms. Cowan.

Perhaps one of the most important factors in the program is that for three weeks, the child is treated fairly, affectionately and warmly, without consideration of his past. The child is accepted for himself. For some of them, this is a new experience which affects them long after their discharge.

"We keep in touch with most of the children who have been here by sending birthday cards and little notes of encouragement," said Ms. Cowan. "I don't have children and I often think what it would be like to take this one or that one home with me!"

"They really get close to you," she went on. "Just last week, I was out here about eight o'clock one evening and the phone rang. This boy says, 'How you doing? Jest got to thinkin' about all of you and wanted to talk. We was sittin' 'round playin' music and I wanted to talk to you.'"

Ms. Cowan's voice had picked up the boy's accent. She stopped, shook

her head as if to get back into her own body. "Boy, that can get to you," she said, more to herself than those around her.

The number of children needing help with emotional problems seems to be growing, according to Ms. Cowan. "I almost think it's a breakdown in the family," she said. We've always had children with mental retardation problems, but learning disability problems and behavioral problems are new for this generation. Children are brought up with less and less adult time." She paused, looking thoughtfully at a child's picture on her desk. "Maybe we are over-diagnosing," she said softly.

The children attend classes each day just as if they were at home in school. A qualified instructor is in charge of the classroom, where she is assisted by two or three helpers. This helps the children stay up with their classmates and keeps them accustomed to school.

"It makes their transition back into the real world much easier," explained Ms. Cowan. The diagnostic team spends a great deal of time watching the classroom situation through a one-way glass in order to

make group evaluations more correctly.

Today there is one brown-eyed little boy who is eagerly putting a puzzle together—but he doesn't talk. There is a thin, boney-shouldered little boy hunched over his desk—he is mentally retarded. One little boy, adjusting to new glasses he's received since he's been here, has been through a traumatic childhood, suffering both physical and sexual abuse.

He is now in custody of the Department of Human Resources. As his guardian, DHR has determined that he will be going to a foster home when he leaves the center. The staff is trying to find "just the right place" for him. It goes on and on.

"We work with the child, the parent and the teachers," said Ms. Cowan. "We work hard to get the child feeling OK about himself. The children are constantly supervised. There will be some unstructured play or free time, but a member of the child care staff is always on hand, even though perhaps out of sight of the youngsters."

The average day begins between 6:30-7:30 a.m. when the youngsters  
(Continued on page 36)

## Summer Destinations

(Continued from page 15)

with its wind song and the voices of birds.

For the vacationer traveling to Expo, Galiano Island outside Vancouver provides solitude along with the opportunity to fish for salmon and pick blueberries growing wild beside the road. Only 45 miles off the Canadian mainland, Galiano seems a lifetime removed from city stresses. During summer the Friday night ferry from Vancouver is crowded with weekend residents. One islander refers to it as the "refugee boat."

He smiled. "On Sunday night I watch it leave and think, 'You poor devils, going back to that crowded city.'"

If you still wish to duck out on the world, there's the little country town of Makawao on the Hawaiian island of Maui, an up-country hideaway on the slopes of Haleakala. Makawao comes on like some cow town in a TV Western. There's not a beach in sight. No palms or high-rise hotels, only the fragrance of eucalyptus and cool mountain air. The locals gather at Kau Kau Korner, a 2-by-4 cafe that features saimin and rice, beef *hekka*, salted cabbage and pork tofu.

Cowpokes with faces like saddle leather crowd the bar at Club Rodeo, and Gary Moore sells six-shooters at Outdoor Sports. One doesn't come to Makawao to soak rays or show off fashion bikinis. Makawao leaves that to the duds down in Lahaina. What Makawao features is country atmosphere. Should one decide to lay over, shelter is provided at Kula Lodge: redwood chalets with wood-burning fireplaces, beam ceilings and windows on the world.

Returning to the mainland, I have a warm spot for the gentle village of New Hope, Pennsylvania, with its restaurants and inns that rise beside the Delaware River not far from the spot where George Washington's troops crossed into New Jersey for a surprise attack on Hessian soldiers in Trenton in December, 1776.

Should you be in the East this summer, you'll find it worth the detour to New Hope, where ancient elms cast their shadows on pre-Revolutionary dwellings and lovers stroll towpaths to take shelter at Logan Inn on Ferry Street, which has hosted the likes of  
(Continued on page 30)

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### Free 3-Week In-Your-Garden Trial

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"Our big tiller takes care of the initial tilling, but its size and power make it useless for cultivating around growing vegetables. The Mantis, however, does a beautiful job."

Gertrude Hames  
Margaretville, New York

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Don't let its small size fool you!



# IF YOU REST, YOU ROT



The author tells how, after twenty years of experimentation, he found the best exercise for people middle-aged and older.

by Edwin A. Peeples

When people retire, they do most of their worrying about money. They should devote equal thought to health: not to curative attention or hypochondria, but to preventive attention. I learned quickly that I needed an attractive, sustainable exercise program, and I discovered that neither current nor ancient obsessions provided much sound guidance. I would have to blaze my own trail.

The adults of my youth, in the 1920s and 1930s, were sedentary people. Bernarr MacFadden made a great thing of exercise in most of his magazines, particularly in one called *Physical Culture*, but people of age and substance considered him a crank. Johnny Atlas ran his celebrated ads about the weakling who got sand kicked into his face, but our elders didn't take these seriously, either.

The conviction was that, once one reached his forties, he had earned the right to be a spectator, to spend his days sitting. My father, from the age of fifty, could seldom be persuaded to swivel his neck and look at something to one side or behind him. He said it hurt him to turn his head. This attitude was not unique. Most men his age had it.

Much was made in those days of the comparative longevity of women

versus men, the conclusion being that the female anatomy was a more durable piece of machinery than the male's. Maybe it was. The argument still goes on, but the fact that women were much more physically active than men must have been a contributing factor. Some men over forty, in those days, did manage a round of golf once or twice a week, but most women were on the go every day from sunup to sundown, doing housework, shopping, taking children to and from school activities and doing many other things that required physical exertion.

I grew up in the early stages of the modern thrust to more active adult lives. Tennis courts proliferated; bowling alleys cloned; hiking and camping, once the exclusive province of the rural resident or the wealthy wanderer, became the pastimes of the multitude; and, of course, golf courses sprawled everywhere.

Where once a mature man of status and property prided himself on a bay window enclosed in a vest and draped with gold chains, keys, watches, fobs, seals and insignia, attitudes changed: Too much gut became a bad thing. One should keep slim. And it did seem true that the lean and slender male more often lived to age eighty. Thinness in moderation, that was

The really cadaverous frequently were in a stage of some such wasting disease as consumption. What was wanted was a solidity of flesh fairly well distributed.

Perceiving these trends and the virtues of exercise, the Kennedy administration, composed mainly of men in their forties, helped direct our attention to jogging. Not only was exercise good, but excessive and punitively rigorous exercise was better, it was believed.

As a result, for more than twenty-five years the great popular exercise has been jogging. To me, the spectacle of grown men and women, togged out in baggy sweatsuits of wild colors or in skimpy T-shirts and shorts, bounding along roads and lanes at dawn and gloaming, faces grim, eyes anxious, ears deaf to interruption, seems incredibly silly. It's a wonder more of them don't get run over.

The urge to jog ever greater and greater distances does seem to produce unexpected sprains and strains even in the young. A personality on a recent TV talk show arrived on crutches. Had he been in an accident? No. He had injured himself jogging.

I never fell for jogging. It looked wrong. As I saw it, it was a violent overexertion of a few muscles accompanied by neglect of all the rest. In recent medical writings, I have read that jogging is proving more dangerous and less therapeutic than was originally supposed, particularly for women. It appears that breasts and wombs are not properly slung for all of this severe bouncing and agitation. For both males and females, jogging loads the system with excesses of lactic acid which can cause heart attacks.

Shortly after I read these findings, jogging produced fatal heart attacks among the prominent. Jim Fixx, the great jogging advocate, and John Kelly, Princess Grace's brother, both dropped dead while jogging.

What, then, is the best exercise for people middle-aged and older? After nearly twenty years of experiment, I find it is walking, plus the normal exercise of waiting on oneself and a few calisthenics.

The walking should not be fast walking, trying to set records, but walking a fair distance each day. A nice objective could be a daily walk around a fairly large block, a block with a circumference of a quarter to half a mile.

After I had begun a program of this kind for myself, I was pleased to read how Dr. Grant Gwinup, of the University of California at Irvine, had proven the effectiveness of this very exercise. Dr. Gwinup had experimented with walking to reduce the weight of people who got nowhere by dieting. He made them walk every day and told them to stop worrying about what they ate. Gradually he increased their walks until they were walking half an hour per day.

Every patient who stayed with this program for as long as a year lost weight. The least successful lost ten pounds; the most successful, thirty-eight. To those who had lost the least weight, Dr. Gwinup pointed out that they had achieved an alternative advantage. By converting fat to muscle, they looked as if they had lost more weight than they had. As the real object of weight loss is usually looks, this result was comforting. So long as the patients continued their walking, they maintained their weight loss.

The effect of this program reached beyond mere weight loss. It showed that, if we adopt a regimen that makes us use our food as fast as we eat it, we revert to the healthier state of our youth. Youth, being full of im-

pulses, is constantly springing into action, getting maximum use of food energy and not carrying around useless quantities of fat.

Dr. Gwinup's report and others dealing with exercise all emphasize the same problem. Despite the almost universally favorable results that people get from exercise, after brief diligence, they all slide away from their regimen. Probably this is because it is almost always an ordeal and not a pleasure. But, if walking is the basic exercise in a program, it can be made attractive enough to be a pleasure.



Anyone who is capable of any exercise at all can still walk. Unlike jogging, walking need not be a grim, insensate endurance trial. The walker can and should develop his powers of observation, especially if he must walk alone. What do the sidewalks he traverses tell him? Or the country lane? Or the path through the park?

Are there tracks or cracks, refuse, lost objects, stains or other evidences that suggest a story? Are there birds of interest in the country? Vehicles of interest in the city? What has been restored? What let fall to ruin? Does one see the same people each day at the same time? How does the light of the sun fall as the year turns? What blooms? What withers and dies?

An observant walker will find that his walk is never the same two days in a row. The weather changes, the temperature, the wind, the odors, the sounds. Once one begins to take this kind of interest, a half-hour walk becomes a delight, a high spot in the day.

If one is able to walk with someone else, the pleasure is greater. The beauty of this is that conversation is possible but not obligatory, as it seems to be when two people sit or ride together. Walking obviates the embarrassment of periods of silence.

I have given the walking regimen a

ten-year test on a loop of road near my farm which would be called a block in the city. I began walking the full loop each morning. It took half an hour, thus fitting Dr. Gwinup's prescription. I measured it with my automobile odometer. The length was 1.8 miles.

The first week I walked the loop, I lost ten pounds. There I stabilized, whether I overate or underate. My abdominal muscles strengthened so I could draw in my stomach. My posture improved; so did my breathing. And I have examined closely the world in which I live and found it good.

Probably one of the most important aspects of exercise is one's attitude toward it. How often does the person over forty ask to borrow a pair of young legs for an errand? Youth moves so willingly and eagerly, age so grudgingly and reluctantly, that age borrowing energy from youth is one of our commonest cliches. As the father of three boys, I fell into the habit. When I was working full time, with an hour and a half commute at each end of the day, it became very easy to ask one of my boys to fetch me something or hand me something.

Several years before I retired, I realized that I was beginning to sound like my father, who had lazed himself into muscular atrophy. Horrified, I began to jump up myself and go for things. My wife planned her trips up and down the stairs. I didn't. I looked on going up and down the stairs as essential exercise. This change in attitude gives me a good deal of exercise that I don't have to plan and needn't resent.

Which brings me to the calisthenics I mentioned and which I actually began before I began the walking. For years I had read sportswriters who never tired of pointing out that, among athletes, the leg muscles were the first to go. When I reached my fifties and began to feel the aches and pains of approaching age, it seemed that the athlete's complaint had overtaken me. Perhaps I could knock it back or delay its growth with some leg exercises.

I decided on twelve knee bends each morning, extending my arms as I squatted, returning them to my hips as I rose. The first morning, I thought I'd never manage six, much less twelve. Now, at seventy, I still do them easily.

(Continued on page 25)



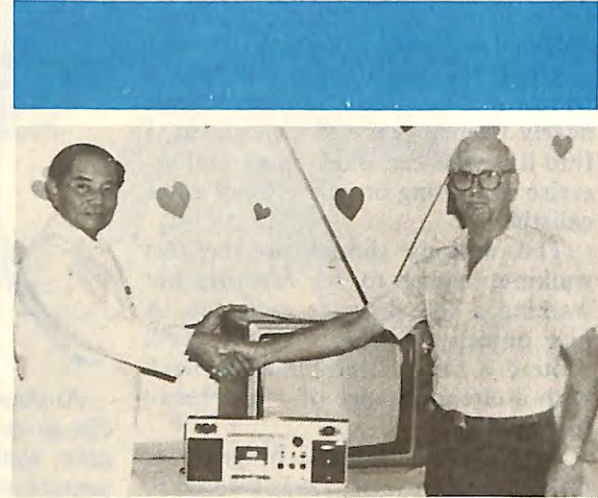
"So long as there are veterans in our hospitals, the Benevolent and Protective Order of Elks will never forget them."



Checks totaling \$1,000 were donated to the St. Louis VA Medical Center for the purchase of specially adapted TV sets for the spinal cord injury unit by the Missouri Elks Association. Of that total, \$450 represented the profits realized from the sale of National Service Commission jacket patches by Joseph Bennett (second from right), state NSC Chm. and VAVS representative. Also pictured (from left) are Edward Gamache, VA Medical Center associate director; John Carson, director; and Norman Dueker, VAVS deputy representative.



A 13" TV set and a video cassette recorder were donated to Albany, NY, VA Medical Center by Watervliet, NY, Lodge. The VCR will be used to present films on medical care and health-care practices to patients as well as for watching movies of general interest. Pictured with the donated items are (from left) Richard Williams, Sr., lodge National Service chm.; Allen Hartnagle, district Americanism chm.; Rosamond Burnham, staff audiovisual specialist; William Balfort, Sr., chief of Voluntary Service and PDD and Secy. Francis LeBeau.



The National Service Commission unanimously agreed to send \$1,000 to Manila, RP, Lodge for veterans' needs. With these funds, the lodge purchased a new television for one of the VA hospital wards and provided a Thanksgiving feast for the veterans. Hospital Director Dr. William Valdez is shown accepting the TV from ER Virgil Springer.



Denver and Littleton, CO, Lodges donated a bingo blower to the Denver VA Medical Center Nursing Home Care Unit. Seated from left are patients Bill McGreevy, a member of Denver Lodge; and Jim Emmerich, a member of Brookings, SD, Lodge. Standing are ER Elias Drotar of Denver Lodge and ER Jay Sughrove of Littleton Lodge.

**FAIRMONT, WV,** Lodge made a donation of \$1,500 to the General Post Fund of Clarksburg VA Medical Center.

**YREKA, CA,** Lodge generated \$6,000 through trash bag sales which will be used to help veterans. VA Medical Centers in Roseburg, OR, and Reno, NV, received a total of \$4,000 and the balance of the funds earned will be used to benefit local veterans.

**PALMETTO, FL,** Lodge members and their ladies visited veterans in the nursing home of Bay Pines VA Medical Center in St. Petersburg. Musical entertainment was provided by organist Hal Esler, who contributed his services for the afternoon. During intermission, Elks served homemade refreshments and fruit to the veterans.

**GREENSBURG, PA.** Veterans from Aspinwall VA Medical Center in Pittsburgh were treated to a dinner at Greensburg Lodge. Twenty-five veterans, including two who served in World War I, enjoyed a roast beef dinner with all the trimmings. Following the dinner, the veterans joined lodge members in various types of entertainment.

# Honor Roll

## of District Deputies 1985-86

The Elks National Service Commission is privileged to list the outstanding District Deputies and State National Service Committee Chairmen whose leadership produced 100 percent participation in the 1985-86 Veterans Remembrance Participation Report. We further acknowledge our gratitude to Henry Gibbons, national chairman of the Veterans Remembrance Participation Report, who supervised this significant contribution to the welfare of America's hospitalized veterans. We record with pride the accomplishments of the following 1985-86 District Deputies:

Ralph L. Raines/AL Central  
 Tab Williams/AL North  
 Andrew W. Milwid, Jr./AL South  
 Steve M. Thompson/AK Central  
 A. K. Slavin/AK East  
 Robert B. Campbell/AK West  
 Robert D. Benson/AZ Central  
 Lynn Hoopes/AZ East  
 Robert L. Lairson/AZ North  
 Carl B. Cansler/AZ West  
 Joseph D. Statler/CA Bay  
 Louis R. Aguilar/CA Central  
 Monty E. Montanye/CA East Central  
 James T. Batt/CA Inland  
 Earl Malmrose/CA Metropolitan  
 Charles M. Carroll/CA North  
 Thomas A. Gravink/CA North Central  
 Richard Mooers/CA Northeast  
 John W. Gottschalk/CA Northwest  
 James H. Espy/CA Orange Coast  
 Raymond F. Mix/CA San Gabriel Valley  
 Eugene C. Bishop/CA South  
 Frank B. Smith/CA South Central  
 John L. Ketter/CA South Central Coast  
 George W. Christian/CA South Coast  
 Frank G. Keller/CA Southeast  
 Anthony J. Mauro/CA West Central  
 Frank J. Rindone/CA West Central Coast  
 Daniel J. DeNeice/CO Central Northwest  
 George H. Ramelow/CO Central Southeast  
 Jake Garcia/CO Mountain  
 Dean A. Todd/CO North  
 C. M. Rogers/CO South  
 Marvin G. Stoll/CO West  
 John R. Williams/CT East  
 Albert Colangelo/CT Northwest  
 Vernon O. Beatrice/CT South Central  
 Frank S. Soter/CT Southwest  
 Charles H. Ahrendt/FL Central  
 Robert L. Patton/FL East Central  
 Larry M. Croy/FL North  
 Edgar H. Keller/FL North Central  
 Fred Gresham/FL Northwest  
 Douglass Ryan Cooke/FL Northeast  
 Anthony J. DeLucca, Sr./FL South  
 Paul Testa/FL Southeast  
 Gerald E. Rogne/FL South Southeast  
 Frank Malatesta, Jr./FL Southwest  
 Jack R. Shore/FL Southwest Central  
 Steve Staton/FL West Central  
 Donald W. Reynolds/GA Northeast  
 John F. Post/GA Northwest  
 Raymond F. Hamel/GA Southeast  
 Pete Somerindyke/GA Southwest  
 Ronald H. Feltreira/HI  
 William E. Curry/ID Central  
 Dave A. Chamberlain/ID East  
 Warren B. Spacy/ID North  
 Miles D. Castle/ID North Central  
 Ray A. Langston/ID South  
 Michael Harshbarger/IL East  
 George R. Clark/IL East Central  
 Gordon L. Linn/IL North  
 Tommy D. Brown/IL North Central  
 Daniel C. Kraehmer/IL Northeast  
 Jack A. Miller/IL Northwest  
 Paul J. Dvorshock/IL South  
 Raymond E. McIntyre/IL Southeast  
 John G. Saunders/IL Southwest  
 Louis H. Hatchett/IL West  
 Rex O. Henly/IL West Central  
 Stephen A. Moyer/IN East  
 Larry E. Baker/IN North Central  
 Edwin J. Willer/IN Northwest  
 Richard J. Burton/IN West  
 Glenn J. Staebler/IA Northeast  
 Tim B. Rasmussen/IA Northwest  
 Earl L. Reedy/IA Southeast  
 Lyle Swank/IA Southwest  
 Earl R. Flesher/KS Northeast  
 Jerry J. Davis/KS Northwest  
 Lonnie G. Henkle/KS Southeast  
 M. Douglas Morse/KS Southwest  
 Greg G. Willis/KY East  
 Joseph D. Landry, Jr./KY West  
 H. Marcell McGee, Jr./LA East  
 Ronald C. Chapman/LA West  
 Samuel Michael/ME Central  
 Yvon Bourque/ME Coastal  
 Walter L. Morrison, Jr./ME North  
 Morris M. Palozzi/MD, DE, DC: North Central  
 Russell C. Delosier, Jr./MD, DE, DC: Northeast  
 Robert J. Zimmer/MD, DE, DC: Southeast  
 Vincent A. Pingitore, Jr./MD, DE, DC: Southwest  
 Paul R. Mellott/MD, DE, DC: West  
 Donato Cellucci/MA Circle  
 Robert A. Couillard/MA East

Vincent J. Carter/MA East Central  
 Henry J. Mortimer/MA Metropolitan  
 Royce A. Bailey/MA North  
 Stephen E. McLaughlin/MA South  
 Chester W. Zubrowski/MA West  
 Robert L. Dumouchel/MA West Central  
 Philip D. Myers/MI East  
 Lauren W. Mertz/MI East Central  
 Kenneth Miller/MI Northeast  
 Theodore H. Ivey/MI Northwest  
 Joelle L. Piper/MI South Central  
 George A. Cauvin/MI Southeast  
 Jack S. Boykin/MI Southwest  
 David L. Reinhoel/MI West Central  
 Thomas C. Herzog/MN Central  
 Edward P. Hoy/MN Metropolitan  
 Orion A. Thoen/MN North  
 Dale A. Torgerson/MN South  
 Norvel M. Derickson/MO Metropolitan  
 Charles Vaughn/MO Southwest  
 Gary M. Kroeck/MO West Central  
 Roy A. Morin/MT Central  
 Ronald G. Gore/MT East  
 R. J. Sherrard/MT North  
 Leroy Barker/MT South  
 Edmund C. Hill/MT West  
 Allan D. Woodward/NE Central  
 Doyle E. Butts/NE West  
 Mike Wadsworth/NV North  
 Allen Taylor/NV South  
 Edward Bozek/NH North  
 Peter W. Naranjo/NH South  
 Gregory Goumas/NJ Central  
 Robert F. Binetti/NJ East  
 James J. Toner/NJ East Central  
 Robert Haase/NJ North  
 Joseph L. Pepe/NJ North Central  
 Arnold Simone/NJ Northeast  
 Kenneth Wetzel/NJ Northwest  
 Jeffrey S. Bracale/NJ South  
 Stanley M. Kaszarek/NJ South Central  
 James A. Wyres/NJ Southeast  
 Henry A. DeAngelis/NJ Southwest  
 Gennaro F. Memolo/NJ West Central  
 William M. Boedeker/NM Northeast  
 Raymond J. Butler/NM Northwest  
 Fred A. Bloss/NM Southeast  
 Dan Tressler/NM Southwest  
 Arthur J. Langdon/NY Central  
 Robert L. Britton/NY Central Island  
 Carl J. Eckler/NY East  
 Walter T. Kunowski/NY East Central  
 William J. Carroll/NY Mid Hudson  
 Carman E. Santor/NY North  
 Richard Goodspeed/NY North Central  
 Wray E. Tibbets, Sr./NY North Hudson  
 Arthur J. Strianese/NY Northeast  
 Michael D. Potter/NY Ontario  
 Martin Gasparino/NY South  
 David A. Powers/NY South Central  
 William F. Savino/NY Southeast  
 William G. Briggs, Sr./NY Southwest  
 Roger L. Herrick/NY Southern Tier  
 Robert L. Pollard/NY State Capitol  
 William R. Metsch/NY West  
 Roger DeMeyers/NY West Central  
 D. Steve Gunter/NC East Central  
 Norman Cole/ND West  
 Basil P. Wallace/OH North Central  
 Ernest D. Hewins, Jr./OH Northeast North  
 Ralph J. Berardo/OH Northeast South  
 Fred M. Lees/OH Northwest  
 Carl R. Dobbins/OH South Central  
 Homer D. Simmers/OH Southeast  
 Irvin McCoy/OH Southwest  
 Howard H. Brinkman/OH West Central  
 Archie M. McDonald/OK Northeast  
 Paul D. Morrow/OK Northwest  
 Dale Labass/OK Southeast  
 Alan Curtis/OK Southwest  
 C. N. Erickson/OR Metropolitan  
 Maurice O. Farnstrom/OR North Central  
 Ernest W. Sellberg/OR Northeast  
 James Lee Welch/OR Northwest  
 Don McEldowney/OR South Central  
 Joe H. Victor/OR Southeast  
 Al Pohlman/OR Southwest  
 Albert A. Denney/PA Metropolitan  
 Gary B. Wasson/PA North Central  
 Michael N. Brutzman/PA Northeast  
 Earl F. Wentling/PA South Central  
 Earl L. Decker/PA Southeast  
 Luis M. Salazar/PR Rico  
 David V. Sears/RI East  
 Donald C. Rogers/RI West  
 John W. Moore/SC East  
 Glenn F. Wallace/SC West

Forrest Haley/SD West  
 Julian B. Marzoff/TN East  
 P. Wayne Arnold/TN Middle  
 A. J. Clonce/TN Upper East  
 John S. Smoot/TN West  
 Elton Tiemann/TX Central  
 Charles Bass/TX East  
 R. D. Provost/TX Gulf Coast  
 Richard K. Belmore/TX North  
 Ezbai Wells, Jr./TX North Central  
 Gayle M. Stanfill/TX Northeast  
 Royce E. Butler/TX Panhandle  
 Thomas N. Gaither/TX South  
 David S. Angell/TX Southwest  
 Bill L. McCarty/TX West  
 Robert A. Jarvis, Jr./UT North  
 Wilford W. Cannon, Jr./UT South  
 Stanley E. Dority/VT North  
 John R. Crawford/VT South  
 Julian H. Talliaferro/VA Central  
 Curtis R. Jurey/VA North  
 Richard C. Turner, Sr./VA Southeast  
 David N. Rogers/VA Southwest  
 Joseph Gianola/WA Metropolitan  
 G. W. Shaw/WA Northeast  
 Fred Goodman/WA Northwest  
 Fred M. Stockman/WA Puget Sound  
 James R. Nance/WA Southeast  
 Larry Shill/WA Southwest  
 Reginald P. Johnson/WA West Central  
 Richard L. Jenkins/WV Central  
 Richard F. Hart/WV North  
 Hobart G. Owens/WV South  
 Robert L. Hackl/WI Northeast  
 Carl F. Knuese/WI Northwest  
 Richard T. Fennig/WI Southeast  
 William W. White/WI Southwest  
 Wayne A. Mahan/WY East

# Honor Roll of States 1985-86

Chairmen who achieved 100 percent participation from each lodge in state:

Curtis Parks/Alabama  
 Karl Ward/Alaska  
 John F. Jordan/California  
 Ray Pearl/Colorado  
 William Mangan/Connecticut  
 David Brady/Connecticut  
 Herschel E. Stacy/Florida  
 Lawrence Mitchell/Georgia  
 John F. Jordan/Hawaii  
 John Connors/Idaho  
 Samuel L. De Cero/Illinois  
 Dick Deedrick/Iowa  
 Roy Kruse/Kansas  
 Edward J. Meier/Kentucky  
 Francis T. Preslar/Louisiana  
 Richard Willett, Sr./Maine  
 Robert Foote/MD, DE & DC  
 Thomas Garrity/Massachusetts  
 Stewart G. Israel/Michigan  
 Jim Greeder/Minnesota  
 Robert E. Lamb/Montana  
 David G. Hartnett/Montana  
 C. Phillip Johnson/Montana  
 Robert Moore/Nevada  
 Bernard Stillwagon/New Hampshire  
 Glenn Tryon/New Jersey  
 George Melton/New Mexico  
 Lawrence Pisarski/New York  
 John M. Eccleston/Ohio  
 Lanny Jennings/Oklahoma East  
 D. L. McNeal/Oklahoma West  
 Herm Mayer/Oregon  
 Ernest Falola/Rhode Island  
 Frank DiFiglio/South Carolina  
 Sam E. Aaron/Tennessee  
 E. F. Burgdorf/Texas  
 Richard Cates/Utah  
 Roger Vachon/Vermont  
 Alfred E. S. Armfield/Virginia  
 Al Ludington/Washington  
 Thomas Burke/West Virginia  
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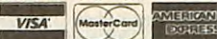
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# YOU & RETIREMENT

by Grace W. Weinstein

## LEARNING WHILE WORKING

Summer may be a time of lazy days... but it's also a good time to look at the brisk fall days ahead. And what better thought for fall than school?

You may have thought school days were long behind you. But perhaps you'd like to gear up for a mid-life career change or a new job in retirement. Maybe you'd like to build on a long-standing hobby, or learn a new one, to fill the after-work hours. Or, perhaps, you really want to earn a long-wished-for college degree.

Returning to school can help you accomplish more than one of these aims. One midwesterner, for example, has spent forty years with a large retail chain. Now, nearing retirement from his last post of warehouse foreman, he wants to turn his longtime interest in electronics into a business of his own. Knowing that ham radio operation and do-it-yourself electronics repairs are not quite enough, Jack has enrolled in an associate degree program in electronics technology at a local community college. He is learning how to repair today's complex electronic gadgets, and he is studying small business management as well.

Associate degrees at community colleges are a good low-cost way for adults to get two years of a college education. There are other ways as well. Before we explore them, however, let me reassure you on one point: If college is your goal, you are far from alone. More than four million of today's twelve million college students are over age 25; many of them are going to school while working at full-time jobs. As The College Board puts it in its recent book, *Guide to Going to College While Working*, this means that, more and more, working adults like you need and want a college education; colleges are offering more study programs designed to make a college degree attainable for working adults; and, if you return to school, you'll be likely to have many classmates of your own generation and won't have to worry about being the only "grown-up" on campus.

### College at low cost

Convenience may be the first thing you think about if you're planning to at-

tend school while holding down a job, and you may want to seek an accredited institution near your home or work. But there are other factors to consider as well. First, of course, should be finding the institution that offers the mix of courses you want. Second, for many people, will be the cost of those courses.

But it's surprisingly easy to combine convenience and low cost these days, with a wide variety of institutions offering special on- and off-campus programs. Here's just a sample, culled from The College Board book:

- So-called "external" degree programs require little or no attendance in person. Instead, degrees are earned via a combination of tactics: transfer of degree credits you may have taken elsewhere or by correspondence, passing examinations on material you've studied on your own in study guides provided by these programs, passing examinations or providing reports on subjects you've studied through "life experience," completing courses offered in the armed forces or by a union or professional association.

The two best-known external degree programs, both open to students anywhere in the country, are the Regents College Degree Program of the University of the State of New York (Cultural Education Center, Albany, NY 12230) and Thomas A. Edison College (101 West State Street, CN 545, Trenton, NJ 08625).

- Reduced-attendance programs are a variation of external degree programs, requiring periodic on-campus attendance. The University Without Walls program at the University of Wisconsin (Green Bay, WI 54302), for example, is open to any student who can travel to the campus every few months for conferences with faculty advisers. Both external and reduced-attendance programs are listed in the directory, *Guide to External Degree Programs in the United States*; it is available in many libraries.

- Weekend colleges are another variation, designed for busy adults and offered by institutions in various parts of the country. At a weekend college you

(Continued on page 32)

## If You Rest . . .

(Continued from page 21)

About this same era, I awoke one day with sciatica, the shattering backache. This said to me that my back wasn't getting the exercise it needed. So I added to my morning regimen the exercise of lying on my back and raising my legs twelve times. Many avoid this exercise because they can't keep their legs straight in the prescribed manner and feel they are not doing the exercise. This is nonsense.

The object is not to keep the legs straight or do some other stylish things. We are not practicing to join a nightclub chorus line. The object is to flex the spine. Getting the legs up and down any old way will do it. Since I began this exercise twenty years ago, I've had no sciatica, lumbago or any other backache.

There is a wide array of calisthenics, with each exercise designed to work specific muscles. No one needs to do all of them, only those needed to keep in reasonable trim the muscles we are likely to use irregularly but heavily.

Advertisement

For instance, my wife and I like to do some of our own interior painting. I take the ceilings, she does the walls. Fifteen years ago, I did the entire living room ceiling one day and, the next, felt that my arm was broken. I had been neglecting my arm muscles. I added the simplest arm lifts and rotations to my other two routines, and I haven't had the arm pains since.

My calisthenics take fewer than fifteen minutes to do. They cost nothing, require no equipment, no preparations and little space. They can be done anywhere, indoors or out, in living rooms, bedrooms, even baths. I've done my exercises in hotel and motel rooms, in cabins on ships and even in trains.

I think the earliest man to impress me with the value of regular exercise was no professional physical culturist, but a man who did it simply for personal health, P.G. Wodehouse, the inventor of Jeeves and other funny characters. When I was thirty-six, he was seventy and going strong. A rare article about him described him as a conscientious disciple of walking and calisthenics. I decided, if he was still at it at seventy, it must be good stuff. And it really must have been. He lived to be ninety-one.

The most impressive examples of longevity aided by exercise, however, are in a group who probably seldom consider that they are taking calisthenics: the leaders of large symphony orchestras. These men spend from four to six hours each day standing in front of orchestras, waving their arms and bending at necks, hips and knees; doing, in short, calisthenics.

Unless he was killed in an accident, did you ever hear of one of these men dying young? Consider the names of some of them who have lived into their seventies, eighties and nineties: Toscanini, Koussevitzky, Monteux, Stokowski, Ormandy, Mitropoulos, Beecham, Damrosch, Bruno Walter and Isaac Stern. These men exemplify the fact that a major cause of early death is the death of one's muscles; that preserving these muscles through exercise can prolong life.

One of the most colorful maestros of all time, who died several years ago at the age of eighty-four, was once asked how he remained so energetic at an advanced age.

"If you rest, you rot!" he replied simply.

He was Arthur Fiedler of the Boston Pops. ■

Advertisement

## Small Golf Firm's New "S" Ball Takes Distance Title In Ohio Competition

### Outhits 11 Top Pro-Line Balls by up to 28 Yards

AKRON, O — It stands to reason that only one golf ball can be the longest. But a half dozen of the top makers, including TopFlite, Titleist and Pinnacle, have publicly claimed the distance title. One company — Maxfli — actually calls its DDH "the longest ball in history."

Recently an independent testing organization pulled the rug from under those advertising claims.

Using a mechanical hitting device (to be sure each ball got the same swing force), the Rubber Development Laboratories of Akron, Ohio compared eleven of "the world's longest balls," plus a newcomer submitted by a small golf company in Connecticut. The new ball outhit them all — Titleist, TopFlite, Pinnacle, Wilson, Hogan, Dunlop and five others — by up to 28 yards.

Elated by their success, the winning company is now seeking professional endorsements for their ball, and is taking steps to expand their production. In the meantime, news of the new ball's distance title has people flocking into their executive offices. "We're thinking of getting a cash register for our receptionist," quipped the company's president.

Twenty-eight extra yards from a golf ball is extraordinary because major manufacturers (Titleist, TopFlite, etc.) purposely restrict how far their balls can go,

making a golfer's skill the determining factor on distance.

The "S" ball disregards these self-imposed restrictions on distance. As one pro observed after playing 18 holes with it, "The thing is so hot it could drop scores into the 50's. It not only takes off like the Concorde, it gives you a steadier roll on long putts and grabs a green on an approach shot like a dropped cat. Frankly, it's a hustler's dream. A player could cut 10 strokes and his opponent wouldn't have a clue why."

The company refers to the ball publicly only by its code name, "S". Only a buyer knows the name actually on the ball.

To encourage golfers to try the ball (for fun or profit) the company guarantees it will outhit any ball by at least 30 yards. If it doesn't, buyers can keep three "S" balls free, and return the rest of their order for a full refund (less postage).

If you want to shoot a score that will terrify your competition, you can order the "S" ball direct. One dozen cost \$21.95 (plus \$1.75 shipping) ... two dozen cost \$39 (Save \$8) ... six dozen cost \$99 (Save \$42). Shipping is free on orders of two or more dozen. Send a check (or cc number and expiration date) to National Golf Center, (Dept. H-288), 500 S. Broad St., Meriden, CT 06450. Specify white or Hi-Vision™ yellow. CT and NY add sales tax. No P.O. boxes please. All orders are handled on a first come, first-served basis. Or call (203) 238-2712.

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# ON TOUR WITH JOHN T. TRAYNOR



Then-GER John T. Traynor (right) was the keynote speaker at dedication ceremonies for a new dining room and kitchen at Grants Pass, OR, Lodge. Applauding Brother Traynor are ER Joe Letteriello and his wife, Dora.



Then-GER John T. Traynor (left), along with PGER Edward McCabe, Grand Lodge sponsor for Missouri, were present for the institution of Perryville, MO, Lodge. Brother Traynor is shown presenting the charter to Perryville ER Bernard Weiss.



During his visit to Milwaukie, OR, Lodge, then-GER John T. Traynor (third from left) was guest of honor at a reception and dinner. Photographed with Brother Traynor during the festivities were (from left) GL Youth Activities Committeeman Jackson Link, GL Lodge Activities Committeeman Thomas Jones, GL Americanism Committeeman Charles Hoar, PGER Frank Hise and GL Government Relations Committee Chm. Clyde Thornburg. Members from all seven lodges in the Metro District attended.



Sidney, NE, Lodge hosted a steak dinner honoring then-GER John T. Traynor which was attended by representatives of eight lodges from Nebraska and Colorado. During his speech, Brother Traynor placed special emphasis on the importance of volunteerism by officers, Brothers and their wives, and the concept of liberty. From left are then-ER Jack Bruns, PGER George Klein, DDGER Doyle Butts, then-GER Traynor and Est. Lead. Kt. Darrell Danielson.



Then-GER John T. Traynor and his wife, Jane, are shown with one of several residents of Elks Aidmore Childrens Center in Conyers, GA, who related their experiences, background and progress in rehabilitation at the center. The Traynors also were entertained at Atlanta-Buckhead Lodge prior to their journey to Valdosta for the Georgia Elks Association Spring Meeting.



## Deported Brothers

**PAST GRAND EST. LECT. KT. K. R.** Larrick of Augusta, KS, Lodge died April 19, 1986. He held that office in 1968-69.

Brother Larrick was a member of the GL Lodge Activities Committee from 1969-1972. He also served as District Deputy Grand Exalted Ruler for the Southeast District of Kansas in 1960-61.

**PAST DISTRICT DEPUTY** Robert E. Hanlin of Elwood, IN, Lodge died recently. Brother Hanlin served as District Deputy Grand Exalted Ruler for the East District of Indiana in 1971-72.

**PAST DISTRICT DEPUTY** Albert L. Flack, Jr. of South Bend, IN, Lodge died in May, 1986. Brother Flack served as District Deputy Grand Exalted Ruler for the Northwest District of Indiana in 1970-71.

**PAST DISTRICT DEPUTY** Harold W. Gilkerson of Macomb, IL, Lodge died May 6, 1986. Brother Gilkerson served as District Deputy Grand Exalted Ruler for the West Central District of Illinois in 1974-75.

**PAST DISTRICT DEPUTY** A. C. Brezinski of Stevens Point, WI, Lodge died March 26, 1986. Brother Brezinski served as District Deputy Grand Exalted Ruler for the Northwest District of Wisconsin in 1952-53.

**PAST DISTRICT DEPUTY** Dr. Vincent J. Morgan of York, NE, Lodge died April 5, 1986. Brother Morgan served as District Deputy Grand Exalted Ruler for the East District of Nebraska in 1945-46. He was also a past president of the Nebraska Elks Association.

**PAST DISTRICT DEPUTY** Eugene W. Brubaker of Philipsburg, PA, Lodge died recently. Brother Brubaker served as District Deputy Grand Exalted Ruler for the North Central District of Pennsylvania in 1983-84.

**PAST DISTRICT DEPUTY** Andrew J. Agnone of Massapequa, NY, Lodge died April 4, 1986. Brother Agnone served as District Deputy Grand Exalted Ruler for the East District of New York in 1982-83.

**PAST DISTRICT DEPUTY** Edsel Peyton of Lima, OH, Lodge died recently. Brother Peyton served as District Deputy Grand Exalted Ruler for the West Central District of Ohio in 1978-79.

**PAST DISTRICT DEPUTY** Elmer F. Magee of Long Branch, NJ, Lodge died May 19, 1986. Brother Magee served as District Deputy Grand Exalted Ruler for the South Central District of New Jersey in 1977-78.

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# Drug Awareness Education Program



# UPDATE

Staff Report

**T**his update of the Elks Drug Awareness Education Program reports on the successful efforts of both state associations and individual lodges in the continuing war against drug use.

### Early Prevention

The Vermont Elks Association, working in conjunction with the Washington County Youth Service Bureau, Inc., has developed the Early Drug Abuse Prevention (EDAP) program.

Having been successfully implemented and evaluated in three pilot communities, EDAP is now completely developed and is being made available to all communities in the state. The program is also available to interested organizations throughout the country. Already several other northeastern states have requested information.

EDAP addresses the Elks national initiative of substance abuse prevention through locally sponsored education.

EDAP consists of small, voluntary educational support groups for young people in the 4th through 9th grades. Trained school staff members, trained high-school students, and outside community service providers work in combination to facilitate the EDAP groups. The groups are small (maximum of 8 members with 2 facilitators) to create an atmosphere of trust and security.

Group activities include discussion, experimental learning, games, role-playing, drawing and films.

EDAP groups are open to all



Vermont Gov. Madeleine Kunin met with representatives of the Vermont Elks Association for the purpose of coordinating the association's Drug Awareness Program with the Vermont Office of Drug and Alcohol Abuse. Stephen Mairs, Drug Awareness chairman of the VEA, presented Gov. Kunin with a "Hugs Are Better Than Drugs" bumper sticker. Also pictured are (from left) Richard Powell, director of the Vermont Office of Drug and Alcohol Abuse; Percy Birchard, then-president of the VEA; and SDGER Raymond Quesnel.

young people; however, there is an emphasis on attracting youths with especially stressful situations in their lives (peer pressure, school problems, or parents who are alcoholic, divorced, chronically ill, or violent), since such youths are at a greater risk of developing substance abuse problems.

Testing of EDAP in the pilot areas

has shown that the program has produced a positive impact on the self-perceptions, knowledge levels, and problem-solving and decision-making skills of the participants.

The Vermont Legislature has passed Act 51, which requires all public schools to have an Alcohol and Drug Prevention curriculum at all grade levels K-12 by July 1, 1987. EDAP

will augment this required statewide program.

### Praise from Senator

U.S. Sen. Paula Hawkins (R-Florida) has highly praised the Elks' Drug Awareness Program in her "Washington Watch" column, which goes to 300 weekly newspapers across the state of Florida.

Sen. Hawkins sent a copy of the column to Daniel Guist, then-Drug Awareness chairman of the Florida State Elks Association, along with a letter which said in part:

"This is just my way of saying thanks, to you and all the Elks for the outstanding work you are doing in this area. My firm belief has always been that our nation's problems are best solved not in Washington, but on

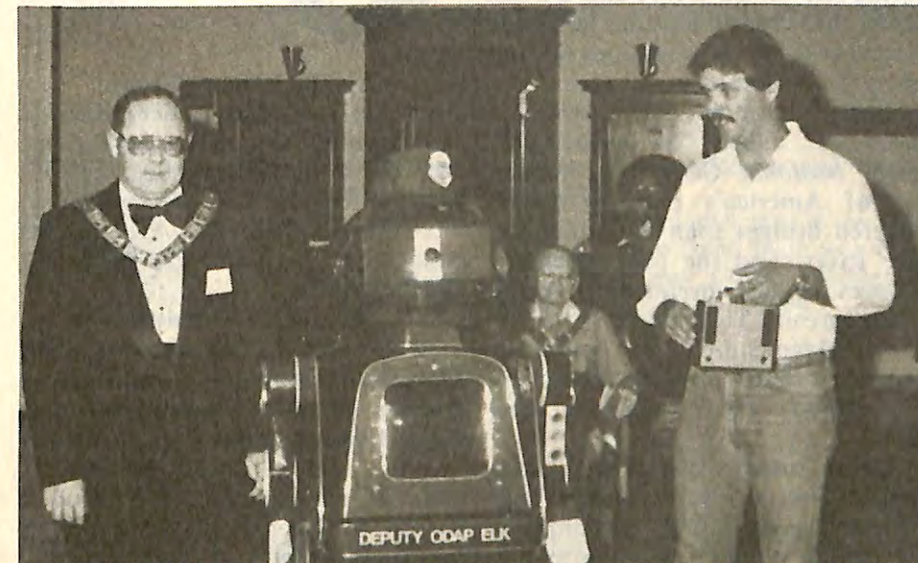
the local level—in the home, the church, the school, and the lodge. There is no better evidence of this than the Elks' Drug Awareness campaign."

### Talking Robot

Mountain Home, Arkansas, Lodge

### 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.



Bill Byrnes (left), ER of Mountain Home, Arkansas Lodge, introduced Deputy Russ Manning (right) from the Pulaski County Sheriff's Department and his friend the Talking Robot to lodge members at a recent meeting. Deputy Manning and the robot assisted the lodge in making Drug Awareness presentations to area schools. ER Byrnes is also the Drug Awareness chairman for his lodge and for the state.

### Tell Us About Your Lodge's Program!

Is your lodge conducting an effective Drug Awareness Education Program within the guidelines of the Grand Lodge program? If so, tell us about your success, so that we can share your ideas with other readers in upcoming issues of *The Elks Magazine*. In this way, we hope to make the Elks' campaign against drug abuse a national success!

Send us complete information and high-quality pictures. Photographs must be black and white, and have sharp focus and good contrast. They should be "human interest" pictures showing your program in action, not simply posed groups (such as check or award presentations).

All suitable material will be considered for publication. Send your articles and pictures to:

Editorial Department  
The Elks Magazine  
425 W. Diversey Pkwy.  
Chicago, IL 60614

is presenting Drug Awareness programs to area schools with the assistance of the Pulaski County Sheriff's Department and its Talking Robot. The facts given by Deputy Russ Manning and the robot about the dangers of marijuana, cocaine and alcohol are very convincing.

The robot walks, talks, sings and has a VCR and a television set in its chest. Deputy Manning says that it is worth its weight in gold as a teaching aid.

The Arkansas State Elks Association helped pay the \$15,000 cost of the robot, which has been used in presentations to more than 200,000 schoolchildren in the state this year.

### "Just Say No"

West Citrus, Florida, Lodge, in its first year of existence, has a very comprehensive Drug Awareness Program. The lodge is affiliated with a number of local, state and national anti-drug abuse organizations.

Lodge members worked with the Crystal River Chemical Task Force at a "Just Say No" booth at the Citrus County Home Show, distributing "Just Say No" buttons and "Hugs Are Better Than Drugs" bumper stickers. More than 800 signatures were obtained from children pledging their support and membership in the "Just Say No" club.

(Continued on page 30)



As mentioned in our three-part series, "Awareness: The Key To Drug Free Children" (February, March and April, 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.



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## Summer Destinations

(Continued from page 19)

Tallahassee Bankhead, George C. Scott, Helen Hayes and Liza Minnelli. Others enjoy Pamela Minford's Hacienda and the Inn at Phillips Mill, a 1700s renovated barn with five country-style guest rooms, a suite and four dining rooms, each with its own fireplace.

Four miles north of New Hope, Stephen R. DuGan operates Centre Bridge Inn, which he unabashedly describes as "the re-creation of a Colonial hostelry and one of the great romantic hideaways." Centre Bridge Inn offers river views and candlelight during the dinner hour, and DuGan warns that reservations are necessary — what with accommodations booked up to three months in advance.

Similar charm pervades Vermont's storybook village of Woodstock, which *National Geographic* named one of America's prettiest towns. Covered bridges span the Ottauquechee River, and the town crier announces the day's events down by the village green. The stately spires of New England churches rise beside ancient elms, and church bells cast by Paul Revere echo through the foothills.

During summertime flower boxes used for collecting sap from trees spill over with lovely blooms, and old two-story brick homes rise along maple-lined streets. In Woodstock, visitors check in at Laurance Rockefeller's Woodstock Inn, which traces its roots to 1773 and whose 120 guest rooms feature period furnishings, king-size beds and handmade quilts. While logs glow in the lobby, blueberry muffins and pancakes and other good things are served in the country-style dining room.

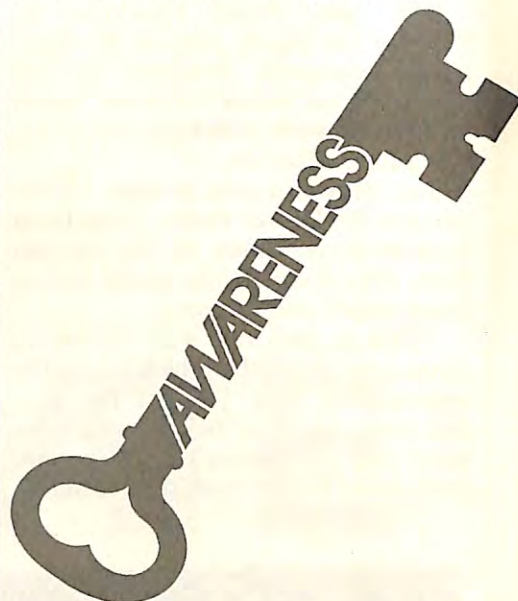
Woodstock is red, white and blue, a town where youngsters still chase greased pigs in summertime, and puffs of smoke rise from chimneys whenever a chill blows off Vermont's Green Mountains. Woodstock is a Norman Rockwell scene, with a musical stream that evokes memories of hot summer days, of birds and butterflies.

In another corner of New England, vacationers gather in "America's most paintable town," Rockport, Massachusetts, where New England

(Continued on page 37)

## Drug Awareness . . .

(Continued from preceding page)



### Aid To Parents Group

During Law and Order Night at Arlington-Fairfax, Virginia, Lodge, then-ER Douglas DeCerbo presented a check for \$1,000 to Joyce Tobias, vice-president of PANDAA (Parents Association to Neutralize Drug and Alcohol Abuse).

### Mayor's Committee

In Woburn, Massachusetts, The Mayor's Committee on Drug and Alcohol Awareness was developed in early 1984 through the efforts of Woburn Lodge. The committee, chaired by lodge member Robert Logue, has been a busy entity since that time. Among other projects, the committee has been involved in:

- Obtaining a grant to educate and train teachers in substance abuse prevention.
- Helping to hire two health teachers for the elementary schools to educate students in such things as drug awareness, peer pressure and self-esteem.
- Providing resource people, materials and information (including films and videotapes) to the Woburn School System.

The committee declared the month of May "Drug and Alcohol Awareness Month" and held a kick-off luncheon, at which the committee appealed to all interested organizations and individuals to join in combating the continuing problem of drug use by children.

(In upcoming issues, we plan to publish reports of other effective lodge Drug Awareness Education Programs.)

## News of the State Associations



PGER Edward McCabe (right) installed Ralph Coltman (second from right) as president of the Tennessee Elks Association. Looking on are Grand Trustee Ted Callcott (left) and then-GER John T. Traynor.



SP Ralph Coltman

The 46th Annual Convention of the Tennessee Elks Association was held in Nashville April 10-13.

In addition to the 540 Elks and their wives, the convention was honored with the attendance of then-GER John T. Traynor and his wife, Jane; PGER Edward McCabe and his wife, Maggie; and Trustee Dr. Ted Callcott and his wife, Betsy.

There were several notable highlights of the convention, but none more entertaining than Jane Traynor's accounts of being "on tour" as the wife and traveling companion of the Grand Exalted Ruler. Brother Traynor's address was of a more serious nature, depicting the goals and accomplishments of Elkdom.

The mid-year convention will be held in Paris September 26-27 and the next annual convention will be in Knoxville April 2-4. Newly elected officers are President Ralph Coltman, Oak Ridge; President-Elect Vincent Williams, Johnson City; Secretary Joseph McCulloch, Nashville; Treasurer Clyde Webb, Athens; Vice President Upper East Eddie Palmer, Kingsport; Vice President East Dwight Eckard, Cleveland; Vice President Middle Mike Gabrysiak, Gallatin; and Vice President West James King, Jackson.

Colleen Conway-Welch, Professor and Dean of Vanderbilt University School of Nursing, spoke on the importance of the state Major Project, Nurses Scholarships, and the benefits which

had accrued to the state. Scholarships awarded during the lodge year 1985-86 totaled \$58,000.

Eight lodges participated in the Ritual Contest. The winning team was Nashville, which was closely followed by Kingsport and Paris Lodges.



The annual convention of the Oregon State Elks Association was held in Medford May 1-3. A total of 1,494 Elks and their ladies were addressed by then-GER John T. Traynor, and PGERs Marvin Lewis and Frank Hise. Other distinguished guests included then-Grand Est. Lead. Kt. Robert Tancredi, and Grand Trustees Jim Damon and Bob Bybee.

Plans were made for a winter meeting to be held in Grants Pass October 16-18. The next annual convention will be held in Springfield May 28-30, 1987.

Newly elected officers are President Charles Snyder, Grants Pass; Vice President Frank Amatisto, Coos Bay; and Treasurer Don Koch, Lake Oswego.

Over \$91,000 was spent on the state Major Projects: \$45,924.21 for the funding of the visual care program; and \$45,585.87 for the Meadowood Springs Speech Camp.

The national first-place girl winner in the 1986 "Most Valuable Student" competition was Ramona Lee, sponsored by Ontario Lodge. Miss Lee and her family were present at the convention.



SP Gerald McLin

The Louisiana Elks Association held its 50th Annual Convention in Alexandria March 21-23. The convention was dedicated to the memory of PSP George Ketteringham, past secretary to the Grand Exalted Ruler in 1975-76, and secretary of the state association from 1981 until his death in October, 1985.

A total of 216 Elks and their ladies attended, including state sponsor PGER Willis C. McDonald and his wife, Elizabeth. Alexandria Lodge served as host.

The mid-season conference will be hosted by Jennings Lodge October 18. The next state convention will be held April 24-26, 1987, in Baton Rouge.

Officers for 1986-87 are President Gerald McLin, Baton Rouge; President-Elect Maurice Bize, Alexandria; Vice President East Harold Billingsley, Slidell; Vice President West Ronald Chapman, Jennings; Secretary Fulton Mahan, Houma; and Treasurer C. W. McGill, Slidell.

This year's Ritual Team Contest was won by Slidell Lodge, with Chap. Charles Catalantto taking the "Mr. Ritual" Award. In addition, Individual Officer and Eleven O'Clock Toast competitions were held.

During the past year, \$30,970 was contributed to the state Major Project, the Southern Eye Bank. It was voted to change the Major Project to Camp Win-A-Friend. This is a camp for underprivileged children run by the Louisiana State Police.



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## Retirement

(Continued from page 24)

attend a full weekend of classes, often once a month, and (with a full load of home study) earn a degree in roughly the same amount of time it takes for full-time study (two years for an associate degree and four years for a bachelors degree). Courses may be offered on-campus or at off-campus locations convenient to home or work. Some institutions include courses offered over local television stations, to supplement classroom study.

• Independent study and contract learning, under which you design your own program of study with the help of a faculty adviser, are offered by some institutions. This approach is the keystone of the external degree programs; it is also used in conjunction with conventional study by other colleges and universities.

### Why college?

A college education at any age can liven your mind, stir your interest, hone your talents. It can prepare you for a new job or a post-retirement activity or some good, stimulating fun. It can develop specific skills, whether in speaking French or repairing computers. It can enhance broad abilities, such as managing people or running a business. It can enhance understanding of science or philosophy or the world we live in.

If you're interested in returning to school, you'll find very helpful information—on admissions, financing, study habits and time management—in *The College Board Guide to Going to College While Working*. Find it at your library or bookstore, or send \$9.95 to College Board Publications, Box 886, New York, NY 10101.

## Saga of the Forest Rangers

(Continued from page 9)

*"Where careless campers are unknown, where firebugs never go;*

*"Where lightning bolts have spark arrestors, smokers always douse their smokes,*

*"In the fire-resistant foliage of the tall asbestos oaks!"*

Many of the hard and dangerous duties of the rangers were shared by their wives. Their first homes were often crude cabins with log walls and floors of whip-sawed boards. The cabins were usually in primitive areas miles from settlements. Water came from springs and streams, and lucky was the wife with a wood stove. These were not uneducated frontier women—many had good educations and refined tastes; some were former teachers. They were proud of their husbands' careers and dedication.

Those wives tended the stock, grew a garden to help with the tiny budget, knew home medical remedies and taught their children. Many of the younger women often accompanied their husbands on their rounds; they helped put out fires, run surveys and count stock.

When a fire emergency arose, it was usually the wife who manned the telephone line 24 hours a day, relaying messages. She had to be prepared on short notice to prepare gallons of

hot coffee and dozens of sandwiches to weary fire-fighting crews, and treat and bandage their wounds.

And, while fire-spotters were mostly men, by 1913 the first woman lookout was appointed. Hallie Daggett was 30 and unmarried, and knew every trail in her Salmon River district. Her father was a mine superintendent and Hallie had education and social status, but she loved the outdoors. Her post was on the summit of Klamath Peak, 6,444 feet high, in a small cabin—her telephone line her only link to the world. She held her position from June through November each year for 15 years and became a legend in her own time.

Despite their hard lives, the rangers, like soldiers in the front lines of a war, often found humor in even the daily irritations and frustrations of their work. Almost anything became a subject for their sometimes salty humor. The methods of making the all-important coffee could invoke the tall tale.

"To make fire-line coffee," one ranger solemnly insisted, "you add one cup of coffee to one cup water. Boil it until it floats a steel wedge, strain it through a ladder, and eat it with a fork."

Another ranger reminded a young neophyte that, "the most important thing to remember in coffeemaking is not to lose your nerve when you put the coffee in!"

The rangers also enjoyed making sly digs at the "bureau-crats" back in the Washington offices. During an epidemic of pine-bark beetle infestation, a ranger was instructed to bottle some of the pests and send them while still alive to the Forest Service laboratory. Watching this operation was a lumberjack.

"What are you going to do with them bugs?" he asked.

"Send them to Washington," was the curt reply from the ranger.

"Well, what do they do with them?" the lumberjack persisted.

The ranger looked up and grinned. "They kill them!"

As America's population expanded, pressures for public use of the preserves increased. Cattle and sheep men vied over grazing rights to the regenerated grasslands. Lumbering interests demanded increasing cutting; mining companies wanted the lands opened for their operations; private interests pushed to establish vacation homes or resort hotels in the scenic areas; hunters and fishermen

added their own pressure for their sports.

The area under Forest Service administration had expanded to more than 160 million acres. The ranger's duties now included dealing with vacationers, hunters and conservationists of all kinds. New scientific methods of silviculture—the science of tree culture—were being developed. The days of the rough and ready rangers were drawing to a close.

New Forest Service employees were college-trained specialists—foresters, entomologists, botanists. Top-level political decisions took away much of the authority of the ranger. His increased administrative duties turned him into a paper-shuffler and public relations contact.

But those old-timers were not yet finished, for suddenly the advent of the Great Depression brought the demand for their unique knowledge on a wide variety of subjects that were needed for a brand new project—the practical use of three million youth that were being enrolled in a great experiment: the Civilian Conservation Corps.

Under the personal supervision of

the rangers, familiar with all the work that needed doing, vast projects were carried out. Millions of trees were planted, millions of acres seeded to pasture grasses. Wells by the thousands were dug for cattle. Dams were constructed to save water. Roads and trails were built and parks were established. The list of accomplishments is staggering, and forever changed the face of America.

At the center of this activity were the old-timers, training and directing. For the first time in their long careers they were supplied with sufficient manpower and equipment to do the jobs they had tried for years to accomplish with limited means.

It has been almost a century since those first stirrings of national conscience resulted in the beginnings of the Forest Service. Fortunately, historians of the Service recognized in time the uniqueness of those men and women and began in the 60's to preserve in taped interviews some of their individual careers, episodes, and accomplishments. Reading these records, one can catch rare glimpses of their courage and dedication. They are all mainly unsung heroes, and they all "stood tall in the saddle." ■

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ELKS



by Fay Doyen Ellis

"APACHES SURRENDERED!" "GERONIMO CAPTURED!" One hundred years ago, these headlines aroused the nation and calmed the hearts of traumatized citizens throughout the Arizona Territory. Geronimo's surrender ended the wild Apache lifeway, and secured the Southwest for settlement.

Ten years and millions of dollars had been spent bringing Geronimo in. Five thousand soldiers, aided by hundreds of Apache scouts and a network of heliograph stations, were needed to track down his tiny renegade band.

By 1876, conflict between white

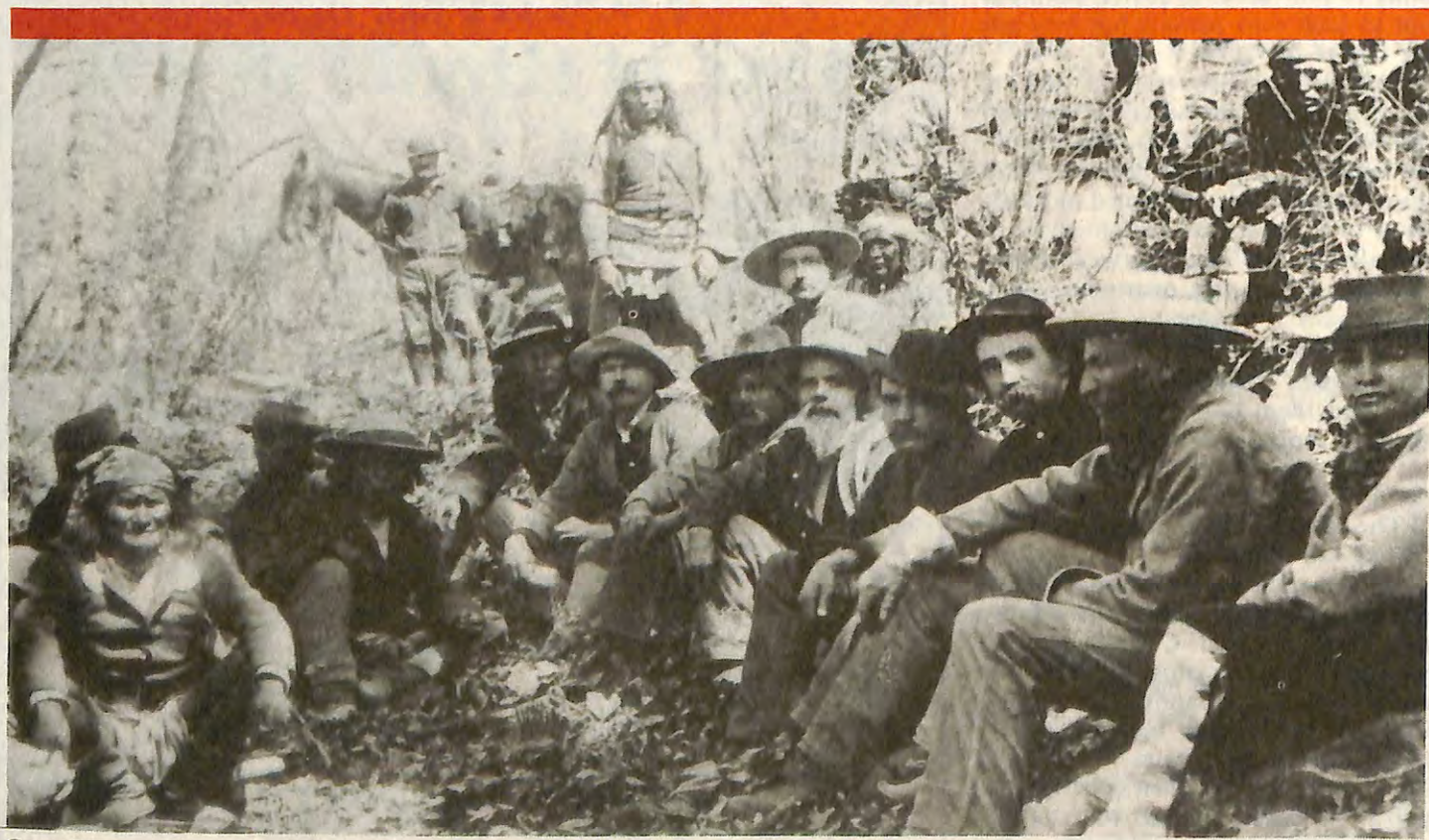
settlers and Apaches had led the Indian Bureau to its policy of moving all Apaches to the parched San Carlos Reservation. No account was made of the hostility between the many tribes, or of how they would make a living in a country so different from their own.

It was during this period of round-ups that Geronimo emerged as a shrewd and powerful leader. His military genius and courageous exploits had won him the respect of those Apaches who most strongly resisted the government-imposed confinement.

Geronimo was particularly op-



## Surrender In Skeleton Canyon



Council between Geronimo (left) and General Crook (second from right) in 1886. Reproduction from the Arizona Historical Society Library/Tucson.

posed to living on the reservation because of threats on his life. His name had become a household word, so he was automatically blamed for every savage deed in the territory. Local sheriffs and irate ranchers everywhere were ready and waiting to hang him. At San Carlos, Geronimo had to rely on the army for protection—the army he did not trust.

Three times Geronimo led small bands out of the reservation, making a beeline for the rugged mountains of Mexico. Slipping from mountain to plain, to range again, making unbelievably long marches, the band left behind a trail of looting and killing.

Army troopers were hard pressed to follow their expertly concealed tracks into rugged terrain where no white man had ever been. General George Crook, Commander of the Arizona Department, effectively used Apache scouts as guides. The soldiers and scouts made grueling treks into Mexico, in hide-and-seek pursuits.

In the intense heat the scouts' feet blistered through moccasins. The hot gun metal burned their hands. Pack mules, loaded with supplies, fell from precipitous trails. Most of the soldiers had to turn back, so ravaged were they from the cactus-studded, rattlesnake-infested country. For all their efforts, they would only engage their quarry once or twice during months on the trail.

These exhausting forays eventually did wear down the elusive band. In March, 1886, Geronimo surrendered to General Crook in northern Mexico. Sitting on the thick carpet of leaves, officers and Indians faced each other. Nervous warriors milled around behind them. Geronimo spoke with fire and eloquence.

"I think I am a good man, but in the papers all over the world they say I am a bad man...I never do wrong without a cause. From here on I want to live in peace. God is listening to me. The sun, the darkness, the winds, are all listening to what we now say."

"There is no use for you to try to talk nonsense. I am no child," Crook replied. He demanded unconditional surrender or, "I will keep after you and kill the last one, if it takes fifty years."

Terms were finally agreed upon, but the following night, bolstered by mescal and a rumored death threat, Geronimo and 35 men, women and children slipped out of camp without waking a single soldier.

As a result, Crook was forced to

resign his post. He was replaced by General Nelson Miles, who stepped up pursuit of the fugitives. On another front, he persuaded President Cleveland that the only way to resolve the Apache problem was to deport all 400 of the Chiricahuas—both renegades and those living peacefully on the reservation.

When army troops finally caught up with Geronimo's bedraggled band, they surprised him with the news that all his kinsmen had been sent to Florida. If he ever wanted to see them again, he would have to capitulate. After much deliberation with his warriors, Geronimo agreed to make his fourth and final surrender to General Miles in Skeleton Canyon.

Soldiers and warriors surrounded the two leaders. Miles spread a blanket on the sunbaked earth, and placed a large stone on it.

"Our treaty was made by this stone," Geronimo remembered in later years. "It was to last till the stone should crumble to dust. We raised our hands to heaven and... took an oath not to do any wrong to each other or to scheme against each other."

A monument of rough stone was built on the spot. Though it was later torn down by cowboys, it lasted much longer than the treaty.

On September 5th, the renegade band was marched under heavy guard to Fort Bowie. From there, blueclad soldiers escorted wagon loads of Indian families (including the scouts who had loyally served Crook and Miles) down the dusty road to Bowie station. A train was waiting to carry them to Florida prisons. To scourges of tuberculosis, separation of their families, and poverty. To 27 years of captivity, living out broken promises.

From September 4-7, 1986, the Arizona Historical Society and the National Park Service are sponsoring a centennial observance of the Chiricahua Apache surrender and imprisonment. The tribe's descendants will dance on sacred ground in the Chiricahua Mountains. Riders dressed in traditional clothing will retrace the trail from Skeleton Canyon to Fort Bowie.

Closing ceremonies will honor the courage of the army in its struggle to tame the wilderness, and the courage of the Indians in their struggle to preserve it. Above all, these ceremonies will commemorate the lasting peace made 100 years ago between two clashing cultures. ■

## Health "Secrets" Revealed

(Special) Publisher Lowell Housner announced release of the new book **Health Tips**. The book contains hundreds of health tips based on the latest nutritional and scientific findings. The book is of vital importance to everyone interested in health. Here are a few health tips covered in this new book:

- 4 tips for relieving canker sore flareups.
- How to relieve dry skin.
- 5 ways to stop foot odor.
- How to get rid of face hair.
- How to avoid migraine headaches.
- 5 ways to relieve hemorrhoids.
- How to relieve nightly leg cramps.
- Prostate trouble: A simple tactic to alleviate getting up-nights.
- 5 tips to fall asleep faster.
- How to stop snoring.
- How to detect and relieve food allergies.
- 3 tips for relieving sinus congestion.
- How to control dandruff.
- 4 simple ways to take off weight.
- How to minimize baldness progression.
- How to prevent bladder infections.
- 2 ways to stop itching skin.
- A nutrient that helps increase resistance to disease.
- 7 suggestions to relieve heartburn.
- A vitamin that repels insects when taken orally.
- A simple technique to relieve tension.
- 3 ways to avoid stomach irritation when taking aspirin.
- How to relieve bloating and puffiness.
- A tip for preventing car sickness.
- 5 tips for getting a good night's sleep.
- A safe, simple home treatment for sore, tired feet.
- 10 tips to ease back pain.
- A common food to reduce cholesterol.
- 6 aids to eliminate constipation.
- A nutrient aid for cold sores and fever blisters.
- Side effects of common prescription drugs.
- Latest research findings on the good effects of vitamins.

You can order the book direct from the publisher and save. To order simply send \$12.95 plus \$1 postage and handling to: United Research Publishers, 103 North Highway 101, Dept. K-9, Encinitas, CA 92024. You can return the book within 30 days if not 100% satisfied and receive a full refund. No questions asked.



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(Continued from page 18)

wake up, get dressed, make their beds and clean their spaces. Breakfast is at 7:45, followed by teeth brushings and free time until 9:00 when school begins. The first recess is from 10:00-10:30, and lunch is from 11:30 until 12 noon.

Supervised quiet time lasts until school resumes at 12:30. The younger children nap. The afternoon session has one recess and an arts and crafts period, with the final bell ringing at 3:30 p.m.

Then it is free time—inside or outside in the well-equipped play yard. In the evenings the children may go to the movies, bowling or over to Palmetto State Park. Sometimes they go to town for pizza.

The weekends are busy with field trips to the zoo in San Antonio and other places of interest in the area.

"There are times when we must use the Time-Out Room," explained Ms. Cowan, leading the way across the hall and opening the door to the room. The large room looks much like a giant padded cell. "Sometimes a child loses control of himself and might present a danger to the other children. Sometimes he just can no longer contain the anger or grief inside himself. At such times we will come into the Time-Out Room, where we'll let it all hang out!"

"Sometimes we come in here with the child and do whatever seems to make the child more receptive to the situation. We wrestle, fight, hug, scream, cry and hold each other close . . ." said Ms. Cowan. "Many times,

after such behavior, the child will be able to sit and talk calmly about his or her future. And then, there are those who must make several trips to the Time-Out Room before they can release the burdens of their lives."

The original building was built in 1946 in a T-shape, measuring 165x185 feet, according to O. J. Behrendt, plant manager. Mr. Behrendt has been with the facility since the time it started. "The total original cost of the building was about \$200,000," he said. "Imagine what a building like this would cost today!" He and his physical plant staff do all the maintenance on the building and equipment. They also do any space remodeling or new construction which is needed.

One wing of the building is used for living facilities for the children. There are two large dormitories, as they are called, which have separate rooms for girls and boys. Each dorm area has beds and chests for the children in residence. There is also a single bedroom for any youngster who might not be able to tolerate living with other people. This wing also houses the nurse's station.

Additional space was needed to accommodate the center's modified program, so a new wing was built. It houses the schoolroom, testing rooms, and a large inside playroom called the "rec-room." Nearby are the offices occupied by several members of the diagnostic team.

A pleasant lobby for guests also serves as a "den" for the children in the evenings.

Two apartments are set up inside the building for the use of parents who must spend a night or two at the center. Outside the building, a small cottage is located for parents who come for a visit. These are also provided free of charge.





"Many times it is beneficial to the child—and especially to the parents—to be close for a day or so before leaving," said Ms. Cowan. "Some of our parents have never been away from their child—even overnight."

She went on, "If a child is small, maybe three or younger, we usually ask at least one parent to stay here for the complete evaluation period. There are also rare occasions where it is necessary that a parent stay within reach, but not physically with the youngster, for the whole time the child is in residence."

Another wing is used for the kitchen, dining room and offices for the business office and support staff. "The nature of the work here puts us all in a high-stress environment," said Mary Williams, director of the Business Office/Support Services Department.

"You can't work here and not be involved with the children," Ms. Williams said thoughtfully. "As you see, my office is on the way to the dining room and, three times a day, one or more of these children will stop to talk a minute, or just wave and say hello. You get attached to them in spite of trying not to."

"This is the hardest job I've ever had...but the most rewarding to me personally," said Ms. Williams. Her sense of humor helps her: "You either laugh a lot or you cry. Crying just makes wrinkles, and who needs more of them?"

The Business Office/Support Service Department includes the secretarial, bookkeeping and food service staff. "I have some very talented ladies in my department," said Ms. Williams. "In fact, overall we have a wonderful staff. Most of us have been here a long time—one even from the beginning in 1946. I'm probably one of the newer members and I've been here six years. Everyone here is so dedicated (to the Elks' Program)."

There are a total of 30 people on the center's staff. The child care staff works three shifts a day which briefly overlap. Those who work directly with the children work five months, then are off one month, on five, off one and so on. According to Ms. Williams, this helps with the problem of "burn-out" so frequently encountered by those working in human service organizations. The business office, support service and physical plant staff members work year-round.

(Continued on page 44)

## Summer Destinations

(Continued from page 30)

spires rise above a village that's framed by rocky shores and peaceful coves and a harbor crowded with lobster boats. One weather-beaten old shanty has been the focal point of so many pictures that it's known as Motif No. 1. This quaint old fishing village has attracted artists since the Depression years.

One of Rockport's curiosities is the cannonball that was embedded inside the steeple of the First Congregational Church during the War of 1812. It is the sea, though, that draws Rockport's summer crowds, with a shoreline that twists among rocky coves all the way from Eastern Point southeast of Gloucester to Essex and Ipswich. There are those who sail and others who stroll Rockport's storm-tossed beaches, inhaling the salty air and studying tide pools that change

constantly. Gulls cry and the surf pounds in a concert that spells... summer.

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Washington State Tourism Division, 101 General Administration Building, Olympia, WA 98504, for information about Kalaloch Lodge, Lake Quinault Lodge, Capt. Whidbey Inn and Hotel de Haro.

Ralph Miller Backpack Trips, P.O. Box 1083, Cooke City, MT 59020.

Drowsy Water Ranch, Box 147A, Granby, CO 80446.

Tall Timber, S.S.R., Box 90, Durango, CO 81301.

Galiano Island, British Columbia (contact the Ministry of British Columbia, 3400 Wilshire Blvd., Los Angeles, CA 90010).

Kula Lodge at Makawao, R.R. 1, Box 475, Kula, HI 96790.

New Hope, PA: Logan Inn, 10 W. Ferry St., New Hope 18938; Hacienda Inn, 36 W. Mechanics St., New Hope 18938; Centre Bridge Inn, Box 74, Star Route, New Hope 18938.

Rockport Chamber of Commerce, P.O. Box 67, Rockport, MA 01966. ■

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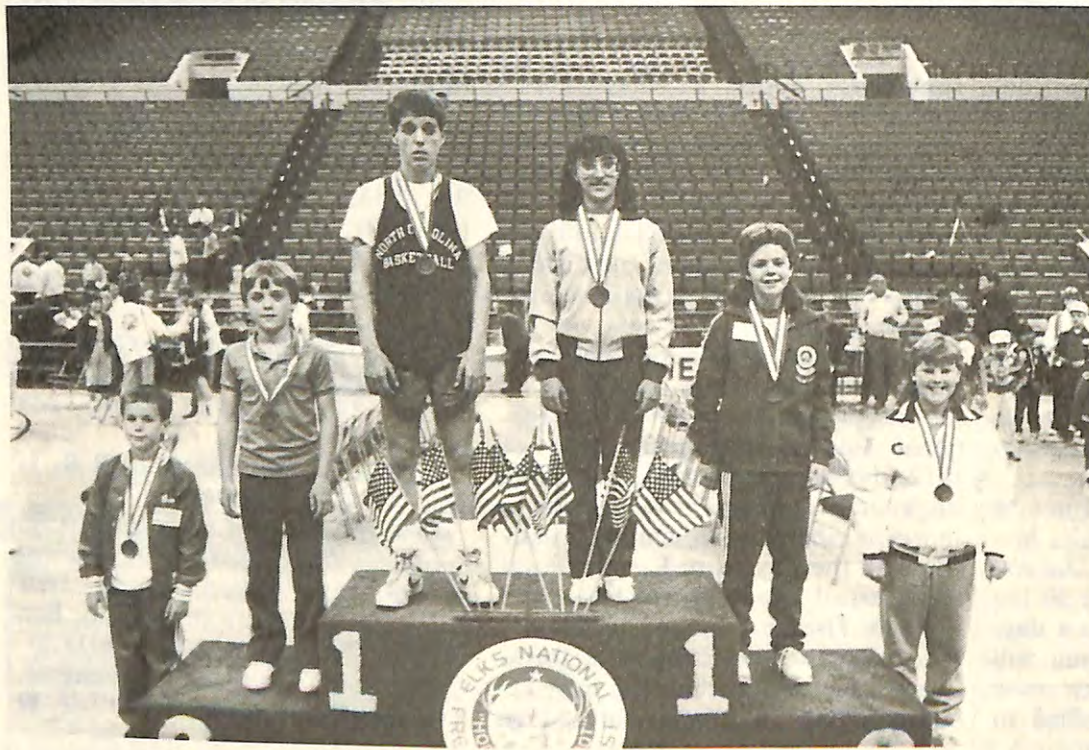
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ELKS-J/A  
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# 1986 Elks "Hoop Shoot" Free Throw Finals



The 1986 National Elks "Hoop Shoot" winners are (from left) Benjamin Bryant, Sikeston, MO, Lodge No. 2319, boys 8-9 division; David Sickler, Sayre, PA, Lodge No. 1148, boys 10-11 division; Matt Wilder, Sumter, SC, Lodge No. 855, boys 12-13 division; Miren Yanci, Elko, NV, Lodge No. 1472, girls 12-13 division; Jennifer Howard, Hickory, NC, Lodge No. 1654, girls 10-11 division; Auderie Bromley, Gunnison, CO, Lodge No. 1623, girls 8-9 division. These winners are the best of the 3.9 million youngsters who participated in the 16th Annual Elks "Hoop Shoot" Free Throw Contest.

Market Square Arena in Indianapolis, Indiana, was the site of the 1986 Elks "Hoop Shoot" Free Throw finals. The 16th annual competition attracted more than 3.9 million boys and girls nationwide.

After competing on the local, state and regional levels, 72 hopeful youngsters from across the country vied for trophies in each age group of the National contest.

Jennifer Howard, representing Hickory, NC, Lodge No. 1654, shot a perfect 25 for 25 to capture the girls age 10-11 championship. In that age group, second place went to Jill Bleach, shooting for Kearney, NE, Lodge No. 984.

Other girls' division winners were Auderie Bromley, representing Gunnison, CO, Lodge No. 1623, in the 8-9 year-old group, with Andrea Moore, sponsored by Clifton Forge, VA, Lodge No. 1065, taking second place. Miren Yanci, shooting for Elko, NV, Lodge No. 1472, in the 12-13 age group was first and Michelle Patterson, representing Holdrege, NE, Lodge No. 2062, took second place.

The boys' overall winner was Benjamin Bryant, representing Sikeston, MO, Lodge No. 2319, in the 8-9 year-old group. Jamie Wagner, shooting for Bismarck, ND, Lodge No. 1199, took second place in that age group.

David Sickler was first in the 10-11 year-old group, representing Sayre, PA,



(Left) Jennifer Howard, representing Hickory, NC, Lodge No. 1654, was top scorer for all contestants in the Elks "Hoop Shoot" Free Throw Finals. Competing in the 10-11 age group, Jennifer shot a perfect 25 for 25.

(Right) Ben Bryant, shooting for Sikeston, MO, Lodge No. 2319, scored 24 for 25 in the boys 8-9 age group. By scoring 10 for 10 in a shoot off, he was the top scorer among all boys.

Lodge No. 1148, with Stephen Wiacek, shooting for Bristol, RI, Lodge No. 1860, taking second place. In the 12-13 year-old group Matt Wilder, representing Sumter, SC, Lodge No. 855, took first place and Scott Lowrey, shooting for Mt. Vernon, IN, Lodge No. 277, took second place.

Tie-breaker shoot offs were required in all of the groups except for those won by Jennifer Howard and Matt Wilder.

The competition was well attended by

parents and other family members, many Elks and their ladies, and a very active committee of "Hoop Shoot" program workers.

Also in attendance in Indianapolis were PGERs Glenn L. Miller, Frank Hise, Raymond V. Arnold and Frank O. Garland; Grand Chap. Kevin Cassidy; Grand Secy. Stanley Kocur; Peter T. Affatato, then-chm. of the Board of Grand Trustees; and Grand Trustee Al Humphrey.

## The 1986 Elks/Basketball Hall Of Fame Classic



The action in the Elks/Basketball Hall of Fame was fast for the entire game. The Americans (in dark uniforms) scored 114 points to rout the Nationals, who totaled 95 points. Twenty of the nation's finest college seniors participated in the third annual event.

Coach Louis Carnesecca of St. John's led the Americans to victory in the Elks/Basketball Hall of Fame Classic against the National All-Stars, coached by Richard "Digger" Phelps of Notre Dame. The final score was 114-95.

Pushed onto the perimeter by the American defense, the Nationals shot .348 from the field during the first half, .407 for the game. After a cold start, the Americans got into their running game and shot .506 from the field.

It seemed there were as many National Basketball Association scouts as fans on hand. Scouts representing all 23 teams were seated three deep courtside for the third annual college all-star game.

"They're up there in the stands watching and you know it," said Kansas seven-footer Greg Dreiling, who reacted well, taking game MVP honors. The American center blocked five shots, scored 16 points and collected 12 rebounds. Dreiling alternated with North Carolina's 7-foot-tall Warren Martin, and together they dominated the boards.

The Americans' rebounding, running game and the ability to push the ball inside were decisive factors in the game.

"Our big guys crashed the boards and we got the outlets," said Jim Les of Bradley. "Steve (Mitchell of Alabama-Birmingham) and Michael (Jackson of Georgetown) and Ron (Rowan of St. John's) and I had a lot of open-court opportunities."

Rowan scored 18 points, while Villanova's Harold Pressley scored 16 and Montana's Larry Krystkowiak scored 12 for the Americans.

Brad Sellers of the Nationals, an agile seven-footer from Ohio State, topped all players with 19 points.

The game's four Indiana players were National teammates. John Sherman Williams of Indiana State scored 12 points. Ken Barlow of Notre Dame came on late to finish with 10 points and seven rebounds and Ball State's Dan Palombizio had nine points and 10 rebounds. Kentucky's Roger Harden, a former Mr. Basketball from Valparaiso, added two points and five assists.

The Americans got the lead early and pushed it to nine, 25-16 midway through the first half. The margin was 55-39 at halftime and reached 22 points early in the second half.

### BOX SCORE

Americans	55	59	114
Nationals	39	56	95

**AMERICANS (114)**—Henderson 3-11 0-0 6, Krystkowiak 3-7 6-7 12, Dreiling 6-10 4-4 16, Mitchell 4-10 2-2 10, Les 1-5 2-2 4, Jackson 1-3 4-4 6, Thompson 3-9 5-5 11, Rowan 9-12 0-0 18, Pressley 8-10 0-0 16, Martin 6-10 3-3 15. Totals 44-87 26-27 114.

**Nationals (95)**—Palombizio 2-7 5-6 9, Barlow 3-7 4-5 10, Sellers 9-17 1-1 19, Turner 2-5 0-0 4, Ward 7-13 0-1 14, Harden 1-5 0-0 2, Henderson 4-8 0-0 8, Wingate 2-9 2-2 6, Williams 5-17 1-1 12, Shasky 4-9 3-6 11. Totals 39-97 16-22 95.

**Rebounds**—Americans 54 (Dreiling 12), Nationals 54 (Palombizio 10). **Assists**—Americans 31 (Jackson 11), Nationals 19 (Turner 8). **Total fouls**—Americans 20, Nationals 20. A—3,500.

(Information courtesy of The Indianapolis Star.)



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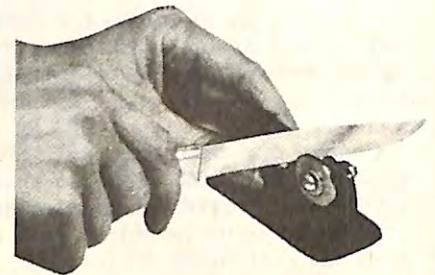
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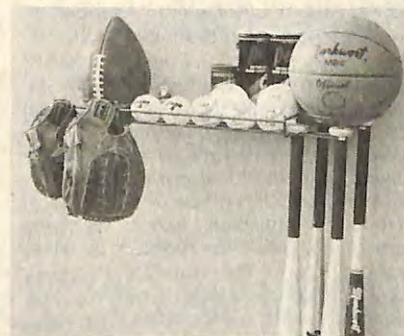




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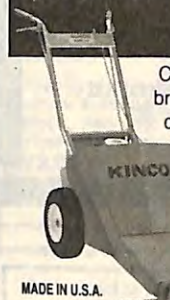
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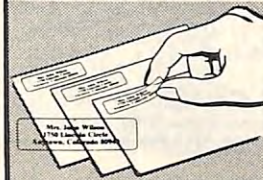
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How about your car? Return to the dealer and explain the problem was found under warranty and has not yet been fixed. If the dealer is unwilling to do anything further, get in touch with the manufacturer's regional representative. If this fails, check with the National Automobile Dealers Association to find out whether there is an Automotive Consumer Action Panel (AutoCAP) in your area that will mediate between you and the dealer, or see if your local Better Business Bureau has a mediation program. You might also want to check with your local government consumer protection office or the Federal Trade Commission about warranty protection. And if the problem involves safety, inform the National Highway Traffic Safety Administration. The handbook lists numbers and addresses for all of these organizations.

To clean up your dishwasher's act, first check the owner's manual to make sure you are doing everything right. Then call the dealer to send out a technician for warranty work. If the technician is unable to repair the machine, ask the dealer to get in touch with the manufacturer. If the dealer is unable or unwilling to do so, the *Consumer's Resource Handbook* should have a name and address of the consumer office for the company. Write the company a letter explaining your problems and what you want to have done. Include copies (not the originals) of all receipts, letters, repair tickets, etc. Make sure your letter has your return address and a daytime telephone number so that the company representative can get in touch with you.

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# Elks Family Shopper consumer/news

that will mediate between consumers and retailers or manufacturers. And as a last resort, you can use the handbook to get in touch with your state or local consumer protection office or with an office of the federal government.

...

Have you noticed the **high-mounted brake lights** on new cars and wondered why automakers put them on their new 1986 model cars? The lights are designed to reduce the number of rear-end collisions, says the Automotive Information Council (AIC). Twenty-five percent of all auto accidents in 1984 involved rear-end collisions, reports AIC.

The Federal government mandated in 1985 that all automobiles manufactured after 1985 be equipped with a small stoplight mounted near the car's rear window at eye level.

The new stop light could eliminate up to 40,000 injuries and could save \$434 million in property damages each year, says Diane Steed, administrator of the National Highway Traffic Safety Administration.

Prior to mandating the new brake light, the government studied several large automotive fleets equipped with the new third brake light. The results revealed that cars with the new rear-stop light were involved in fifty percent fewer rear-end collisions than the fleets without them.

The studies showed that drivers more readily observe the rear-stop light because they are closer to eye level than brake lights near the bumper. A driver can also see the lights a few cars ahead through other vehicles' windows.

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09H	COLOR	How Many?	What Waist?	What Inseam?
W	Mist Green			
L	White			
R	Tan			
P	Grey			
B	Navy			
G	State			
C	Brown			
E	Black (not shown)			


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# Diagnostic Center

(Continued from page 37)

An eight-hour day, 40-hour week would make some of the personnel at the diagnostic center ask, "What's that?" Ms. Williams pointed out. "Some of us work eight- to 18-hour days and our weeks are indefinite—like me. My work load has been unusually heavy lately and today is my 11th day on."

"I was caught up once. I distinctly remember it," she said solemnly, looking over her desk stacked high with reports to be made, letters to be answered and filing to be done.

The building is always scrupulously clean, and Ms. Williams pointed out that visitors are welcome at any time. "You will find us just as we are all the time—we won't do anything special because we know you are coming."

The center operates on an annual budget of over \$750,000 provided through benevolent works of Texas Elks. The project is also funded in

part by the Elks National Foundation. "Various gifts and donations come from other sources also," said Ms. Williams. "A friend gave us a small personal computer for our classroom. One of my personal friends gave us a business computer to supplement the one we had. I can't tell you what a difference that made for us in the business office!"

"We also received a grant from IBM for specialized equipment for the children. On a number of occasions a very generous lady has donated funds for specialized medical-type equipment. Her donations even enabled us to obtain a much-needed van. Things like these really help."

Across the street from the center is an RV park with 34 sites equipped with full service hookups and a dump station. The sign in front declares it is "Elks Care RV Park." This campground is provided by the Elks and is used primarily by traveling Elks and those visiting their prized project.

Mr. Behrendt says, "It is also offered for emergency situations, such as when hurricane warnings have driven people from the coast, or when the flooding river drives campers

from Palmetto State Park. We've been at full capacity many times."

"Our Board doesn't charge visitors who park there," he continued, "although we do hope they will make a contribution to the kitty for the electricity. Usually folks are generous."

Once a year, the center is host for "Homecoming," a two-day Open House for Texas Elks and their families who come from throughout the state. Saturday is a "play day" and Sunday is a "serious day." There were over 650 visitors at the 1985 Open House.

Drop-in visitors are welcome any time and, as Ms. Williams had stated earlier, "What you see is what we are, regardless of who you are or when you come."

The center has a slogan: "Our problems are little ones—children!", but the center's achievements are not little. As one parent said, "Our son is doing remarkably well. He is rapidly catching up to his level. I'm grateful for his progress. We have God and the Texas Elks staff to thank for him, our family unity and the preservation of my sanity. You were a blessing for us, and may God bless you." ■

## did you know..

The 122nd Grand Lodge Session was held in Denver, CO. It was the fourth time the national convention was held in the Mile-High City, and an unusual thing happened. History repeated itself. The first two times, Californians were elected Grand Exalted Rulers, while the last two times New Yorkers were elevated to the top spot.

In 1906, Henry Melvin from Oakland, CA, Lodge became GER, and in 1914 it was Raymond Benjamin from Napa, CA, Lodge. In 1937, Charles Spencer Hart from Mount Vernon, NY, Lodge became our leader. This year, Peter T. Affatato of Hicksville, NY, Lodge was named Grand Exalted Ruler.

•••

We continue to get letters from all over the nation from lodges having statues of elks. Some even want to know where they can buy one.

John Scott of Craig, CO, Lodge sent us a clipping from Grit newspaper show-

ing a special elk constructed in downtown Butte, MT, in conjunction with a convention of the Order. It was a huge animal, large enough for a streetcar to pass under. It was constructed of lumber, metal, lath and plaster, with pretty specimens from copper mines pressed into it. The streetcars and the elk have long since disappeared.

Brother Scott notes that Prescott, AZ, Lodge also has a life-size elk.

Brother Wes Slusher, historian of McKeesport, PA, Lodge, reports that it has had a life-size elk since 1904. It is made of bronze and weighs about a ton.

Just as our Order is indestructible, so is the McKeesport elk. It was the only thing to survive a disastrous fire in 1976 and is now mounted in glass, temperature controlled, above the outside entrance of the new lodge building.

Sheridan, WY, Lodge has a life-size bronze statue of a majestic bull elk, poised proudly on a large granite base. It has been the centerpiece for Sheridan Lodge's Elks Memorial Cemetery for the past 25 years and is the gift of the late Brother Frederic Thorns-Rider. As a model, the sculptor used a full-size mounted elk which has been a feature of the lodge for many years, Jack Ferren, PDD, says.

Milwaukee, WI, Lodge is proud of its bronze statue of an elk, even though the tips of the horns have been shot off by vandals and have been replaced by plastic tips. Charles Gronitz, lodge

historian, reports that it is probably the oldest such statue in the country.

It was purchased in 1901 as a gift to the city of Milwaukee and placed in a park where it stood for 26 years. When the park was remodeled, the elk was moved to a location across the street from Milwaukee's "Wonderlodge," where it stood for 44 years.

When the nine-story building was razed in 1971, the elk was loaned to Waukesha, WI, Lodge for safekeeping until Milwaukee's new lodge could be built. Finally it was moved home to Milwaukee's new lodge in 1980. In the meantime, Waukesha Lodge procured its own elk, one made of fiberglass.

•••

Adding to the thrust of then-GER John T. Traynor's plea for younger Elks is this word from the secretary of Warrendale, PA, Lodge, William Casey, PDD. Jim Gerster was initiated into the lodge two months after his 21st birthday and appointed chaplain. This year he was installed as Est. Lect. Kt. at age 23.

Secy. Casey is the oldest officer in the lodge at 57. The chaplain is 30, esquire 35, Est. Lead. Kt. 35, Est. Loyal Kt. 38, and the tiler is 29. What's more, the inner guard is 23, and the son of the immediate PER.

PDD Casey says he has a son 20 and hopes he'll be an Elk when he reaches 21. We'll make a guess that as soon as he does he'll become an officer, like his brother and brother-in-law.



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 Inseam: 27-28-29-30-31-32-33-34

Or Charge:  Visa  MC  
 Acct. # \_\_\_\_\_  
 Exp. date:...../.....

09H	COLOR	How Many?	What Waist?	What Inseam?
W	Mist Green			
L	White			
R	Tan			
P	Grey			
B	Navy			
G	Slate			
C	Brown			
E	Black (not shown)			

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