

the  
**Elks**  
magazine  
JULY/AUGUST 2025

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FOR WHOM HE SAVED THE UNION  
THE MEMORY OF ABRAHAM LINCOLN  
IS ENSHRINED FOREVER

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# **GER Schiefer Goes to Washington**

**COUNTDOWN TO RETIREMENT**

**FROZEN SHOULDER:  
A PAINFUL MYSTERY**

**NEWS OF THE LODGES**

For PSMA+ mCRPC after hormone therapy,  
THERE'S

# PLUVICTO®



Actor portrayal.

**NOW AVAILABLE**  
**before CHEMOTHERAPY\***

\*For certain men as determined by their doctor.

## What is PLUVICTO® (lutetium Lu 177 vipivotide tetraxetan)?

PLUVICTO is a prescription treatment used to treat adults with prostate-specific membrane antigen-positive metastatic castration-resistant prostate cancer (PSMA-positive mCRPC) already treated with:

- hormone therapy or
- hormone therapy and chemotherapy

## IMPORTANT SAFETY INFORMATION

### What is the most important information I should know about PLUVICTO?

**Use of PLUVICTO involves exposure to radioactivity.** Long-term, accruing radiation exposure is associated with an increased risk for cancer. Drink plenty of water and urinate as often as possible during the first hours after administration.

To minimize radiation exposure to others following administration of PLUVICTO, limit close contact (less than 3 feet) with household contacts for 2 days or with children and pregnant women for 7 days. Refrain from sexual activity for 7 days, and sleep in a separate bedroom from household contacts for 3 days, from children for 7 days, or from pregnant women for 15 days.

### PLUVICTO may cause serious side effects, including:

**Low level of blood cell counts.** Tell your doctor right away if you develop any new or worsening symptoms, including:

- Tiredness or weakness
- Pale skin
- Shortness of breath
- Bleeding or bruising more easily than normal or difficulty stopping bleeding
- Frequent infections with signs such as fever, chills, sore throat, or mouth ulcers

Please see additional Important Safety Information on the next page and Brief Summary of Prescribing Information on the following page.

# Every day without progression is a VICTORY.

If your prostate cancer is progressing,  
COULD PLUVICTO BE NEXT?



PLUVICTO  
gave men more  
**TIME WITHOUT  
CANCER WORSENING**

## Radiographic Progression-Free Survival (rPFS)

9.3 MONTHS for men treated with PLUVICTO  
vs 5.6 MONTHS for men on a 2nd hormone therapy

Updated analysis  
**17 MONTHS LATER†**

**11.6**  
MONTHS  
PLUVICTO  
(234 men evaluated)

VS

**5.6**  
MONTHS  
2nd hormone therapy  
(234 men evaluated)

The PSMAfore clinical trial measured rPFS. Median rPFS is the time when half of the men in the study were still alive without their cancer spreading or getting worse.

In the trial, 468 men with PSMA+ prostate cancer that spread outside their prostate were evaluated. PLUVICTO was given once every 6 weeks for up to 6 doses to one of two groups evaluated.

mCRPC, metastatic castration-resistant prostate cancer; PSMA+, prostate-specific membrane antigen positive.

†Additional analysis conducted to learn more about rPFS in PLUVICTO patients.



Ask if PLUVICTO  
could be right for you today.

Scan here to visit  
**PLUVICTO.com**

**Kidney problems.** You should stay well-hydrated before and after treatment. Tell your doctor right away if you develop any new or worsening urinary symptoms.

All radiopharmaceuticals, including PLUVICTO, have the potential to **cause harm to an unborn baby**.

- You should use effective contraception during treatment with PLUVICTO and for 14 weeks after your last dose

PLUVICTO may cause temporary or permanent **infertility**.

The most common side effects of PLUVICTO include:

- Decreased blood cell counts
- Tiredness
- Dry mouth

- Nausea
- Appetite loss
- Joint pain
- Constipation
- Back pain

These are not all of the possible side effects of PLUVICTO. Call your doctor for advice about side effects. You are encouraged to report negative side effects of prescription drugs to the FDA. Visit [www.fda.gov/medwatch](http://www.fda.gov/medwatch), or call 1-800-FDA-1088.

Please see Brief Summary of Prescribing Information on the following page.



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## PLUVICTO Consumer Brief Summary March 2025

### About PLUVICTO® (lutetium Lu 177 vipivotide tetraxetan)

PLUVICTO is a prescription treatment used to treat adults with prostate-specific membrane antigen–positive metastatic castration-resistant prostate cancer (PSMA-positive mCRPC) already treated with:

- hormone therapy or
- hormone therapy and chemotherapy

### Warnings about PLUVICTO

**Use of PLUVICTO involves exposure to radioactivity.** Long-term, accruing radiation exposure is associated with an increased risk for cancer. Drink plenty of fluids and urinate as often as possible during the first hours after administration. To minimize radiation exposure to others following administration of PLUVICTO, limit close contact (less than 3 feet) with household contacts for 2 days or with children and pregnant women for 7 days. Refrain from sexual activity for 7 days, and sleep in a separate bedroom from household contacts for 3 days, from children for 7 days, or from pregnant women for 15 days.

**PLUVICTO can cause low levels of blood cell counts that may be severe or life-threatening.** Your doctor will monitor your blood counts before and during treatment. Tell your doctor right away if you develop any new or worsening symptoms, including tiredness or weakness, pale skin, shortness of breath, bleeding or bruising more easily than normal or difficulty stopping bleeding, or frequent infections with signs such as fever, chills, sore throat, or mouth ulcers.

**PLUVICTO can cause severe kidney problems.** You should stay well hydrated before and after treatment. Your doctor will monitor your kidney function before and during treatment. Tell your doctor right away if you develop any new or worsening symptoms, including passing urine less often or passing much smaller amounts of urine than usual.

### Before starting PLUVICTO

Tell your health care provider if you:

- Have low levels of blood cell counts (hemoglobin, white blood cells, absolute neutrophil count, or platelets), or if you have or have had symptoms of low levels of blood cell counts
- Have or have had kidney problems
- Have or have had any other type of cancer or treatment for cancer
- Are sexually active

### What you should know while taking PLUVICTO

PLUVICTO has not been studied in females and has the potential to cause harm to an unborn baby. Use effective contraception during treatment and for 14 weeks after your last dose. PLUVICTO may cause temporary or permanent infertility in males.

### Possible side effects of PLUVICTO

The most common side effects of PLUVICTO include:

- Decreased blood cell counts
- Tiredness
- Dry mouth
- Nausea
- Appetite loss
- Joint pain
- Constipation
- Back pain

These are not all the possible effects of PLUVICTO. To learn more:

- Talk to your health care provider or pharmacist
- Visit [www.us.pluvicto.com](http://www.us.pluvicto.com) to obtain the FDA-approved product labeling

You are encouraged to report negative side effects of prescription drugs to the FDA. Visit [www.fda.gov/medwatch](http://www.fda.gov/medwatch), or call 1-800-FDA-1088.

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Thank you for being a loyal reader of *The Elks Magazine*!

## 26 Elks GER Douglas A. Schiefer Goes to Washington

Grand Exalted Ruler Schiefer met with officials at the US Department of Veterans Affairs and the US Drug Enforcement Administration to discuss the important work of the BPO Elks.  
SHAWN S. BULLARD



the  
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**Cover:** Grand Exalted Ruler Douglas A. Schiefer at the Lincoln Memorial in Washington, DC / David K. Purdy

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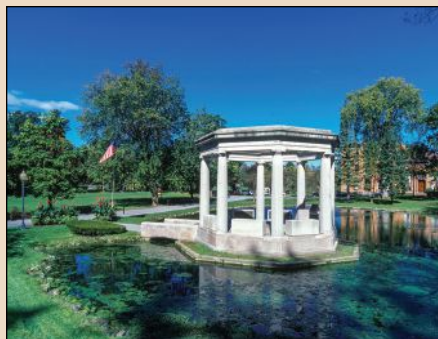
Contact your lodge secretary.

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### Saratoga Springs, New York: The Nation's First Spa Town

A scenic resort town located in east-central New York State, Saratoga Springs is a favorite vacation spot, known for its natural mineral springs and thoroughbred horse racing.

MICHAEL STEIN



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### News of the Lodges

Elks across the country hold events to enrich their communities and make donations to support local and national organizations and charities.



## 40

### Elks National Veterans Service Commission

Elks nationwide honor veterans by holding memorial ceremonies and providing ongoing support to veterans who are hospitalized or experiencing homelessness.



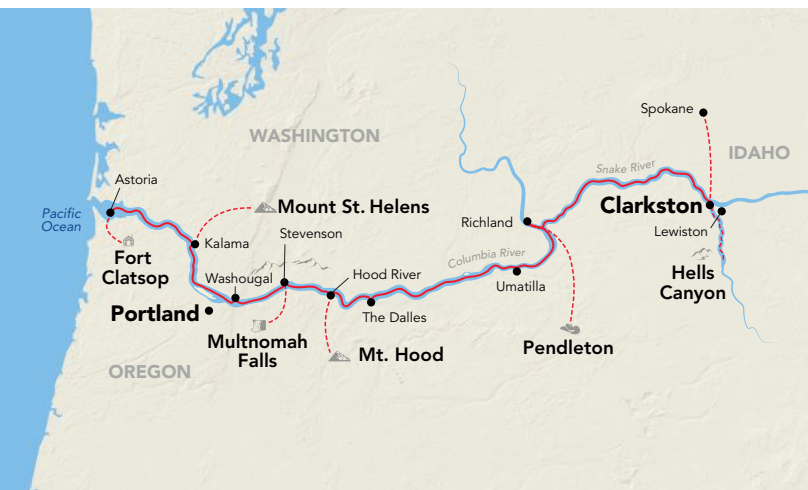


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# Meet the Hybrid That Never Needs Gas

**A one-of-a-kind timepiece for the Impossible Price of \$39!**



Innovation is the path to the future. Stauer takes that seriously. That's why we developed the *Yellowjacket Hybrid Watch*, an impressive timepiece that's sure to turn heads. We originally priced the Yellowjacket at \$399 based on the market for advanced sports watches ... but then stopped ourselves. Since this is no ordinary economy, and everyone else has raised their prices, we decided to start at **90% OFF!** This technological marvel can be yours for **ONLY \$39!** Only Stauer can offer you a price this good.

When it comes to purchasing a quality, timeless timepiece, there's one question every prospective buyer must consider: digital or analog. Both have their advantages. We say, why not have both?

Our Men's Yellowjacket Hybrid Watch is a surprising innovation. Its digital readout is powered by a precise quartz engine that combines both analog and digital timekeeping. Outfitted with a stopwatch, alarm, a.m./p.m. settings and day, date and month complications, this timepiece is hard to beat.

With its large face and handsome, masculine design, this watch is perfect for the back nine and the dinner afterward. Water-resistant up to 3 ATM, this timepiece won't wimp out if it has a run-in with a water hazard. And best of all is the color of its case and band: This watch boasts two tones.

Lately, two-tone watches have been the toast of the luxury watch world: "Two-tone is the physical embodiment of work-hard, play-hard," says Hodinkee, a website that chronicles the watch industry. But where luxury brands are charging hundreds simply for their two-tone watch bands, we're asking **JUST \$39** for an entire two-tone watch!

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## On Tour with Douglas A. Schiefer



*Grand Exalted Ruler Douglas A. Schiefer and his wife, Julia, spent three days in GEORGIA to attend the Georgia Elks Association spring meeting. On the second day of the trip, the GER and First Lady visited the Tellus Science Museum and later attended a dinner hosted by the Cartersville Lodge. Pictured at the Cartersville Lodge are (from left) PSP and SD Bruce Hayden, Past State First Lady Lisa Hayden, GER Douglas A. Schiefer, First Lady Julia Schiefer, and SP Dan Tatum.*

*On the third day of the trip, the GER and First Lady were presented with several gifts from the Georgia Elks Association, the Calhoun Lodge, and the Dalton Lodge. The rest of the day was taken up with business meetings. That evening, the first couple were guests of honor at a banquet held at the Savoy Automobile Museum.*

*Grand Exalted Ruler Douglas A. Schiefer and his wife, Julia, traveled to Jefferson City, MISSOURI, to attend the Missouri Elks Association midyear convention. On the first full day of the trip, the first couple joined a group of Missouri Elks and other dignitaries on a visit to the Museum of Missouri Military History. The next day was taken up with business meetings, after which GER Schiefer and the First Lady attended a luncheon with past state presidents. Pictured are First Lady Julia Schiefer and GER Douglas A. Schiefer. ■*



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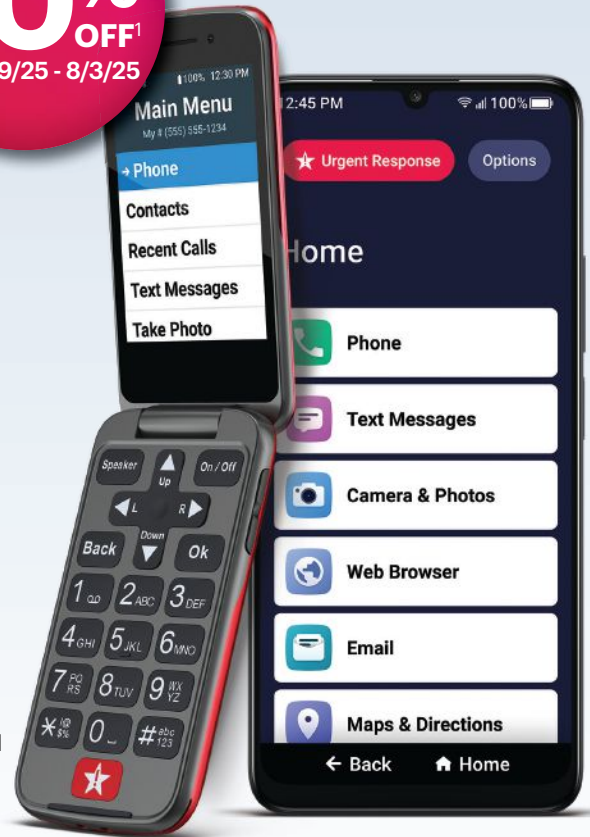
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## Countdown to Retirement

**A**s you approach retirement, the stakes tied to your investment decisions rise considerably, and the decisions you make can have far-reaching effects on your future financial well-being. For this reason, you should be doing some serious planning starting ten years out from your planned retirement date and then again five years before you retire. By starting ten years in advance and then revisiting your plan, you will be able to review and perhaps adjust several key components of your financial picture before you retire.

### Ten Years Before Retirement

In the ten years leading up to your retirement, you should develop a comprehensive retirement plan that takes into consideration your projected sources of retirement income, including pensions, retirement account funds, Social Security, and other income streams, and begin to estimate your anticipated expenses in retirement. This is also a good time to reassess your investment portfolio's asset allocation and your risk tolerance.

Once you have figured out where your retirement income will be coming from and what you expect that to amount to per year, it is time to make a comprehensive list of your projected retirement expenses. You should also take inflation into account and consider what these costs will look like over the course of your retirement. Perhaps one of the biggest things to consider is where you will be living in retirement. For example, if you own a house, you might think about whether you will remain in your home in retirement, downsize to another property, or sell your home and then rent. Another major category to consider is health insurance, specifically Medicare and its supplements. Whatever you decide to do, you will need to be sure that your expected income will cover your expected costs in retirement.

If you expect a significant portion of your retirement income to come from your investment portfolio, the next step in the process is to take a good look at this important asset. Most importantly in this regard, you should carefully reassess your investment portfolio's

asset allocation and your risk tolerance. As retirement nears, you may want to become more conservative in your investments. If you have not done it already, you will also want to think about tax diversification in your retirement accounts and plan strategically so you can help reduce your long-term, overall tax bill.

As part of this process you should look at the ratio between your taxable funds, such as those held in non-qualified brokerage accounts; tax-deferred funds, such as those contained in IRAs and 401(k) accounts; and funds that you have in any tax-free accounts, such as a Roth IRA. Have you inadvertently concentrated most of your savings in tax-deferred accounts like a 401(k)? If you have, be aware that you will have to pay taxes on anything you withdraw from these accounts. If you find yourself in this position ten years out from retirement, the good news is that there will still be time to adjust your contributions so that you can build up a bucket of post-tax dollars in a Roth IRA or the Roth side of your company's 401(k) retirement plan. Having already paid taxes on these funds, they can be withdrawn tax free during your retirement, which will make them a very useful source of income.

### Five Years Before Retirement

Whereas the ten-year retirement plan assessment is very strategic in nature, when you are five years out from your designated retirement date, you should begin thinking more tactically about the practical aspects of your plan's components. For instance, having considered where your income will come from, it is now time to start thinking about your Social Security claiming strategy and exploring how a Roth IRA conversion may fit into your income plan. It is also probably time to begin assessing your upcoming liquidity needs as they relate to the bucket strategy.

Deciding when to begin claiming Social Security benefits can be one of the most critical decisions you will make as you prepare to retire, especially if Social

*(Continued on page 49)*

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Elizabeth A. Reid, MD

## Frozen Shoulder: A Painful Mystery

**T**he shoulder is the human body's most complex joint. It has the largest range of motion of any joint in the body and is susceptible to a wide range of potential problems, one of the most painful of which is the so-called frozen shoulder syndrome. This dramatic term describes the diminished range of motion that affects those who develop a frozen shoulder, but it does not do justice to the misery it causes, particularly when those who are experiencing it attempt to sleep. Frozen shoulder syndrome is classified as either primary, meaning that it is without a known trigger or cause, or secondary, meaning that it is the result of overuse or an injury. Both types involve symptoms of excruciating pain and limited arm movement. The secondary type of frozen shoulder has readily known causes that can be addressed, so for the purposes of this article, we will only discuss the enigmatic, primary frozen shoulder, which affects more than 5 percent of the world's population at one time or another.

### Definition, Causes, and Risk Factors

The name *frozen shoulder syndrome* was first used in 1934, and about a decade later, the less colorful but more accurate name *adhesive capsulitis* appeared, referring to the scarring, thickening, and contraction of the shoulder joint capsule that typifies the injury. The shoulder joint capsule is made up of ligaments and muscle tendons that surround the head of the humerus where it nestles in the hollow formed by the shoulder blade and the collarbone, and normally it contains about twice as much cushioning fluid as frozen shoulder capsules do.

In the 1970s, a very influential paper was written by Dr. Brian Reeves that featured a description of the course of the ailment that continues to be reiterated in more recent publications despite newer writings that suggest it is inaccurate. According to Dr. Reeves, primary frozen shoulder syndrome has three phases. First is an inflammatory, painful phase lasting up to thirty-six weeks. Second is a stiffness phase, without pain, and the last phase is marked by a gradual return of mobility. The latter two phases bring the entire course of the

injury to two or three years. The trouble with this tidy description is that about 40 percent of patients with frozen shoulder syndrome do not regain full mobility and gradually worsen as they age.

In fact, frozen shoulder syndrome begins with deep, gnawing pain in the shoulder's front. It may begin relatively suddenly or build up insidiously. This pain is aggravated by movement and is worse at night. Sleep loss is inevitable. The person with frozen shoulder syndrome then enters a vicious cycle of lack of movement that worsens the condition, which in turn produces more pain—and more guarding against movement. Limitation of shoulder movement affects every part of life, including sleeping, bathing, dressing, and reaching.

What is going on in the frozen shoulder? The short answer is that the joint space appears to be affected by some process that induces thickening and scarring of the shoulder joint capsule tissues as well as a lack of joint fluid production, but the trigger for that process remains unknown, and there is still no agreed-upon cause. Interesting to note, more women than men develop frozen shoulder, usually when they are between the ages of forty and sixty, and especially around the time of menopause.

Because of the known relationship between periods of immobilization and the development of secondary frozen shoulder, some doctors believe that lack of mobility might also play a role in the development of primary frozen shoulder. They theorize that the low physical demands placed on the arms in modern life combined with some yet unknown underlying factors are responsible for causing primary frozen shoulder. It is known that strokes and Parkinson's disease, both of which decrease an individual's movement, raise the risk of having an episode of frozen shoulder. Type 1 diabetes, autoimmune thyroid diseases, and states of chronic inflammation are also known to raise the risk and lead some doctors and researchers to suspect that the condition has an autoimmune basis. One observation that

*(Continued on page 49)*

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## Elks Care— Elks Share

### Editor's note

News of the Lodges has been regionalized into East and Central/West regions.



**Rockville, CT,** Lodge used part of a \$2,500 ENF Gratitude Grant to donate \$700 to the Crystal Lake Food Pantry. Pictured with Secy. Claire Decker (seated) are (standing, from left) food pantry representative Lani Armelin and lodge members Susan MacDonald, Joan Adams, and Roy Shannon.



**Dover, DE,** Lodge used a \$6,000 ENF Beacon Grant to give laptop computers to 15 graduating Dover High School seniors. Pictured with student Icys Moulden are Dover High School Principal Shawndell Solomon (left) and Est. Loyal Knight Ryan Hargett (right).

In other news, the lodge used a \$1,000 Maryland, Delaware and District of Columbia Elks Association grant to support Purrfect Haven Cat Rescue by donating a total of \$500 worth of cat food and pet care supplies and \$500 in cash to pay for veterinary services.

In more news, the lodge used a \$2,000 ENF Spotlight Grant to hold a Suds-N-Stories event at a local laundromat for more than 12 families in need. Lodge members provided laundry vouchers, storybooks, coloring books, snacks, and drinks to guests.



**Derby, CT,** Lodge donated \$800 worth of stuffed animals to the Yale New Haven Children's Hospital Toy Closet Program, which provides toys to young hospital patients. Pictured are ER Maria Blackwell (left) and Toy Closet Program Administrative Assistant Billie Bradley.

In other news, the lodge held a donation drive and collected a total of \$1,200 worth of pet food, blankets, towels, and other pet care supplies for the Ansonia Animal Shelter.

**Hamden, CT,** Lodge used a \$2,000 ENF Spotlight Grant and additional lodge funds to donate more than \$2,000 worth of groceries, \$500 worth of grocery store gift cards, and nearly \$1,200 to the Keefe Community Center Hamden Food Bank.

**Willimantic, CT,** Lodge initiated 24 members into the lodge's new Antlers Program. The event was attended by nearly 80 people, including Grand Lodge officers and Connecticut Elks Association officers.

**Cape Henlopen, DE,** Lodge donated \$500 to the Cape Henlopen High School Army Junior ROTC.

**Fort Pierce, FL,** Lodge made a donation of \$1,000 to Grace Packs, which



**Jacksonville, FL, Lodge** donated nearly 220 stuffed animals to the Jacksonville Sheriff's Office to be used to comfort children in crisis situations. The lodge also hosted a dinner for three Jacksonville Sheriff's Office officers. Pictured are (from left) Deputy Sheriff W. Cook, Officer C. Melton, ER Robin Pipkins, Lieutenant N. Archbold, ER Elect Brenton Reedy, and Activities Committee Chairman Pamela Haley.



**Naples, FL, Lodge** donated \$10,000 to Venture Church Naples to support Venture Cares Mobile Market, a mobile food distribution program that serves several designated locations each month, including Southwest Florida State College and Warrior Homes of Collier County. Of the total funds donated, \$6,000 was allocated for the costs of food and transportation, and \$4,000 was applied toward the purchase of a new mobile trailer. Pictured are Venture Cares Mobile Market Manager Brian Fischer (left) and Warrior Homes of Collier County representative Dale Mullin.

provides food to students in need to eat over the weekends.

**Lakewood Ranch-Sarasota, FL, Lodge** held a talent show fundraiser and collected more than \$1,900 for the Harry-Anna Trust Fund, which provides financial support to the state major projects, Florida Elks Children's Therapy Services and the Florida Elks Youth Camp.

**Parrish, FL, Lodge** and the Florida Railroad Museum used a \$4,000 Florida State Elks Association grant to hold their first annual Autism Awareness Affair event, which about 1,000 community members attended. The event featured a petting zoo, sensory activities, dance lessons, storytelling, a display of a vehicle by the Parrish Fire Department, and other outdoor activities, as well as



**Sanford, FL,** Lodge donated \$700 to the Sanford Babe Ruth Baseball youth baseball league, including \$250 each to sponsor two teams and an additional \$200 to help cover league expenses. Lodge members also attended the league's opening day. Pictured are (front, from left) lodge member Libby Jett, sponsored team member Jayden Harden, and PER Lisa Lindstrom with (back, from left) Veterans Service Committee Chairman Donald Soderblom Sr., Little League Committee Chairman William Klinefelter, lodge volunteer Gaye Lyga, sponsored team member Dylan Lindstrom, and lodge member Andrew Lyga.

In other news, lodge members held a dinner honoring the first-year anniversary of a dog rescued by lodge members and collected nearly 110 pounds of pet food and nearly \$340 in monetary donations for Pet Alliance, which provides shelter, veterinary services, and adoption services for animals in need.



**Titusville, FL,** Lodge awarded \$1,500 scholarships to Titusville High School senior Brayden Hunt, Astronaut High School senior Grayce Meredith, and Edgewater Jr./Sr. High School senior Jamaris White. Pictured with scholarship recipient Meredith is ER Heather Heineman.

In other news, the lodge donated a \$2,000 ENF Spotlight Grant to the Children's Hunger Project, which provides students in need with food to eat over the weekends.

food available for purchase. During the event, personnel from local law enforcement departments, schools, and mental health care facilities staffed a resource area and provided information to attendees. Also in attendance was a staff member from Florida Elks Children's Therapy Services, one of the state major projects. Lodge members staffed a raffle booth during the event and raised \$1,500 for the Harry-Anna Trust Fund, which supports the two state major projects, Florida Elks Children's Therapy Services and the Florida Elks Youth Camp.

**Sarasota South, FL,** Lodge held a three-day Tiki-themed party for the community celebrating the one-year anniversary of the lodge Tiki Hut, an event space and lounge. The event, which more than 400 Elks and community members attended, featured a special Tiki menu, live bands, dancing, a membership drive, and 50/50 raffles.

In other news, the lodge held a Western-themed fundraiser, which

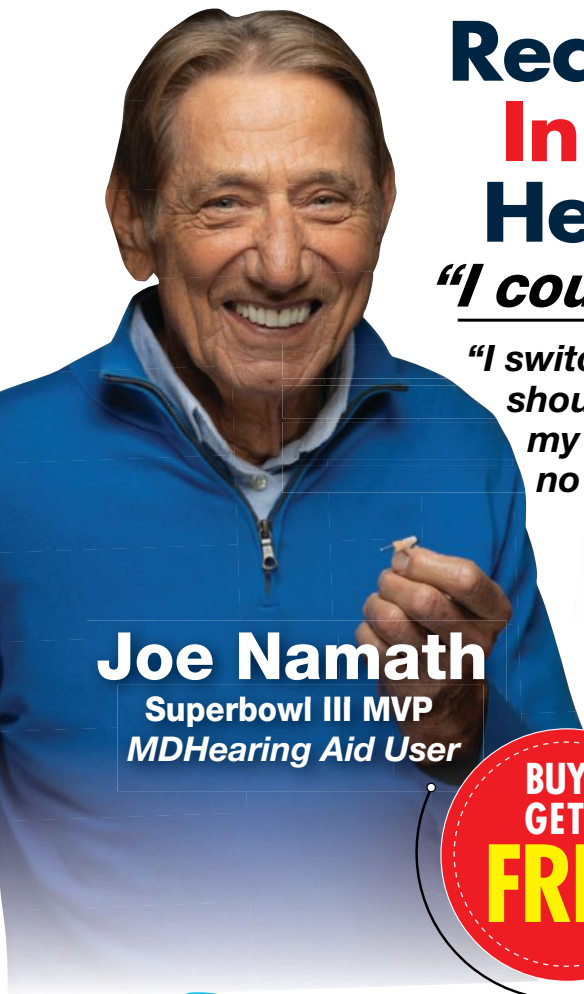
75 people attended and which featured dinner, music provided by a DJ, and a Wild West-themed game. The event raised more than \$500 for the Harry-Anna Trust Fund, which supports the two state major projects, the Florida Elks Youth Camp and Florida Elks Children's Therapy Services. The funds were allocated for autism testing that is being conducted by Florida Elks Children's Therapy Services.

In related news, the lodge held a Valentine's Day dinner-dance fundraiser, which 75 people attended. The event, which featured live musical performances, raised more than \$480 for the Harry-Anna Trust Fund.

**Brunswick, GA,** Lodge donated \$300 to Altama Elementary School to help buy an industrial-size freezer.

**Sanford, ME,** Lodge held several fundraisers and collected a total of nearly \$18,000 for Sweetser, a charitable organization that offers

*(Continued on page 18)*



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(Continued from page 16)



**Deale, MD**, Lodge hosted a community painting event, which a total of 21 children and adults attended. Dessert was provided to participants by a lodge member. Pictured are (from left) guest Abby Greer, lodge member Stacy Golden, guests Jillian Golden and Arianna Asecio-Sanchez, lodge member Angela Youmans, and guest Violet Golden.



**Westfield-West Springfield, MA**, Lodge hosted a Court of Honor ceremony for new Eagle Scout Lily Gaugh, of Scouts BSA Troop 124. Lodge members presented her with a certificate and a US flag. For her Eagle Scout Project, Gaugh repaired a play structure, built and installed flower beds, and laid mulch in an outdoor area used by an early childhood learning program. Pictured are (from left) Secy. Patricia O'Connor, Eagle Scout Gaugh, and ER Milt Vazquez.

In other news, lodge members presented a \$1,000 Massachusetts Elks Association grant to Our Community Table, a soup kitchen.

mental health and wellness services to individuals and families.

**Broadneck, MD**, Lodge hosted a community breakfast with the Easter Bunny, which featured an egg hunt with prizes and photo opportunities. During the event, lodge members distributed goody bags containing small toys, modeling clay, erasers, pencils, bubbles, and candy to 30 young people.

In other news, lodge members refurbished and donated a power wheelchair worth a total of \$15,000 to a lodge officer.

**Ocean City, MD**, Lodge donated a total of nearly \$21,000 to 18 charitable causes, including \$2,500 to Worcester County GOLD to support the Green Charity Golf Tournament fundraiser; \$2,000 to Scouts BSA Troop 225; \$1,500 to the Ocean City Recreation and Parks summer

(Continued on page 20)

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(Continued from page 18)



**Franklin, NH**, Lodge held a breakfast fundraiser and collected \$1,000 for the Franklin Outing Club, which operates the Veterans Memorial Recreation Area, a nonprofit recreation area that is open to the public. Pictured are (from left) PER Jackie Huckins, Franklin Outing Club member Julie Bisson, DD Doug Ricard, and Franklin Outing Club member Tim Morrill.

In other news, the lodge held its annual David Tracy Memorial Scholarship Fund cribbage tournament and raised more than \$18,000 to provide scholarships to high school graduates pursuing further education in the electrical or culinary fields.



**Rochester, NH**, Lodge held a donation drive and collected 40 coats and a box of toiletries for Home for Now, a shelter for homeless families and individuals operated by the Community Action Program of Stafford County (CAPSC). Pictured are (from left) CAPSC Shelter Support staff member Alix Gagnon, CAPSC Homeless Resource Advocate Morgan Buinicky, CAPSC Home For Now Shelter Manager Nicole Lazarz, CAPSC Chief Advancement Officer John Moynihan, ENF Grants Coordinator Georgette Verhelle, and Est. Lect. Knight Ken Verhelle.

camps program; \$1,000 to Junior Achievement on the Eastern Shore, which provides business-related education to young people; and \$1,000 to New Friends of the Fenwick Island Lighthouse, a historical landmark restoration project.

**Westminster, MD**, Lodge donated \$500 to the Arc of Carroll County, which

provides a variety of support services to people with intellectual and developmental disabilities, and \$500 to the Westminster High School Class of 1980 Golf Tournament, a fundraising event that supports several local charities.

**Holyoke, MA**, Lodge donated \$500 to the Holyoke Youth Baseball League

and \$500 to the Children's Museum at Holyoke.

**Portsmouth, NH**, Lodge held a Meat and Lobster Raffle fundraiser and collected nearly \$2,700 for Great Bay Services, which provides support services to adults with intellectual disabilities, developmental disabilities, and autism. Ten people served by the organization and two staff members attended the event and assisted with the games.

**Bergenfield, NJ**, Lodge members presented new Eagle Scout Corey Mueger, of Scouts BSA Troop 180, with a framed certificate and an Elks Eagle Scout patch. For his Eagle Scout Project, Mueger replaced an old wooden lattice in the manse at South Presbyterian Church.

**Lacey, NJ**, Lodge donated \$1,000 to the Police Unity Tour, a four-day bicycle ride that raises awareness of first responders who have died in the line of duty and collects funds for the National Law Enforcement Officers Memorial and Museum.

**Vineland, NJ**, Lodge donated an ENF Spotlight Grant worth \$2,000 to Spirit and Truth Ministries Vineland Soup Kitchen.

In other news, the lodge used part of a \$3,000 ENF Gratitude Grant to donate \$1,000 to the Boys and Girls Club of Vineland.

**Auburn, NY**, Lodge donated \$200 to Finger Lakes SPCA of Central New York, an animal shelter.

**Brewster, NY**, Lodge held an awards dinner for 36 H. H. Wells Middle School students who were selected by their teachers for being outstanding students and writers.

**Liverpool, NY**, Lodge used part of a \$2,000 ENF Gratitude Grant to donate \$1,000 worth of food to New

(Continued on page 22)



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(Continued from page 20)



**Summit, NJ,** Lodge hosted an awards ceremony, during which Summit Mayor Elizabeth Fagan was presented with the Citizen of the Year award. Pictured with their awards are (from left) Citizen of the Year Fagan, Elk of the Year Denise Anderson, State President Michael Penschinski, and State President's Award winner and Esquire Louis DeSocio.



**Beacon, NY,** Lodge used part of a \$4,000 ENF Beacon Grant to donate \$500 worth of food to the Fishkill Food Pantry. Pictured are (from left) pantry volunteers John and Manny, ENF Grants Coordinator Scott Birkler, pantry volunteer Diane, and Tiler Catherine Oken.

In other news, the lodge held a First Responders Awards Dinner, during which lodge members presented plaques to seven first responders to honor them for their outstanding service. Lodge members also presented \$200 donations to the Dutchess Junction Fire Company, the Glenham Fire Department, and the Rombout Fire Company.

In more news, the lodge donated \$300 to the Beacon Volunteer Ambulance Corps.

Life CNY, a local church, to support the Weekend Power Pack program, which provides needy middle-school students with packages of food to eat over the weekends.

In related news, the lodge used

part of an ENF Beacon Grant worth \$4,000 to donate \$1,000 worth of food to Liverpool High School. The food was intended to be distributed to students in need to eat on the weekends.

**Lockport, NY,** Lodge used nearly \$1,900 of a \$2,500 ENF Gratitude Grant to host its annual bowling tournament and pizza party for 60 guests. The guests included athletes participating in Challenger Sports of NY, which provides sports leagues and events for people with physical and intellectual disabilities, and the athletes' families. Each participant also received a commemorative T-shirt.

**Mamaroneck, NY,** Lodge donated a \$2,000 ENF Spotlight Grant to New York Pet Rescue.

**Mid Westchester, NY,** Lodge members attended Court of Honor ceremonies for new Eagle Scouts Ariana Ayala and Audrey Sweeney, of Scouts BSA Troop 420, and new Eagle Scouts Ryan Samoyedny and Logan Schwan, of Scouts BSA Troop 1, and presented them each with a framed certificate and US flag. For her Eagle Scout Project, Ayala refurbished the garden benches at Crawford Park, a historic event venue. Sweeney's Eagle Scout Project consisted of a pet supply drive for the Humane Society of Westchester. Samoyedny's Eagle Scout Project involved building benches and painting playground games on the outdoor blacktop surface for Easterseals New York Project Explore, which provides after-school programs focused on helping children and children with disabilities with social and cognitive development. For his Eagle Scout Project, Schwan created an interactive music hall at Hawthorne Elementary School.

In other news, the lodge used an ENF Gratitude Grant worth \$2,000 to donate \$1,000 to the Mount Kisco Interfaith Food Pantry and \$1,000 to 914Cares, which provides resources and support programs to local charitable organizations that help people in need. The lodge also donated a \$2,000 ENF Spotlight Grant to Meals on Main Street, which delivers food to people in need.



**Huntington, NY,** Lodge used part of an \$8,500 ENF Beacon Grant to donate a total of \$600 worth of paper products, cleaning supplies, toiletries, and nonperishable food to the Long Island Coalition for the Homeless (LICH). Pictured are (from left) PDD Lynne Stein, LICH representative Gretta, PDD Jack Stein, and LICH Executive Director Rosemary Ortlieb.



**Wolcott, NY,** Lodge held a Soccer Shoot for 23 children ages 4 to 15 and presented certificates to all the participants. Of the participants, eight advanced to the New York West Central District contest, and of those contestants, six advanced further to the New York State Elks Association Western Regional competition. Three of the regional competitors won and advanced to the New York State Elks Association finals. To recognize this achievement, lodge members awarded T-shirts and \$100 each to these three winners and treated them to pizza, wings, and ice cream at the lodge. Pictured are (from left) regional winners Parker Wood, of the U-10 Boys Division; Annabelle Luckey, of the U-14 Girls Division; and Adrian Bucknam, of the U-8 Boys Division.

In other news, the lodge donated a total of \$1,600 to local youth programs, including \$1,000 to Glow Up Girl, an after-school program for at-risk girls; \$500 to a youth basketball skills development program, in which 50 young people participated; and \$100 to a local youth wrestling tournament.

In more news, the lodge held an Americanism Essay Contest and awarded \$100 to North Rose-Wolcott Middle School eighth grader Jace Simonds for winning first place and \$50 to North Rose-Wolcott Middle School eighth grader Jena King for placing second. Each student also received a certificate and was treated to pizza and wings at the lodge.



**New York, NY,** Lodge hosted a Court of Honor ceremony for new Eagle Scout Thomas Stavola, of Scouts BSA Troop 93, during which lodge members presented him with a framed display consisting of a certificate and a US flag. For his Eagle Scout Project, Stavola held a donation drive, collected more than 2,000 toiletry items, and donated them to the Family and Children's Association Expanded In-Home Services Program, which assists seniors and their families. Pictured with Eagle Scout Stavola is PER Paul Schneller.

In related news, lodge members attended a Court of Honor ceremony for new Eagle Scout Quincy Velez, of Scouts BSA Troop 485, and presented him with a framed display consisting of a certificate and a US flag. For his Eagle Scout Project, Velez cleared underbrush in two areas in the yard of his church to create reflection areas for parishioners.

In other news, lodge members presented a certificate to Lynbrook Public Schools Superintendent Dr. Paul Lynch to recognize his outstanding support of an Elks athletic competition for young people. The lodge also facilitated the presentation of a certificate to Lynbrook Public Schools Athletic Director Joe Martillotti to acknowledge his continued support of the annual competition.

In more news, lodge members distributed dictionaries to each of the 1,100 third-grade students in the Port Chester School District.

**Middletown, NY,** Lodge members used a \$4,000 ENF Beacon Grant to prepare and deliver 240 dinner meals, 300 nonperishable breakfast meals, and a total of \$1,700 worth of undershirts, boxers, and socks to the Greater Middletown Interfaith Council Middletown Warming Center, which provides nightly shelter and food to homeless people.

**New Hyde Park-North Shore, NY,** Lodge donated a \$2,500 ENF Gratitude



**East Stroudsburg, PA,** Lodge members held a reception for the winners of the lodge Americanism Essay Contest and awarded framed certificates, US flags, and \$25 gift cards to a total of six J.T. Lambert Intermediate School students in two grade levels. Pictured are (front row, from left) sixth-grade winners Ishmael Valcourt, Tegan Paige Hopkins, and Joseph Pannepinto and seventh-grade winners Alyvia Torres and Ariana Manter with (back row, from left) ER Kelly Kelley, Americanism Committee member and J.T. Lambert Intermediate School teacher Christian Schneider, Americanism Committee Chairman Jane Partel, and Americanism Committee member and J.T. Lambert Intermediate School teacher Robert LaBar. Not pictured is seventh-grade winner Madison Burris.

In other news, the lodge honored Stroudsburg High School junior Chase Lentz as teenager of the year and presented him with a framed certificate and a small US flag. The lodge also donated \$50 to Lentz to support his Eagle Scout Project.

In more news, lodge members distributed 300 dictionaries to third graders from Stroudsburg Area School District schools.



**Latrobe, PA,** Lodge donated \$3,000 to the Latrobe Girls Youth Softball team to cover the cost of new uniforms. Pictured are (from left) softball team members Ella Buterbaugh, Maiya Buterbaugh, Mackenzie Jones, Madelin Jones, Avery Long (at rear), Kaidence Miller, and Rylin Garrison with ER Jeff Bell (back left) and Latrobe Girls Youth Softball President Brian Jones (back right).

Grant to the New Hyde Park Memorial High School Center Stage program, a theater program for students with disabilities.

**Newburgh, NY,** Lodge held a raffle fundraiser and collected \$5,000 for Montefiore Saint Luke's Cornwall Hospital in recognition of the hospital's 150th anniversary.

**Penn Yan, NY,** Lodge held a spaghetti dinner fundraiser and collected nearly \$2,500 for the Humane Society of Yates County.

**Riverhead, NY,** Lodge used an ENF Beacon Grant worth \$6,000 to make a \$2,700 monetary donation as well as a gift of \$300 worth of nonperishable meals to the First Congregational Church of Riverhead Bread and More Soup Kitchen. The lodge used the remainder of the grant to make a \$2,700 monetary donation as well as a gift of \$300 worth of nonperishable meals to the Church of the Harvest Food Pantry.

**Rome, NY,** Lodge held a fundraiser featuring live musical performances and collected nearly \$1,500 for the Saint Agatha Foundation, which provides financial assistance to breast cancer patients.

**Southampton, NY,** Lodge members held a food drive and collected 1,500 pounds of nonperishable food for Heart of the Hamptons Food Pantry.

**Kinston, NC,** Lodge used an ENF Beacon Grant worth \$6,000 to purchase car seats for the Partnership for Children of Lenoir and Greene Counties Safe Kids Eastern Carolina, which provides child safety resources and services to needy and low-income families.

In other news, lodge members used an ENF Gratitude Grant worth \$2,500 to donate \$1,000 to Mary's Kitchen, which serves daily meals to people in need; \$1,000 to the Lenoir County SPCA, an animal shelter;



**Brattleboro, VT,** Lodge donated a \$2,000 ENF Spotlight Grant to Saint Brigid's Kitchen and Pantry. Lodge members also volunteer weekly to help unload groceries delivered to the food pantry. Pictured are (from left) food pantry volunteer Lauralee Martin, Est. Loyal Knight Melissa McAuliffe, lodge Trustee Karen Zelenakas, lodge First Lady Nancy Kerylow, lodge member Dana Zelenakas, food pantry Assistant Director Jennifer Thompson, and food pantry volunteer Betty Henry.

and \$500 to Neuse Quilters Guild, which donates handcrafted quilts to various charitable causes.

**Salisbury, NC,** Lodge members participated in a polar plunge fundraiser, which raised a total of \$12,000 in support of Special Olympics. Of the total collected, nearly \$2,500 was raised by lodge members.

**Bellefonte, PA,** Lodge held an Elks Home Service Program Night fundraiser and collected more than \$12,000 for the state major project, the Pennsylvania Elks Home Service Program, which provides home visits and advocacy by nurses to children with disabilities.

In other news, lodge members attended a Court of Honor ceremony for Eli Martin, of Scouts BSA Troop 66, and presented him with a certificate and a US flag. For his Eagle Scout Project, Martin constructed a floating dock, refurbished park benches, and completed other landscaping work around the pond on the grounds of Calvary Church.

**Bridgeport, PA,** Lodge members crafted and sold nearly 230 decorated palm arrangements and raised \$1,300 for lodge charities.

**Erie, PA,** Lodge held a Saint Paddy's Day fundraiser and collected a total of \$3,000 for the state major project, the Pennsylvania Elks Home Service Program, which provides home visits and advocacy by nurses to children with disabilities.

In other news, the lodge held a Western Night dinner and concert fundraiser and collected a total of more than \$1,400 for the Elks National Foundation and the Pennsylvania Elks Home Service Program.

In more news, the lodge used \$500 raised by a raffle and \$1,000 in additional lodge funds to make a donation totaling \$1,500 to the American Red Cross 2025 California Wildfires relief fund.

In further news, lodge members distributed dictionaries to 120 third-grade students at Tracy Elementary School. Lodge members also played two educational word games with

the students to help them practice using their new dictionaries.

**Frackville, PA,** Lodge held a community breakfast and hosted five members of the Frackville Borough Police Department to recognize their outstanding support of the lodge's charitable work: Patrol Officer Daniel Bound, Patrol Officer Bryce Dagna, Chief Paul Olson, Patrol Officer Cory Rainis, and Patrol Officer Noah Marx.

**Hazleton, PA,** Lodge made a donation totaling \$100 to financially support the Eagles Autism Foundation.

**Huntingdon, PA,** Lodge held its inaugural Night at the Races fundraiser and collected more than \$11,000 for local charities. The lodge contributed more than \$2,800 to the total amount raised at the event.

**Rutland, VT,** Lodge used part of an ENF Beacon Grant worth \$6,000 to donate \$3,000 to Rutland County Health Partners, a free health clinic that provides care to uninsured and underinsured adults.

**Springfield, VT,** Lodge used part of a \$2,500 ENF Gratitude Grant to donate nearly \$1,300 to the Springfield Family Center, which provides food and meals to those in need.

In related news, the lodge donated the remainder of the grant to the Springfield Senior Center, which provides community activities to local seniors, to aid with the costs of programming and renovating the center's facility.

**Roanoke, VA,** Lodge members planted 150 blue pinwheels on the lodge grounds to recognize April as Child Abuse Prevention Month.

**Winchester, VA,** Lodge donated \$3,000 to the Winchester Baseball Bambino League to aid players with the cost of membership and to support renovations of the facility. ■



## Elks Care— Elks Share



**Bullhead City, AZ,** Lodge donated a \$6,000 ENF Beacon Grant to the Colorado River Food Bank. Pictured are (from left) lodge member and food bank volunteer Victoria Hernandez, Trustee Margaret Lopez, ENF Committee Chairman Michael Swain, food bank Lead Volunteer Pat Carter, lodge members and food bank volunteers Christine Carmody and T. J. Carmody, and ER Walter Honse.



**Tempe, AZ,** Lodge held a costume party and Charity Ball fundraiser and collected \$6,000 for Lily's Pad, a hyperclean indoor playground intended to be safe for immunocompromised children. Pictured are Lily's Pad Executive Director Dawn Garza and her husband, Frank.

**Cahaba Valley, AL,** Lodge donated ten Easter baskets to Oak Mountain Mission Ministries, which provides food, clothing, and financial assistance to people in need, and ten Easter baskets to Family Connection, which provides shelter and support services to young people in crisis. Each Easter basket contained personal care items, a notepad, pens, a stuffed bunny, and candy.

**Chandler, AZ,** Lodge hosted a fish fry fundraiser and collected a total of nearly \$1,200 in support of Special Olympics Arizona.

**Green Valley, AZ,** Lodge members donated a karaoke machine to the Peaks at Santa Rita, an active retirement living center. In addition, lodge members traveled to the center to host karaoke for residents twice a month.

**Kingman, AZ,** Lodge members held a fundraiser and collected a total of \$800 for lodge charities.

In other news, lodge members held a blood drive and collected a total of 28 units of blood.

**Payson, AZ,** Lodge donated \$2,000 to the Payson Little League.

**Phoenix, AZ,** Lodge members held a Parisian-themed charity ball, which about 250 people attended and which featured an orchestra and other live entertainment. The event collected \$21,000 for the lodge's scholarship fund.

**San Manuel, AZ,** Lodge members donated a total of \$1,600 to Triangle Y Ranch, a camp and retreat center,



**Hot Springs, AR,** Lodge Road Show musical performance club held a concert for 22 residents of the Lake Hamilton Health and Rehabilitation Center. Pictured with resident Terry Hollinsworth (at front) are (back, from left) lodge members David Miles and Sylvia Harwood, Road Show Coordinator Rollin Caristianos, and PSP Donnie Golden.

In other news, lodge members honored Lake Hamilton Middle School seventh graders Gracie Kelly and Sydney Shepherd for finishing first and third, respectively, in the Arkansas State Elks Association Americanism Essay Contest. The state association awarded \$200 to Gracie and \$100 to Sydney.



**Alameda, CA,** Lodge members congratulated Eagle Scout McGregor Graham, of Scouts BSA Troop 1015, for receiving the Eagle Scout Project of the Year award from the Golden Gate Area Council of Scouting America. The lodge had previously provided Graham with financial support for his project, which consisted of remodeling a room at Oakland Unified School District's Special Education Department to turn it into a daily life skills training room for disabled students. Pictured are (from left) Graham's sister and fellow Eagle Scout, Dhavin Graham; Graham's father, PER Mark Graham; Eagle Scout McGregor Graham; and Graham's mother, Past Lodge First Lady Rian Tiernan.



**Tucson, AZ,** Lodge members accompanied 25 E.C. Nash Elementary School students on a subsidized shopping trip, after which they were treated to lunch and had an opportunity to visit with the Easter Bunny. Each student received a backpack filled with school supplies, coloring books, sketch pads, and colored pencils; a pillow with a handmade pillowcase; an Easter basket filled with small toys, a stuffed animal, a toothbrush with toothpaste, and Easter candy; and a new bicycle and a fitted helmet. One of the students also received a cupcake and a few new outfits in celebration of their birthday. Pictured with Nash Elementary School student Johnny are PER James Sanford and the Easter Bunny (lodge member Marisa Michaels-Lyons).

In other news, lodge members assembled and distributed lunch bags, each of which contained a sandwich, a homemade cookie, and an apple, to nearly 480 participants and volunteers during a Special Olympics Arizona track and field competition at Amphitheater High School.

to cover the cost of two young people attending the camp.

**Sun City, AZ,** Lodge Elks Riders motorcycle club held its annual fundraising ride event, which also featured raffles and a silent auction, and collected \$5,500 for lodge charities. After the ride, the lodge provided a meal for a total of nearly 200 riders and their supporters.

**Fayetteville-Springdale, AR,** Lodge held an Americanism Essay Contest and awarded a certificate and small US flag to each of the first-, second-, and third-place winners in four grade levels, as well as \$75 to the first-place winners, \$50 to the second-place winners, and \$25 to the



**Fullerton, CA,** Lodge provided volunteer opportunities on an ongoing basis for students from the No Limits Learning Center, which provides job training and other education to adults with disabilities. Lodge members also helped train and supervise the students. Pictured are (from left) students David and Robby, teacher Jeff Weber, and student Abraham.



**Placerville, CA,** Lodge used a \$2,000 ENF Spotlight Grant to donate 170 jars of peanut butter, 420 cans of tuna, 630 boxes of macaroni and cheese, and nearly 1,300 packets of oatmeal to the SHARE Food Closet. Pictured are (from left) ENF Grants Coordinator Monica Cummings, SHARE Treas. Michele Smith, and SHARE President Dave Manners.

In other news, the lodge held an Americanism Essay Contest Awards Banquet for the top three winners in each of four age divisions, each of whom received a framed certificate and US flag. The four first-place winners, Jackson Elementary School fifth-grader Peyton Sodestrom, Miller's Hill School sixth-grader Madison Ritchie, Pleasant Grove Middle School seventh-grader Kaitlyn Hendrix, and Miller's Hill School eighth-grader Garrett Martinez, each received \$150. The lodge also awarded \$100 each to the four students who finished second in their grade level and \$50 each to the four students who finished third.

third-place winners. The first-place winners of the contest were Farmington Middle School fifth grader Joshua Trace, Hellstern Middle School sixth grader Kennedy Workmen, Farmington Middle School seventh grader Riley Sundquist, and Prairie Grove Junior High School eighth grader Peyton Bolivar.

**Glendale, CA,** Lodge and the lodge Emblem Club hosted an Eaton Fire Benefit Concert and collected a total of \$25,000 for those who had lost their homes to the fire. During the benefit, four attending families affected by the fire each received \$1,000 from the total amount raised.

**Los Banos, CA,** Lodge used a \$6,000 ENF Beacon Grant to donate a refrigerator, a freezer, cooking equipment, and food to the Kings View Work Experience Center, which provides job training and other assistance to people with disabilities.

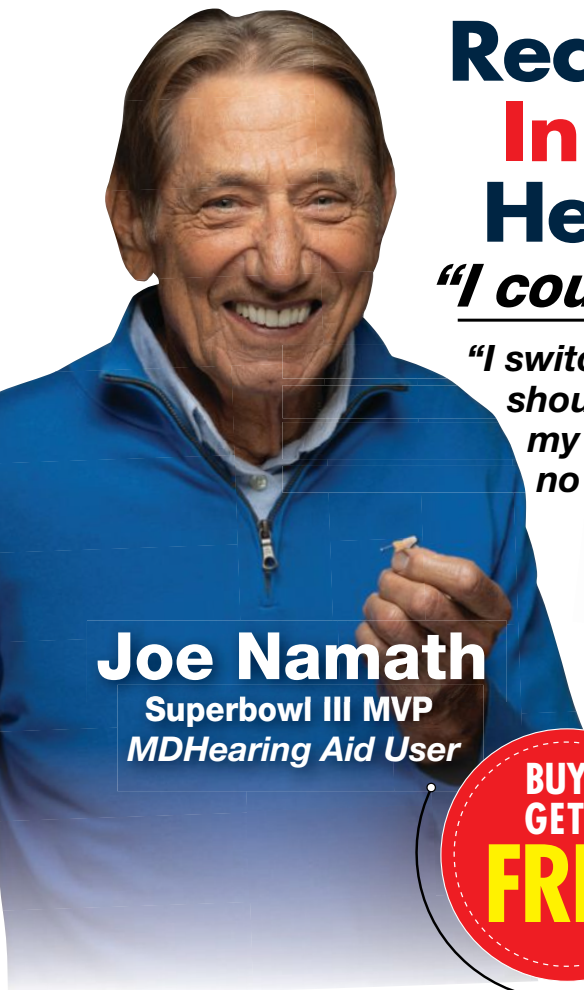
**Madera, CA,** Lodge members held a lunch fundraiser and collected \$8,000 for the family of Erick Velasquez, a victim of recent gun violence.

**Ontario, CA,** Lodge donated nearly \$3,000 to Eagle Scout candidate Nathan Prather, of Scouts BSA Troop 634, to support his Eagle Scout Project, which will cultivate ecologically sustainable grounds for a local women's shelter.

**Paramount, CA,** Lodge used part of an ENF Gratitude Grant worth \$2,500 to make a donation of \$200 to the LA County Library.

**Littleton, CO,** Lodge presented four Memorial Scholarships, two Littleton Lodge Scholarships, one Colorado Elks Association Scholarship, and one Vocational Scholarship to eight high school seniors. The total value of the eight scholarships was \$11,000.

*(Continued on page 18)*



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(Continued from page 16)



**Sacramento, CA,** Lodge held a ceremony to mark the opening of the annual summer farmer's market hosted on the lodge's property. The event featured a ribbon-cutting ceremony and a presentation by Sacramento City Councilman Rick Jennings. Pictured are (from left) retired Sacramento Superior Court Judge Rudolph Loncke, ER Robert Moore, lodge member and farmer's market committee Chairman Victor Cima, City Councilman Rick Jennings, and farmer's market board member Jay Riddell.

In other news, lodge members congratulated Genevieve Didion TK-8 School sixth-grade student Phoebe Collier for finishing first in the California-Hawaii Elks Association Americanism Essay Contest. The state association invited Phoebe to attend the state convention, paid for her and her family's travel, and awarded her a \$1,000 prize.



**Boise, ID,** Lodge used a \$4,000 ENF Beacon Grant to donate nearly 160 pieces of clothing, including pairs of shoes, pairs of socks, and items of children's clothing, to Faces of Hope, which assists victims of abuse and violence. Pictured are (from left) ENF Grants Coordinator Michael Knickerbocker, lodge volunteer Diane Knickerbocker, Faces of Hope Grant Manager Tianna Stolp, and Faces of Hope Executive Assistant Heather Schlag.

**Saint Maries, ID,** Lodge donated an ENF Beacon Grant worth a total of \$6,000 to Second Harvest, a hunger relief charity.

**Belleville, IL,** Lodge used an ENF Beacon Grant worth \$6,000 to donate \$3,000 to the Community Interfaith Food Pantry and \$3,000 to the Saint Vincent de Paul Cathedral Food Pantry.

In other news, the lodge donated a \$2,500 ENF Gratitude Grant to the Downtown Belleville YMCA.

In more news, the lodge donated \$500 each to the Illinois Center for Autism and the Teen Court Foundation of Saint Clair County.

**Elgin, IL,** Lodge hosted an art auction

(Continued on page 20)

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**Negaunee, MI,** Lodge held an awards ceremony, during which plaques were presented to outstanding Elks and members of the community. Pictured are (from left) Officer of the Year Steven Terres, Elk of the Year Tom Royea, Exalted Ruler John Thomas, Citizen of the Year Dan Skewis, and Citizen of the Year Paul Jacobson.

In other news, lodge members used a total of more than \$190 of a \$4,000 ENF Beacon Grant to hold two pasty sale fundraisers. One of the sales raised more than \$670 for the Negaunee Irontown Association, which supports historic preservation in the Negaunee region, and the other raised more than \$810 for the local Knights of Columbus chapter. Following each sale, lodge members also donated \$350 worth of pasty meals to the local Society of Saint Vincent de Paul to be given to people in need.



**Galesburg, IL,** Lodge donated more than \$1,800 to the Recharge Teen Center, an afterschool club for teenagers. Pictured are (from left) Est. Lead Knight C. J. Johnson, Recharge Teen Center staff members Jessica Ferguson and Amy Rogers, and Est. Loyal Knight Nicholas Young.

In other news, the lodge made a donation of more than \$1,300 to the local American Legion post's baseball team.

and donation drive and collected nearly \$430 for the Illinois Elks Children's Care Corporation, the state major project, which provides medical assistance to children and young people under 21 years of age.

**Shreveport, LA,** Lodge used \$2,500 of a \$4,000 ENF Beacon Grant to donate garden supplies, groceries, cleaning supplies, bedding, and bath linens to the Oakwood Home for

Women, a transitional residence for women recovering from addiction and substance abuse.

In related news, the lodge used the remainder of the grant to donate a total of \$1,500 worth of backpacks, blankets, pajamas, underclothes, and toiletries to Geaux 4 Kids, which provides necessities, advocacy, and other support services to young people in crisis and young people in the foster care system.

**Marquette, MI,** Lodge used part of a \$4,000 ENF Beacon Grant to donate a total of about \$2,500 worth of clothing and about \$800 worth of personal care items to several local elementary schools to be given to children in need. The lodge used the remainder of the grant to donate more than \$700 worth of bedding to Norlite Nursing Center and Rehab.

**Port Huron, MI,** Lodge and the American Red Cross held a blood drive, during which donors gave a total of 48 units of blood.

**Duluth, MN,** Lodge donated \$3,500 to the Duluth Center for Women and Children to support a meal program for local families in need.

**Eveleth, MN,** Lodge used an ENF Spotlight Grant worth \$2,000 and \$1,000 of additional lodge funds to donate a total of \$3,000 to the Quad City Food Shelf, which provides food to people in need.

**Owatonna, MN,** Lodge donated \$6,000 to the Community Pathways of

(Continued on page 22)



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(Continued from page 20)



**Athens, OH,** Lodge used a \$4,000 ENF Beacon Grant to donate an automated external defibrillator each to four local high schools. Pictured are (from left) Alexander Junior/Senior High School representative Natalie Lucas, Athens High School representative April Stewart, Federal Hocking School representative Stephanie Evans, Trimble Local High School representative Nate Perez, ENF Grants Coordinator Tim S. Lairson, lodge member Jack Alvis, PER James Balding, and lodge member James Herpy.

In other news, the lodge donated a total of \$3,600 to local organizations, including \$1,000 to the Ferndale Ball Association, which supports youth baseball and softball teams; \$1,000 to Southeast Ohio Classical Academy to provide financial aid to students; \$600 to the local American Legion post to support the American Legion Buckeye Boys State program, which educates young men in government and political processes; \$500 to Good Works, a charitable organization that provides support services to homeless people and people in need; and \$500 to Friends of the Shelter Dogs, which provides financial assistance and other support services to the Athens County Dog Shelter.

In more news, the lodge donated \$1,500 to the Southern Ohio Copperheads, a Great Lakes Summer Collegiate League baseball team. Part of the donated funds will be used to provide a meal for two of the competing teams following one of the games.



**Tahoe/Douglas, NV,** Lodge members presented the Elks Distinguished Citizenship Award to Gardnerville Elementary School teacher Vivian Michalik. Pictured are (from left) Exalted Ruler Gary Beadle, honoree Michalik, Gardnerville Elementary School Vice Principal Ashley Mitchell, and Esteemed Leading Knight Joseph Gaestel.

Steele County Marketplace, a food distribution center which provides groceries to people experiencing food insecurity. Lodge members also volunteered to stock shelves at the food distribution center.

**Virginia, MN,** Lodge donated a total of nearly \$106,000 to various charitable causes, including \$50,000 to the Minnesota Elks Youth Camp, which is the state major project; a total of more than \$26,000 to 16 local non-profit organizations; a total of more than \$25,000 to youth programs and events; and a total of \$4,500 to local students and various academic institutions.

**Blue Springs, MO,** Lodge used part of a \$10,000 ENF Impact Grant to hold CPR training classes for three organizations: one class for 14 women and staff members from Hope House, which provides shelter and support programs to victims of domestic violence; one class for seven security officers from the Harry S. Truman Presidential Library and



**Coquille Valley, OR,** Lodge used \$1,200 from a \$4,000 ENF Beacon Grant to donate 32 Welcome Boxes and two Launch Boxes to Every Child Coos and Court Appointed Special Advocates of Coos and Curry Counties, two charities that assist children in the foster care system. Each Welcome Box contains a hand-written note of encouragement, clothing, toys, writing materials, toiletries, and other age-appropriate gifts and is intended to be given to a child entering the foster care system. Each Launch Box contains household supplies and is intended to be given to an 18-year-old adult exiting the foster care system. Pictured are (from left) lodge member Carol Stange, Every Child Coos Coordinator Tesia Dalton, Secy. Jennifer Parker, and lodge volunteer Bette Johnson.

In related news, the lodge used the balance of the ENF Beacon Grant funds to donate a total of \$2,800 worth of food, clothing, and toiletries to the Coquille Valley School District to be given to students in need.

Museum; and seven sessions for a total of nearly 550 students from the Blue Springs School District. In addition, lodge members used some of the grant funds to hold a Safe Sitter Class for six students in sixth through eighth grades.

In related news, the lodge used part of the Impact Grant to donate 25 residential carbon monoxide detectors, 4 portable carbon monoxide detectors, and a training dummy to the Southern Jackson County Fire Protection District and 50 smoke alarms, 50 carbon monoxide detectors, and more than 100 smoke alarm batteries to the Central Jackson County Fire Protection District.

**Festus-Crystal City, MO,** Lodge donated \$10,000 to Jeffco Shop with a Cop, which provides children in need with subsidized shopping trips, during

which they are accompanied by officers from local police departments.

**Nevada, MO,** Lodge donated the use of its bingo hall for a benefit dinner and auction that raised nearly \$54,000 for the daughter of a lodge member. The funds were intended to help the young woman recover from a bone marrow transplant.

**Mesquite, NV,** Lodge donated a total of nearly \$17,000 to five charitable causes, including \$10,000 to the Virgin Valley High School Track and Field team to assist with the cost of a new pole vaulting pit; \$5,700 to the Nevada Future Farmers of America Association; \$400 to Highland Manor of Mesquite, a nursing and rehabilitation center; \$400 to the Ms. Senior Mesquite Pageant; and \$100 to the Mesquite

Showgirls, a nonprofit entertainment troupe.

In other news, the lodge donated a pitching machine, 25 uniforms, and several bats and batting helmets to Beaver Dam High School.

**Newburgh, NY,** Lodge held a raffle fundraiser and collected \$5,000 for Montefiore Saint Luke's Cornwall Hospital in recognition of the hospital's 150th anniversary.

**Penn Yan, NY,** Lodge donated nearly \$2,500 to the Humane Society of Yates County.

**Riverhead, NY,** Lodge used an ENF Beacon Grant worth \$6,000 to make a \$2,700 monetary donation as well as a gift of \$300 worth of nonperishable meals to the First Congregational Church of Riverhead Bread



**Milwaukie-Portland, OR,** Lodge members attended a Court of Honor ceremony for new Eagle Scouts Max Deggendorfer, Javier Mora, and Samuel Schaller, of Scouts BSA Troop 64, and presented each scout with a certificate and a US flag. For his Eagle Scout Project, Deggendorfer built compost bins and benches for the Reed College Community Garden. Mora's project consisted of building two cedar tables with benches for Dandelion House, which provides temporary residence to young people in need. For his project, Schaller refurbished a playhouse on the playground of Tucker Maxon School, a school that serves deaf and hearing-impaired children. Pictured are (from left) State Secy. Emma Pletz and Eagle Scouts Deggendorfer, Schaller, and Mora.



**San Angelo, TX,** Lodge hosted a dinner and awards ceremony in honor of lodge Americanism Essay Contest winner Tanner Jeffrey. Lodge members presented Jeffrey with a plaque and a monetary award. Pictured with Jeffrey are Est. Lead. Knight Jon Gorman (left) and Americanism Committee Chairman Kyle Mantel (right).

and More Soup Kitchen. The lodge used the remainder of the grant to make a \$2,700 monetary donation as well as a gift of \$300 worth of nonperishable meals to the Church of the Harvest Food Pantry.

**Elyria, OH,** Lodge awarded a total of \$6,500 worth of scholarships to nine local students.

In other news, the lodge donated \$5,000 to United Cerebral Palsy of Greater Cleveland.

**Marysville, OH,** Lodge used part of an ENF Beacon Grant worth \$6,000 to donate \$3,000 worth of food to the Marysville Monarch Market, a student-run food pantry for students in need.

**Van Wert, OH,** Lodge donated \$200 to the Van Wert County Council on Aging and \$150 to the Van Wert Peony Festival scholarship program.



**Lynnwood, WA,** Lodge used part of a \$6,000 ENF Beacon Grant to donate \$2,000 to the Lynnwood Food Bank. Pictured are (from left) lodge volunteer Joan Edison, Assistant Food Bank Director Liz Jones, and Trustee Daniel Radley.

**Hillsboro, OR,** Lodge hosted a Unity Dance for 300 high school students with disabilities from 13 local schools with assistance from Liberty High School students. The lodge provided a pizza lunch and live entertainment with a DJ.

In other news, the lodge held a cornhole tournament fundraiser and collected \$500 for Betty Hise for Cancer Research, which funds cancer research projects.

**Huron, SD,** Lodge held a year-long Queen of Hearts fundraiser and collected nearly \$11,000, which was donated to the Beadle County Search and Rescue Dive Team.

**Camden, TN,** Lodge held a fundraising event and collected \$2,000 for Monroe Carell Jr. Children's Hospital at Vanderbilt.

**Jackson, TN,** Lodge members held a Saint Patrick's Day dinner fundraiser, which about 80 people attended and which featured auctions and a live band, and collected approximately \$5,000 for Saint Jude Children's Research Hospital. The funds are intended to help purchase red wagons to transport young patients to chemotherapy appointments. The lodge also hosted an Easter Bunny Pancake Breakfast fundraising event for Heaven's Cradle, which provides resources to families experiencing perinatal loss and the clinical staff who assist them, and collected \$1,500 for the charity.

In other news, the lodge awarded the \$1,000 Bill Ledbetter Scholarship to Lexington High School senior Alex Miguel Martinez. The lodge also awarded a \$1,500 scholarship to Jackson Christian School student

Brooks DeBerry to support his participation in a nationwide competitive band tour.

In more news, the lodge held a fundraising event and collected more than \$600 for the Hospice of West Tennessee, which provides care to financially insecure patients and their families.

**Lander, WY,** Lodge used a \$2,500 ENF Gratitude Grant to hold a Bike Rodeo bicycle safety event at Old North Side Elementary School with assistance from several local organizations and law enforcement agencies. The event featured food, a bicycle obstacle course, a helmet fitting station, safety instruction, and bicycle repair and licensing stations. More than 100 children received helmets, and 24 young people each received a new bicycle. ■



# Doug Goes

Grand Exalted Ruler Douglas A. Schiefer is pictured at the Lincoln Memorial in Washington, DC, early this spring. During his trip to the nation's capital, the GER paid homage to the nation's history and met with officials at the US Department of Veterans Affairs and the US Drug Enforcement Administration to discuss the important work Elks do to support our veterans and to prevent drug use.

**G**rand Exalted Ruler Douglas A. Schiefer visited Washington, DC, early in the spring of this year. His journey took him from the halls of American Legion Post 20, where he paid his respects to World War II newspaper great Ernie Pyle; to Alexandria, Virginia, where he paid homage to an unknown soldier who died during the American Revolution and saw the church where George Washington once worshipped; and back to the nation's capital, where he met with officials at the US Department of Veterans Affairs (VA) and the US Drug Enforcement Administration (DEA). During his meetings at the VA and the DEA, GER Schiefer sought to remind the leaders of these organizations of the invaluable work the Benevolent and Protective Order of Elks

does serving our nation's veterans and educating children and adults about the dangers of using drugs.

## **Paying Respects in and around the Capital**

As the nephew of two newspapermen, GER Schiefer was very interested to see the National Press Club, which is located in the heart of downtown Washington, DC, and American Legion Post 20, which is housed inside the press club building. American Legion Post 20 can trace its origins to November 19, 1919, when it was founded at the urging of US Army General John J. "Black Jack" Pershing, who commanded all US armed forces during World War I and was a lifelong member of the Elks. General Pershing, who was himself a writer and went on to win the Pulitzer

# Elks GER las A. Schiefer to Washington

SHAWN S. BULLARD

PHOTOS: DAVID K. PURDY

Prize for History in 1932 for his two-volume memoir about World War I, had a deep respect for journalism and was an associate member of the National Press Club. General Pershing helped found the American Legion in 1919, and it was his idea that American Legion Post 20 be housed within the National Press Club.

After having dinner at American Legion Post 20, GER Schiefer viewed displays there honoring Ernie Pyle, who is considered by many to have been the greatest World War II correspondent, and paid his respects to the newspaper great. Pyle spent the entirety of the war shoulder to shoulder with regular soldiers, first in the European Theater and later in the Pacific Theater, and was killed by enemy fire during the Battle of Okinawa, just weeks

before the end of the war.

The following day, GER Schiefer traveled outside the nation's capital to the Old Presbyterian Meeting House in the Old Town neighborhood of Alexandria, Virginia. Behind the church, GER Schiefer paid his respects at the tomb of an unknown soldier of the American Revolution who gave his life to help free the colonies from British rule. While millions of people visit the well-known Tomb of the Unknown Soldier at Arlington National Cemetery every year, this grave is nestled without ceremony in a corner behind the Old Presbyterian Meeting House. The unnamed patriot's remains were unearthed nearby in 1826 and reburied at this site, and his grave is surrounded by the unmarked graves of dozens of other soldiers of the American Revolution. Standing quietly in honor of the soldiers buried there, GER Schiefer said it was a most humbling experience. The epitaph on the monument to the unknown soldier reads as follows:

Here lies a soldier of the Revolution whose identity is known but to God. His was an idealism that recognized a Supreme Being, that planted religious liberty on our shores, that overthrew despotism, that established a people's government, that wrote a Constitution setting metes and bounds of delegated authority, that fixed a standard of value upon men above gold and lifted high the torch of civil liberty along the pathway of mankind. In ourselves his soul exists as part of ours, his memory's mansion.

After paying his respects, GER Schiefer next visited Christ Church, which is also in Alexandria. The church was completed in 1773 and once counted among its parishioners none other than the father of our country, George Washington. There was a time when every Christ Church parishioner who wanted a pew to sit in was required to pay for it. Some parishioners bought pews for a lifetime and then handed them down through generations, a practice that lasted until the early twentieth century. George Washington's box pew is pew number five, because he was the fifth parishioner to pay for the honor of sitting up front during Sunday services. A large pew the size of Washington's could only be afforded by the very wealthy and cost the equivalent of five or six figures in today's dollars.

## Elks Voluntary Service Program

After paying homage to those who sacrificed their lives to give the colonies their freedom and found our country, it was time for GER Schiefer to return to the capital for his first meeting, which was with officials at the US Department of Veterans Affairs. As all Elks know, the Elks Voluntary Service Program is the Order's flagship veterans program. Each year, the BPO Elks supports thousands of veterans at hundreds of VA locations all across the country and does this at no cost to the VA or any



Grand Exalted Ruler Schiefer is pictured at the National Press Club, home since 1919 to American Legion Post 20, where he stopped for a moment next to a portrait of famed World War II correspondent Ernie Pyle.

Program, the precursor to the VA Center for Development and Civic Engagement (CDCE), to assist the nation's veterans. Since 1948, Elks have worked tirelessly with the CDCE to ensure that our nation's veterans are cared for with respect and dignity. This history was something GER Schiefer wanted to showcase in his meeting with newly installed US Department of Veterans Affairs Secretary Doug Collins, and the secretary was pleased to learn just how deep the Elks' extremely productive relationship with the VA runs.

As members of the Order know well, Elks can be the lifeline that is needed when a veteran requires a helping hand to step out of homelessness or simply needs a sense of community, so during his meeting with Secretary Collins, the GER focused his discussions on the Elks Voluntary Service Program. Grand Exalted Ruler Schiefer and First Lady Julia Schiefer volunteer regularly at their local VA hospital, and Grand Exalted Ruler Schiefer pointed out that the program has been a force multiplier for the VA for nearly eighty years and encouraged Secretary Collins to continue to support the program. "For every VA staffer we work with each day, there are

veteran. Elks are members of an all-volunteer army who believe in country, service, family, and God. But though the Order's members are models of efficiency, they cannot perform their volunteer work without the VA employees they liaison with every day, rain or shine.

Soon after World War II, the BPOE was encouraged by the US government to work directly with the VA Voluntary Service

probably at least five Elks volunteers behind the scenes supporting their individual efforts," GER Schiefer told the secretary. "Our VA partnership is the epitome of seamless efficiency," the GER said. Furthermore, he reminded the secretary that the work the Elks do with the VA CDCE costs the VA nothing and that Elks gladly put in the time, money, and resources needed to accomplish their mission and with the secretary's blessing will continue to do so.

Grand Exalted Ruler Schiefer also let Secretary Collins know that 421 Elks Representatives and Deputy Representatives volunteer each month at 220 VA facilities, which include VA medical centers, VA clinics, veterans centers, and VA housing facilities. These Elks coordinate with VA CDCE staff to provide veterans with monthly support, which includes hosting ongoing events for inpatients, distributing supplies, coordinating adaptive sports events, and promoting job training programs.

The GER went on to explain that Elks visit VA facilities an average of 2.7 times each month, building relationships with veterans and VA staff, who know they can count on the Elks when needed. Elks have won national awards in recognition of their outstanding contributions to the VA and are able to do a great deal with the money the Order spends on the VAVS program. The GER pointed out that last year alone, Elks were able to support 304,571 veterans at VA facilities using only \$810,920. That is extremely efficient, meaning that the Order is able to provide a tremendous amount of support to veterans for only \$2.66 per veteran served. Grand Exalted Ruler Schiefer also mentioned to Secretary Collins that the Order has volunteers assigned to 192 other facilities, such as state veterans homes, veterans shelters, Fisher Houses, and USOs, and their efforts represent donations in time that total millions of dollars annually.



GER Schiefer is shown here behind the Old Presbyterian Meeting House in Alexandria, Virginia, paying his respects in front of the tomb of an unknown soldier of the American Revolution.



Grand Exalted Ruler Schiefer and First Lady Julia Schiefer are shown here sitting in George Washington's pew in Christ Church in Alexandria, Virginia.

could make the transition into permanent housing as quickly as possible. To help make this happen, the Order began providing Welcome Home Kits to veterans in need whenever asked to by VA staff or social workers at VA Supportive Services for Veteran Families, which works with low-income veterans. Staff at the US Department of Veterans Affairs and social workers refer newly housed veterans to Elks lodges, and these lodges then provide the beds, small appliances, dishes, and other home supplies the veterans need to settle into their new housing. This helps create stability and makes it more likely that the veteran will remain housed. Since the Welcome Home Kit program began in 2015, with strong encouragement from the VA secretary's office, Elks have given kits to more than 17,281 veterans. To date, the Order has spent \$4,964,541 on supplies to help stabilize veterans in their new homes. Every member of the BPOE can stand proud knowing they have helped the US Department of Veterans Affairs in so many ways and that the Order makes such an outsized

Grand Exalted Ruler Schiefer was also interested in letting Secretary Collins know that this is not everything the Order does in pursuit of its quest to make sure that our veterans are never forgotten. The GER reminded Secretary Collins that more than a decade ago, senior leadership at the US Department of Veterans Affairs encouraged the BPOE to do everything it could to ensure that a veteran exiting homelessness

difference in veterans' lives.

Secretary Collins was also pleased to hear that the BPO Elks works with 303 social workers of the US Department of Housing and Urban Development–Veterans Affairs Supportive Housing (HUD-VASH) program in the thirteen regions of the United States with the highest number of veterans experiencing homelessness. “Our Elks Emergency Assistance Fund is critical to helping our nation’s veterans in most need,” GER Schiefer told Secretary Collins. As Elks will know, the Order accepts applications for assistance from veterans and their social workers to help veterans exit homelessness or prevent them from becoming homeless. The fund will pay up to \$2,500 to help cover rent, security deposits, or utilities. Veterans only ask for what they need, and the Order provides an average of \$1,660 to each veteran it supports in this way. Since 2015, with leadership from the US Department of Veterans Affairs, Elks have helped 4,497 veterans stay or become housed through the HUD-VASH Social Workers program, providing \$7,466,693 in financial assistance, which is paid to veterans’ creditors. Through this fund, Elks, in partnership with the US Department of Veterans Affairs, have helped veterans across a number of different generations—from those who served in the Korean War to those recently discharged—keep their housing.

Grand Exalted Ruler Schiefer pointed out to Secretary Collins that 80 percent of the assistance the Order provides to veterans goes to preventing homelessness among veterans. Preventing homelessness saves the VA time, money, and human resources, but most importantly, the work the BPOE does to prevent homelessness saves lives, and saving a veteran’s life is priceless.

Secretary Collins wrapped up his meeting with the



Grand Exalted Ruler Schiefer is welcomed to the US Department of Veterans Affairs Headquarters by VA Secretary Doug Collins, to whom the GER spoke about the Order's more than one hundred years of volunteer work serving veterans at VA facilities.



Grand Exalted Ruler Schiefer and PGER Bruce A. Hidley (right) are pictured during the GER's meeting with US Drug Enforcement Administration Acting Administrator Derek Maltz (left), who praised the Elks' decades-long partnership with the DEA.

Grand Exalted Ruler by saying that he was extremely grateful to the hundreds of VA staff who work one-on-one with Elks volunteers nationwide every day, adding that he looked forward to sharing many more future successes with the Elks in service to veterans.

### Meeting with the US Drug Enforcement Administration

Acting Administrator Derek Maltz of the US Drug Enforcement Administration (DEA) welcomed GER Schiefer and fellow New Yorker PGER Bruce A. Hidley with open arms. Maltz was a career special agent with the DEA who served for twenty-eight years prior to being named acting administrator in 2025. He has also served as chief of the New York Drug Enforcement Task Force. During his meeting with GER Schiefer, Maltz praised the Elks for distributing seven million pieces of drug awareness literature annually and for exploring social media avenues for discouraging drug use among people of all ages. "The Elks have a passion for this," Maltz said, "and I love it."

During the meeting, GER Schiefer reminded Acting Administrator Maltz that the BPOE has been working with the DEA for decades. During this time the Order has been the backbone of the DEA's national educational drug awareness outreach efforts, and this is because of the robustness of the Elks National Drug Awareness Program (DAP), which is an award-winning initiative that spends millions of dollars annually to change lives for the better.

At its core, the Elks National Drug Awareness Program teaches children and their parents about the dangers of illegal drug use and the abuse of legalized and prescription drugs. The program accomplishes this mission using everything from paid young-adult outreach ambassadors to professionally produced, Hollywood-quality online video programming. Talking about the online environment, which is where children do most of their learning these days, Maltz praised the Elks' drug awareness efforts and

said that children are benefiting from Elks social media campaigns. It is undeniable that the Drug Awareness Program, with advice from the DEA, is currently driving the most robust social media agenda in the decades-long history of the organization.

One of the DAP's most high-profile initiatives is a video podcast called *Awkward Conversations*. It is easy to find online at [Elksdap.org](http://Elksdap.org) and can also be found on YouTube, Spotify, and Apple Podcasts. Entering its fifth season, *Awkward Conversations* features an all-star cast and is hosted by Jodie Sweetin, an actress

and television personality known for her role as Stephanie Tanner in the ABC comedy series *Full House*. Sweetin is joined on the podcast by Amy McCarthy, a senior clinical social worker at Boston Children's Hospital. During each episode, the two hosts chat freely with celebrity parents and guest experts on how to prepare for having awkward conversations with children about drugs.

The DAP's *Awkward Conversations* series is simple, and it works. It gives parents the tools to empower their children to make wise decisions. "We have an army of Elks who are tired of drugs killing our children, friends, and neighbors," GER Schiefer told Maltz. "Tell us what you need, and we'll provide the muscle." Maltz told the GER that the Elks are the DEA's number one national drug awareness partner, and he does not see that changing. "The outcomes from Elks after-school activities, social media outreach, and community training is tremendous," Maltz said. "The question," GER Schiefer said, "is where do we go from here to do even more than we're doing now?" The response to GER Schiefer's question came swiftly. Two minutes later, the GER and his team walked down the hall and into a small conference room to work with DEA officials on what future Elks-DEA outreach strategies might look like.


This can-do attitude has characterized the Benevolent and Protective Order of Elks since its founding more than 157 years ago. Grand Exalted Ruler Schiefer's spring visit to Washington, DC, reflected many of the ideals Elks hold dear: demonstrating respect for America's fallen service members, upholding a vow to support veterans and active-duty US troops, remaining committed to drug awareness efforts, and selflessly volunteering to do all they can to strengthen their communities. By the time GER Schiefer ended his visit to the nation's capital, he had reaffirmed the BPOE's commitment to continue in these efforts for many years to come. ■

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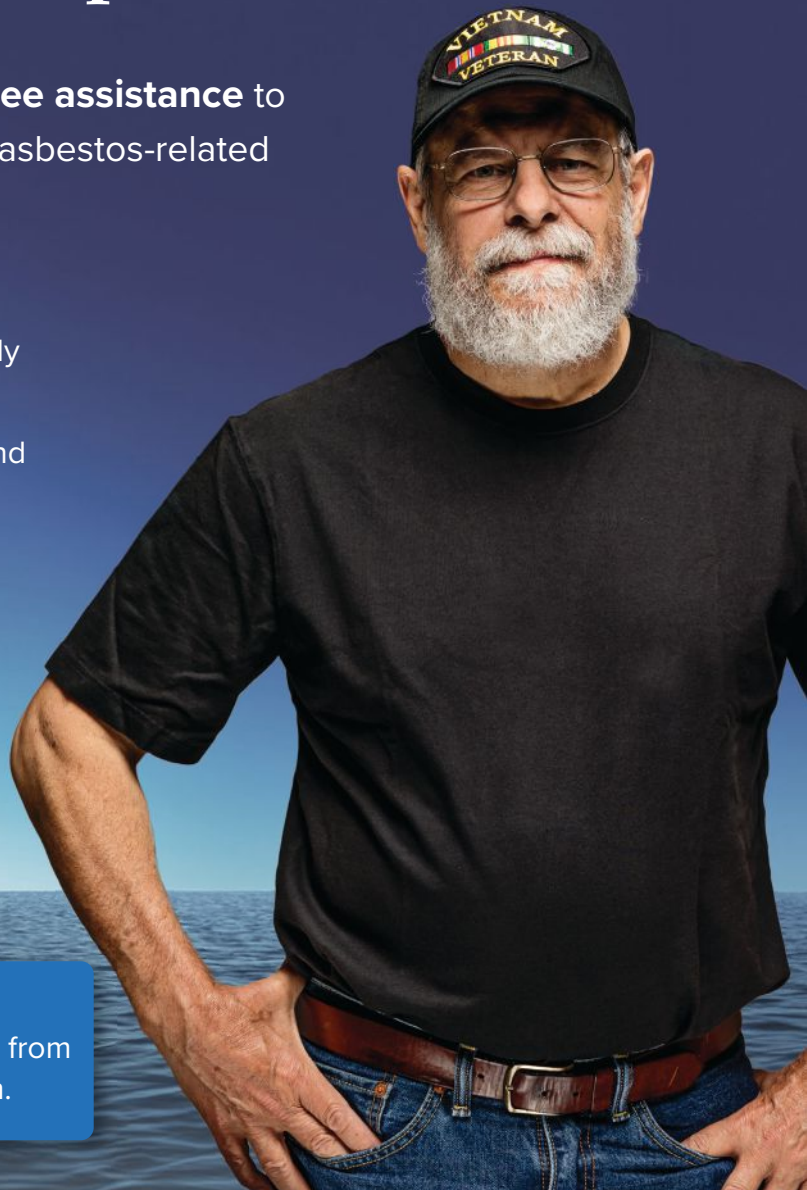
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# *Saratoga Springs, New York*

THE NATION'S FIRST SPA TOWN

*Michael Stein*



A scenic resort town located in east-central New York State, Saratoga Springs is famous for its natural mineral springs and thoroughbred horse racing. Known as the Queen of Spas since the early nineteenth century, this charming city offers visitors a relaxing atmosphere filled with beauty and history.

Saratoga Springs, known today as the Queen of Spas, is a scenic resort town located in the southern foothills of the Adirondack Mountains in east-central New York, north of Albany, the state capital, and west of the Hudson River. Known for its mineral waters, Saratoga Springs has been an oasis since the nineteenth century for those seeking rejuvenation, and before that it was a sanctuary of healing for indigenous peoples. For more than two hundred years, the springs have supported the development of the city of Saratoga, which is now adorned with historic architecture, beautiful parks, and a thriving cultural scene. Boasting a permanent population of twenty-eight thousand people, the city grows by three times that number during the summer as

visitors flock there to enjoy its springs and other attractions, including the nationally renowned thoroughbred horse races featured on its historic racing grounds.

### Founding and Development

Present-day Saratoga Springs is situated on the site of natural mineral springs that have existed since the Paleozoic Era. Many of these springs constitute the only naturally carbonated springs east of the Rocky Mountains. Charged with minerals, the springs were revered for their healing properties by the Mohawk Nation, an Iroquois people that called the locale *Sa-ragh-to-ga*, which means “Place of Swift Water.” According to some historical sources, Sir William Johnson, an Irish colonist instrumental in forging the alliance between the British government and the Six Nations Confederacy, was one of the first white settlers to seek out the healing influence of the springs. Badly wounded in the French and Indian War, Johnson was brought to High Rock Spring by members of the Mohawk people around 1770 to soothe the chronic effects of his injury. The reputation of the therapeutic springs started to grow and attract short-term residents, and General George Washington is even said to have sampled the waters with his troops in 1783. Finally, in 1787, Alexander Bryan, a Revolutionary War hero and tavern owner, became the first permanent settler in the locale, operating both an inn and a blacksmith shop.

The area began to grow significantly in 1802, when settler Gideon Putnam, who had established a sawmill venture near High Rock Spring a few years earlier, began using the profits from his lumber industry to build the three-story Putnam Tavern and Boarding House. Eventually tapping the mineral water at Congress Spring and nearby Washington Spring for use by visitors, Putnam was the first to successfully harness the potential of the springs for public benefit. As his business boomed, he expanded his boarding house into a hotel and renamed it Union Hall, simultaneously building up the settlement’s main thoroughfare, which was then called Broad Street. Thriving until its eventual demolition in 1953, the establishment was ultimately called the Grand Union Hotel. Other hotels, bathhouses, and parks utilizing the springs continued to develop and flourish, and in 1826, Saratoga Springs was officially incorporated as a village and had gained its reputation as the Queen of Spas.

In 1847, Saratoga Springs residents took on a new venture when they created a dirt track and established it as the Saratoga Trotting Course, a venue for harness horse racing. This course gained greater fame in 1863, when former bare-knuckle boxing champion and future politician John Morrissey organized the first thoroughbred horse race meet there. The four-day event attracted fifteen thousand spectators, and by August of the next year Morrissey and the new Saratoga Association for the Improvement of the Breed of Horses had built Saratoga Race Course across the street from the original trotting grounds.



This engraving depicts Sir William Johnson, an Irish colonist and British government official, being carried by members of the Mohawk people to High Rock Spring around the year 1770 to bathe a war injury in the spring's reputedly healing waters.

Today, renowned as the oldest active sporting venue in the United States and home to some of the nation's most important races, Saratoga Race Course is visited by nearly a million people between July and Labor Day.

By the mid-twentieth century, Saratoga Springs was flourishing as one of the country's most popular resort towns. Victorian mansions built as summer getaways by society's elite soon supplemented the city's decadent, European-style hotels. John Morrissey's second venture—the Saratoga Club House, a lavish casino that functions today as a historic event venue—attracted still more guests, and during the summer months Saratoga Springs was brimming with fashionable tourists enjoying the mineral waters, strolling in the parks and promenades, and taking steamboat rides on nearby Saratoga Lake.

### Visiting the Springs

Today, Saratoga Springs remains one of the most popular spa towns in the country. This favorite vacation spot is home to twenty-one public mineral springs, most of which are naturally carbonated and each of which has its own unique flavor and catalogue of purported benefits, which include the ability to heal skin ailments, cure headaches, relieve indigestion, reduce joint inflammation, and increase red-blood-cell count. Guests are encouraged to sample or bottle the waters, many of which have been piped and made

available by way of aesthetically pleasing fountains sheltered by pavilion structures. The springs can be found in three general areas: Congress Park, High Rock Park, and Saratoga Spa State Park.

Congress Park is a nineteenth-century public park in downtown Saratoga Springs and was created specifically to make use of the mineral springs enriching the area. The park contains ponds and pathways, Italian gardens, statuary, and scenic fountains and famously features the historic Congress Spring. This spring was one of the first to be tapped and is now sheltered by a replica of the Greek Revival-style pavilion that was originally built over it in 1826. In addition to its other attractions, Congress Park features one of the only working two-row carousels in the country. This historic carousel, which is very popular during the summer months, features hand-carved wooden horses that date from the early twentieth century and are adorned with

real horsehair tails.

Just a fifteen-minute walk north from Congress Park, visitors will find High Rock Park, which is home to several other popular springs, including Red Spring, which is known as the Beauty Spring and is said to cure skin disorders, and Peerless Spring, which is considered especially tasty to drink and is known for its saltiness. The park boasts three large event pavilions and also hosts the Saratoga Springs Farmers Market during the summer.

Two miles south of Congress Park on Broadway, one will discover Saratoga Spa State Park, a National Historic



The Grand Union Hotel, shown here prior to its demolition in 1953, was built in 1802 by one of the first settlers in Saratoga Springs and expanded over the course of the century into one of the world's largest and best-known hotels.



PHOTO: RUSSELL KORD ARCHIVE / ALAMY STOCK PHOTO

Congress Park is named after one of the first springs to be tapped in the area that is now the city of Saratoga Springs. In addition to the spring for which it is named, the park also features the World War Memorial Pavilion, which is shown here.

Landmark that in addition to its mineral springs boasts a number of recreational amenities. Here visitors will find an environmental education center and an impressive collection of cultural attractions, including the Saratoga Performing Arts Center, the Children's Museum at Saratoga, and the Saratoga Automobile Museum.

Established by the state of New York in 1911, Saratoga Spa State Park was originally called the State Reservation at Saratoga Springs and was intended to protect the mineral springs, which had become endangered by unregulated commercial attempts to extract their carbonic acid gas. After the springs had been given time to revitalize, the Lincoln Baths and Washington Baths were built here in 1915 and 1920, respectively, and began to attract significant publicity, leading then-Governor Franklin D.

Roosevelt to appoint a commission to oversee the spa's continued development. After receiving \$3.2 million (nearly \$590 million in today's dollars) from the government's Reconstruction Finance Corporation in 1932, the spa grew



PHOTO: MIRA / ALAMY STOCK PHOTO

The Geyser Island Spouter, shown here, is a popular mineral spring in Saratoga Spa State Park and is surrounded by a colorful island of hardened mineral deposits.



The Hall of Springs is located in Saratoga Spa State Park and was built in the 1930s to serve as a refreshment hall where visitors could sample water from the park's springs. Today, the hall is a premier banquet venue.

to include the Simon Baruch Research Institute, which was dedicated to exploring hydrotherapy, the therapeutic use of water, as well as other structures and features that still exist today, including the Roosevelt Baths and Spa, the Gideon Putnam Hotel, the Victoria Pool, the Bottling Plant, and the Hall of Springs. At the peak of its popularity in the 1940s, the spa complex was serving two hundred thousand people annually.

Today, visitors to Saratoga Spa State Park can enjoy the park's scenic trails and hike to some of the state's most popular springs, including the State Seal Spring, which is located beneath a pavilion on the Avenue of Pines and is known for its delicious, noncarbonated spring water, and the Geyser Island Spouter, which is surrounded by an impressive island of hardened mineral deposits. For those wishing to immerse themselves in the hydrotherapeutic experience for which Saratoga Spa State Park first became famous, they can visit the Roosevelt Baths and Spa, a luxurious treatment center run by the Gideon Putnam Hotel that provides private, warm mineral baths and other rejuvenating services.

After taking time to rejuvenate at the Roosevelt Baths and Spa, visitors to the springs at Saratoga Spa State Park might be ready to enjoy the park's scenery and many other delights. The eye-catching Lincoln Bathhouse, located at the entrance to the park and constructed in 1930, is a beautiful complex that was built in the Beaux Arts architectural style and has become home to the Children's Museum at Saratoga as well as several official agencies.

The park also offers both a championship 18-hole golf course and a 9-hole course, as well as amenities for running, biking, cross-country skiing, ice skating, and swimming.

Finally, for those seeking live entertainment, the state park is home to the Saratoga Performing Arts Center. A large campus with multiple venues, including an imposing twenty-five-thousand-seat amphitheater, there is something for everyone here. The amphitheater currently hosts the Saratoga Jazz Festival in late June as well as performances by the New York City Ballet and the Philadelphia Orchestra. The center's campus also includes the more intimate Spa Little Theater as well as the historic Hall of Springs. This world-renowned banquet venue was originally constructed in the 1930s as a

place where visitors could sample water taken from the park's springs and features a reflecting pool, stately arcades, Italian marble floors, and thirty-eight-foot vaulted ceilings complete with three original grand chandeliers made of Belgian crystal.

### Out and About in Modern Saratoga

Though made famous by its springs and parks, the city of Saratoga Springs has also developed into a vibrant urban center that provides all sorts of attractions after a day of strolling in the fresh air or recuperating at a spa. A good place to start exploring the city is the beautifully ornamented Saratoga Springs Heritage Area Visitor Center, located on Broadway right across from Congress Park. Constructed in 1915 and now listed on the National Register of Historic Places, the visitor center was originally built as the trolley station for the Hudson Valley Railway Company. The stucco Beaux Arts-style building is adorned with two bas-relief sculptures, one commemorating the Battle of Saratoga in 1777 and one depicting Sir William Johnson's legendary healing at High Rock Spring. Eventually converted from a trolley station into a water-drinking hall in 1941, visitors could sample mineral water from free-flowing fountains or purchase various bottled waters from the springs. In addition to enjoying the historic station's barrel-vaulted ceiling, brass chandeliers, and original, chestnut-stained benches, visitors can now avail themselves of the center's informational resources or embark on one of the several seasonal walking and trolley



**Saratoga Springs City Hall, completed in 1871, features Italianate architectural details and can be found in the Broadway Historic District, near Congress Park.**

tours of the city that the center offers.

From the Saratoga Springs Heritage Area Visitor Center, one is welcomed right into the heart of the city's Broadway Historic District, the downtown portion of the city that borders the upper boundary of Congress Park and extends north towards High Rock Park. The city's original main thoroughfare, Broadway is lined with historic and architecturally impressive buildings, including the Adelphi Hotel, a luxurious establishment originally opened in 1877; the Adirondack Trust Company Building, an independent bank opened in 1902 and housed in a stately edifice of white marble with Tiffany bronze doors; and Saratoga Springs City Hall, an Italianate-style brick building that was originally completed in 1871. Though the city hall is no longer possessed of its original clock tower and bell, the rest of the elegant, three-story edifice has been lovingly preserved.

The Saratoga Springs Public Library, located just a five-minute walk south and east from city hall at 49 Henry Street, further captures the city's rich and varied history with the Robert Joki Stereoview collection, an extraordinary exhibit consisting of more than 1,400 stereographs, or sets of two, nearly identical photos viewed side-by-side to

produce a three-dimensional effect. History buffs will also enjoy the National Museum of Racing and Hall of Fame, founded in 1950 to preserve the history of thoroughbred horse-racing and opened in 1955 on Union Avenue across from the famous Saratoga Race Course. There is also the New York State Military Museum and Veterans Research Center, founded in 1863 and now housed in the historic Saratoga Springs armory at 61 Lake Avenue. Home to more than twenty-five thousand historical artifacts, the museum also houses the world's largest collection of American Civil War flags, while the Veterans Research Center contains a video and audio archive of nearly 2,500 oral histories of New York veterans from World War I through the present day.

In addition to its beautiful architecture and rich history, Saratoga Springs is thriving with culinary gems as well. To continue experiencing the

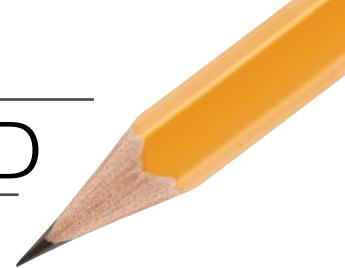
city's storied past, visit the Olde Bryan Inn, a restaurant founded in 1773 on the site of the first permanent settlement in the area and still offering hearty regional fare. Or, for a more nostalgic experience, visit Shirley's Diner, a classically American spot featuring breakfast food, deli sandwiches, and baked goods. Going beyond American cuisine, Osteria Danny, a family-owned restaurant, offers traditional Italian fare cooked with fresh, local produce and creatively influenced by owner and chef Danny Petrosino, while Boca Bistro offers a diverse Spanish menu in a Mediterranean-inspired setting. Finally, for an especially sophisticated experience, dine at 15 Church, a centrally located establishment that offers fresh seafood daily as well as prime meat.

A unique mix of natural attractions and cultural riches, Saratoga Springs has been drawing people to the area to taste the waters for nearly two hundred years. From the mineral springs and parks that offer respite and rejuvenation to the cultural venues that promise a wealth of art and history to the edifices that display the beauty of the past or house the delights of a thriving culinary scene, Saratoga Springs well deserves its reputation as America's first and favorite spa town. ■

# Elks Clues C R O S S W O R D

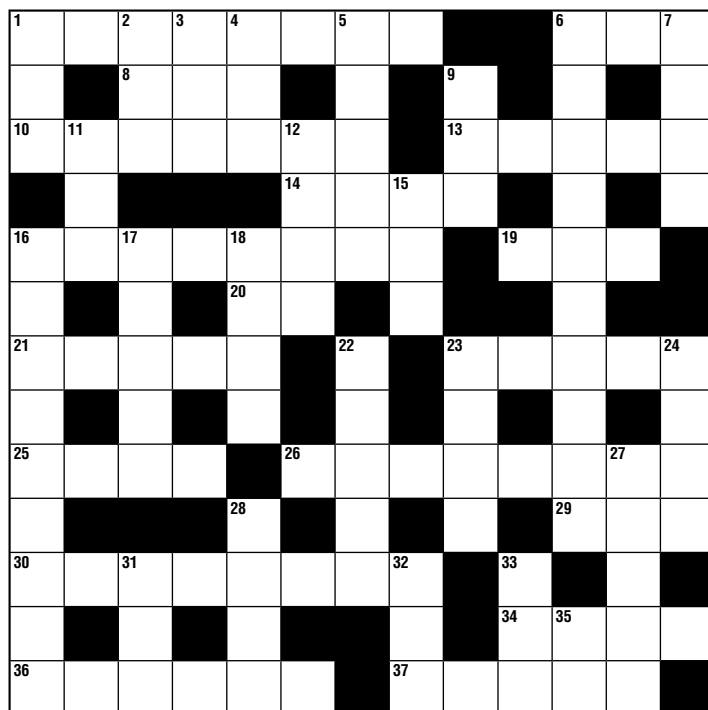
BY MYLES MELLOR

Answers appear on page 51.



## ACROSS

1. Benjamin Franklin, Thomas Jefferson, and Paul Revere, for example
6. Provided food
8. Exchange rings at the altar
10. The BPO Elks was founded to \_\_\_\_ and practice the four cardinal virtues
13. They toll as a call to worship
14. Not often found
16. One of the Order's four cardinal virtues
19. Supreme being
20. Letters used to indicate morning hours
21. Graduates, informally
23. Daily to-do list items
25. Lessen suffering
26. Youth activity supported by the Elks
29. Split \_\_\_\_ soup
30. Elks \_\_\_\_ Foundation
34. Prayer closer



36. Toils
37. One who financially supports charitable causes

## DOWN

1. Young dog
2. Couple
3. Stage of sleep, abbr.
4. Wedding vow, 2 words
5. Care for
6. Companionship and friendly association
7. Part of twilight
9. Honest US president, for short
11. Baseball stat
12. Cut down, as in a budget
15. Deli sandwich bread
16. Brotherly
17. Elroy the Elk motto: Hugs are better than \_\_\_\_.
18. Endure
22. Hot winter drink
23. Loyal
24. Epic tale
27. "So long as there are veterans, the Benevolent and Protective Order of Elks will \_\_\_\_ forget them."
28. Impoverished
31. Restaurant check
32. Guided
33. Soup container
35. St. Louis's state, abbr.



## Supporting Our Troops



**Southwest District, FL,** lodges held a dinner fundraiser, which included raffles and a 50/50 lottery, and collected nearly \$3,200 for the Florida State Elks Association Army of Hope, which assists the families of deployed and injured US armed forces service members. During the event, lodge members presented US Navy CDR Donna Fournier (Ret.), the featured speaker, with a Quilt of Honor to thank her for her service. Pictured with Commander Fournier are Lakewood Ranch-Sarasota Lodge member Tom Sweeney (left) and Sarasota South Lodge PER George Jones.

**Sanford, FL,** Lodge held a Spaghetti for Soldiers Dinner and dessert auction fundraiser, which about 30 people attended, and collected more than \$1,700 for the Florida State Elks Association Army of Hope, which assists the families of de-

ployed and injured US armed forces service members.

**Granite City, IL,** Lodge members donated a total of \$500 to the James S. McDonnell USO at Saint Louis Lambert International Airport.

**Saugerties, NY,** Lodge held a Saint Patrick's Day Dinner fundraiser and collected \$1,000 for the lodge's Adopt-A-Soldier program, which provides care packages to US armed forces service members who are serving away from home. ■



## Elks National Veterans Service Commission

### Editor's note

The Elks National Veterans Service Commission news has been regionalized into East and Central/West regions.



**Jacksonville, FL**, Lodge used part of a \$1,000 ENVSC Freedom Grant to hold the 3rd Annual Honor Our Veterans event, a veterans resource fair in which 11 veterans service organizations participated. The event, which about 40 veterans attended, featured the presentation of colors, guest speakers, lunch, and a raffle, and each veteran attendee received a goody bag containing a manicure set, a first aid kit, and other personal care items. Pictured speaking with Jacksonville National Cemetery representative Nicole Claar (seated) is veteran and lodge member Jacqueline Moise.

In related news, the lodge used the remaining Freedom Grant funds and additional donations to provide a total of nearly \$440 worth of toiletries to the Lake City VA Medical Center and about two dozen bags of travel-size toiletries to the medical center's Women's Clinic.

**Manchester, CT**, Lodge used \$2,000 collected by a lodge member's fundraiser to donate clothing, footwear, and bedding to Veterans Base Camp, which provides a food pantry, outreach services, temporary housing services, and other support services for veterans in need.

**Bradenton, FL**, Lodge used a \$2,500 ENF Gratitude Grant to provide a boat and fishing excursion for a

group of 17 veterans. Following the excursion, lodge members took the veterans to a local restaurant where the staff cooked the veterans' catch and served them lunch.

In other news, the lodge provided a new refrigerator for the home of US Army veteran Richard Bodner.

**Fort Pierce, FL**, Lodge used part of a \$4,000 ENF Beacon Grant to donate six large boxes of supplies, including

toiletries, men's underwear, socks, and T-shirts, to the Ardie R. Copas State Veterans' Nursing Home as part of an ongoing, monthly donation of supplies.

**Lakewood Ranch-Sarasota, FL**, Lodge held an auction fundraiser and raised more than \$2,500 for Paws for Patriots, a program operated by Dogs, Inc. that provides service dogs to wounded veterans. The event featured an appearance by former Major League Baseball pitcher Tommy John, who signed baseballs for the auction.

**Atlanta-Northlake, GA**, Lodge members used part of a \$4,000 ENF Beacon Grant to treat 26 veterans and eight staff members from the Fort McPherson VA Clinic Homeless Vets Project to a day at Zoo Atlanta. Lodge members escorted the group to exhibits and also provided lunch for the veterans and staff.

**Augusta, ME**, Lodge Veterans Service Committee used part of a \$1,000 ENVSC Freedom Grant to provide adaptive sports equipment, including two sets of pickleball rackets and two sets of kayak outriggers, for the Veterans No Boundaries Summer Camp, a four-day camp that provides adaptive activities for veterans with disabilities. Part of the grant funds were used to host an ice cream social for the campers. Committee members also volunteered to clean camp lodges and assisted during activities and craft projects. The remainder of the grant funds was used to provide ski outriggers for the camp's winter

*So long as there are veterans, the Benevolent and Protective Order of Elks will never forget them.*



**Westfield-West Springfield, MA, Lodge** used a \$4,000 ENF Beacon Grant to provide food, toiletries, and other essential items to Project New Hope, which provides wellness retreats and support services for veterans and their families, and One Call Away, which provides crisis support for veterans suffering from PTSD. Each organization received \$2,000 worth of items. Pictured with two One Call Away volunteers (at far left and far right) are (from left) lodge members Jeffrey Haluch, Sue Haluch, and Beverly Duhamel and ER Milt Vazquez.

session in January.

In other news, the lodge Veterans Service Committee partnered with the Augusta Fire Department and Augusta Police Department to donate a total of nearly \$5,600 to Mission Working Dogs, which provides service dogs to people with mental and physical disabilities. The donation is intended to sponsor a service dog for a veteran.

**Ocean City, MD, Lodge** donated \$500 to the local American Legion post to support the Military Veterans Charity Golf Tournament, which raised funds for several veterans causes.

**Attleboro, MA, Lodge** members delivered breakfast to 75 veterans residing at the Brockton VA Medical Center. The lodge also used more than \$1,800 of a \$9,000 ENF Beacon Grant to give 60 of the veterans



**Sanford, FL, Lodge** members provided four Welcome Home Kits containing small appliances and basic household items to the US Housing and Urban Development–Veterans Affairs Supportive Housing (HUD-VASH) program of the Daytona Beach VA Clinic to provide to veterans who are transitioning into new homes. The lodge also provided a plaque to the clinic. Pictured are VA staff member Robin and HUD-VASH Supervisor Tony Viana.

In other news, lodge members helped prepare an outdoor therapeutic garden for veterans at the Orlando VA Medical Center. Lodge members helped prepare the soil, pull weeds, and set up an irrigation system. On another occasion, lodge members visited the medical center and distributed cards to more than 100 veterans to honor them for their service.



**Bordentown, NJ,** Lodge donated \$1,000 to NJ Dogs of Honor, which provides service dogs to veterans with PTSD. Southwest District lodges also donated \$1,000 to the organization, for a total donation of \$2,000. Pictured are (from left) Dogs of Honor representative Gordon Gross with service dog Tank, PDD Henry Elmer, Southwest District Army of Hope Committee Chairman John Joyce, New Egypt Lodge ER Gina Mellon, Bordentown Lodge Veterans Service Committee Chairman Sandra Schemelia, Southwest District Americanism Committee member Charles Stecher, and Dogs of Honor representative Patti Gross.



**Hightstown, NJ,** Lodge used a \$4,000 ENF Beacon Grant to provide Welcome Home Kits containing small appliances and basic household supplies to five veterans who were moving into new homes. Each veteran also received several pieces of furniture, including beds, mattresses, kitchen furniture, couches, and end tables, and lodge members assisted with moving the furniture into each veteran's new home. Pictured are (from left) veteran Juan, PER Kenneth MacLean, PER Crispus Huling, and lodge Army of Hope Committee Chairman Jeffrey Bernas.

thank-you notes, baseball caps representing each veteran's branch of service, and care packages containing toiletries, snacks, puzzle books, postage stamps, writing materials, patriotic pins, and small US flags. Using part of the grant funds, the lodge also donated a total of more than \$1,000 worth of underwear, T-shirts, and socks to the medical center to be given to veterans.

**Mansfield, MA,** Lodge hosted a Saint Patrick's Day dinner for 54 veterans. The event featured a traditional corned beef dinner, a performance by a guitar player and singer, and music provided by a DJ, and each veteran received a fleece jacket and travel mug to take home.



**Brooklyn Queensborough, NY,** Lodge used an \$8,000 ENF Beacon Grant and \$530 of additional lodge funds to donate clothing, supplies for music and art therapy, and palliative care items to the VA New York Harbor Health Care System Margaret Cochran Corbin VA Campus. Pictured are VA Center for Development and Civic Engagement Chief Edward Porter and Elks Voluntary Service Representative Patricia Carroll.



**East District, NY,** lodges donated \$450 worth of requested items, including sweatshirts, men's underwear, diaper bags, and adult coloring books, to the Northport VA Medical Center. Pictured are (from left) Elks Voluntary Service Representative Jack Stein, Deputy Elks Voluntary Service Representative Constance Olson, and VA Voluntary Service Assistant Christian Butcher.

In other news, lodge members provided prime rib dinners to 60 veterans residing at the Brockton VA Medical Center.

**Cedar Grove, NJ,** Lodge used a \$1,000 ENVSC Freedom Grant to donate 40 backpacks containing clothing, toiletries, sleeping mats, and other essential items to Operation Chill-out, which provides warm clothing and other outdoor survival supplies to homeless veterans.

**Hackettstown, NJ,** Lodge used \$500 of a \$5,000 ENF Gratitude Grant to provide breakfast for more than 80 veterans at the Pequest Trout Hatchery on opening day of the trout fishing season.

**Auburn, NY,** Lodge held a lunch to commemorate the 50th anniversary of the end of the Vietnam War. The event, which 18 veterans and members of local veterans groups attended, was held with assistance from the local Vietnam Veterans of America chapter.

**Canajoharie-Fort Plain, NY,** Lodge members awarded the Elks Distinguished Citizenship Award to US Army veteran Bill Farber in recognition of his service to local veterans and other community members.

In other news, the lodge donated 20 pairs of boots to the Samuel S. Stratton VA Medical Center to be given to veterans in need.

**Liverpool, NY,** Lodge donated \$500 to the Syracuse VA Medical Center to be used to support women veterans receiving care at the facility.

**Mid Westchester, NY,** Lodge used a \$1,000 ENVSC Freedom Grant to donate nonperishable food to the food pantry at the Franklin Delano Roosevelt Hospital, a VA facility.

**Mid Westchester, Middletown, and Ossining, NY,** Lodge members hosted



**State College, PA,** Lodge Veterans Service Committee donated \$2,000 to the Veterans Assistance Fund of Centre County, which provides emergency financial assistance to veterans in need. Pictured are (from left) Veterans Assistance Fund President John Jones, Veterans Service Committee Chairman Virginia Hosterman, Veterans Assistance Fund Vice President Andy Hillegass, Veterans Service Committee members Vernon Crawford and John McKinley, Veterans Assistance Fund Secretary Carol Clark-Baney, and Centre County Veterans Affairs Director Brian Query.

In other news, the lodge donated \$750 to the YMCA of Centre County MilitaryShare Food Distribution for Veterans program, which provides food to veterans, spouses of deceased veterans, and active-duty service members.



**Tyrone, PA,** Lodge members provided Welcome Home Kits containing small appliances, bedding, cleaning supplies, and other basic household items to eight veterans who were moving into new homes. The veterans received several pieces of furniture, including bedroom and living room furniture, kitchen tables with chairs, and televisions, and five of the veterans also received beds. Pictured during one of the deliveries are (from left) lodge member Brad Wolf, veteran Jon and his dog Patty, and lodge member Ronald Estep.

In other news, lodge members held an afternoon of bingo games with prizes for approximately 20 veterans residing at the Hollidaysburg Veterans' Home.

a bingo party at the Franklin Delano Roosevelt Hospital, a VA facility, for ten resident veterans and their caregivers. Lodge members served dessert to the participants and assisted the veterans with their bingo cards. A total of \$100 worth of canteen books were awarded as prizes, and fingerless wheelchair gloves were given as prizes to winners who use wheelchairs. The fingerless gloves were provided by the Elks Veterans Leather Program.

**New Hyde Park-North Shore, NY,** and **New York, NY,** Lodge members delivered a cake and a cartload of cupcakes, cookies, snacks, and beverages, to Saint Albans VA Medical Center for a Spring Celebration party, which 24 veterans attended.

**Rome, NY,** Lodge made a donation consisting of a total of 210 pounds of food to the Central New York



**Springfield, VT,** Lodge used \$3,000 of a \$6,000 ENF Beacon Grant to donate nearly \$1,800 and a total of more than \$1,200 worth of sweat suits, reading glasses, toiletries, and other requested items to the White River Junction VA Medical Center. Pictured are (from left) lodge member Karen Whitney, VA Assistant Director Carey Russ, PER Jean Crosby, and PER Carolee Murchie.

In related news, the lodge used the remaining Beacon Grant funds to donate nearly \$2,000 and a total of more than \$1,000 worth of electric razors to the Vermont Veterans' Home.

Veterans Outreach Center to be distributed to veterans in need.

**Kinston, NC,** Lodge used a \$1,000 ENVSC Freedom Grant to provide snacks and beverages for the North Carolina State Veterans Home—Kinston to stock the facility's canteen. Lodge members also provided a total of 100 handmade birthday cards to veterans residing at the veterans home.

**Oak Island, NC,** Lodge donated a total of \$600 to sponsor a hole for a golf tournament fundraiser in support of the Wounded Warrior Project, which provides adaptive sports programs and other support services for veterans with disabilities.

**Wilson, NC,** Lodge used an ENVSC Freedom Grant worth \$1,000 to donate nonperishable food to the Veterans Residential Services of Wilson food pantry.

**East Stroudsburg, PA,** Lodge partnered with the Pennsylvania Department of Military and Veterans Affairs and Battle Borne, which provides support services to veterans who have suffered physical or mental trauma, to host 11 veterans for coffee, donuts, pastries, and fellowship.

**Erie, PA,** Lodge held a Western-themed fundraiser, which featured live musical entertainment by a country music band and a Wild West-themed game. The event collected a total of \$600 in

support of various veterans service charities.

**Huntingdon, PA,** Lodge members purchased 220 hams worth \$4,000 and distributed them to veterans and their families during an event held by Central Pennsylvania Food Bank Military-Shares, which provides food to veterans and active-duty service members.

**Fredericksburg, VA,** Lodge donated a total of \$1,200 worth of sweatpants, sweatshirts, underwear, and shirts to the Richmond VA Medical Center.

**Winchester, VA,** Lodge donated \$2,000 to Healing Waters Fly Fishing, which provides therapeutic fly-fishing activities for veterans. ■



## Elks National Veterans Service Commission

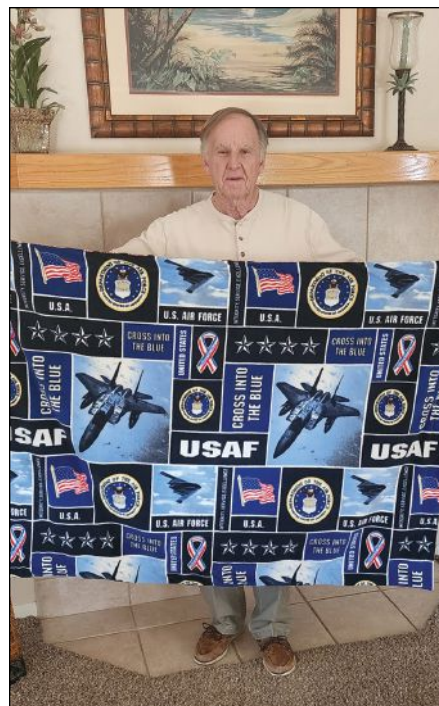


**Soldotna, AK**, Lodge provided a Welcome Home Kit containing small appliances and basic household supplies to US Army veteran Frank Jones. The kit was delivered by a representative of SOLVE Alaska, which provides emergency financial assistance and other support services to veterans in need. Pictured are SOLVE Alaska representative Butch Bologna (left) and veteran Jones.

**Phoenix, AZ**, Lodge members staffed a refreshments table for two days during the Maricopa County Stand Down and served coffee, bottled water, snacks, and other refreshments to several hundred veteran attendees. The lodge also donated a total

of more than \$1,300 worth of underwear, socks, toiletries, and hygiene supplies to be distributed during the stand down.

**Fayetteville-Springdale, AR**, Lodge held a lunch for 22 veterans at the



**Oceanside, CA**, Lodge Hugs from Home program provided a handmade patriotic blanket to US Air Force LtCol William Nielsen (ret.), who is also a lodge member. Pictured with his blanket is veteran Nielsen.

Arkansas Veterans Home at Fayetteville in honor of National Vietnam War Veterans Day.

**Arcadia, CA**, Lodge members used an ENVSC Freedom Grant worth \$1,000 and additional lodge funds to donate a total of \$2,600 worth of sweatshirts, sweatpants, socks, and toiletries to the Tibor Rubin VA Medical Center.

**Ontario, CA**, Lodge donated a total of \$2,500 to a golf tournament benefiting Thundar, Lightning and Peace, an organization that provides support services to veterans suffering

*So long as there are veterans, the Benevolent and Protective Order of Elks will never forget them.*



**Orange, CA,** Lodge held a public morning flag-raising ceremony and evening flag-lowering ceremony in Plaza Park to honor veterans for their service. The evening ceremony featured guest speaker veteran Mike Jung, who is a three-time Purple Heart recipient. Jung, who is also a lodge member, spoke about his service during the Vietnam War. Pictured with veteran honoree Jung (far left) are (from left) lodge members Guy Erskine, John Smith, David Salas, Richard Ellifritt, and Theresa Schatz.

In other news, the lodge donated a US flag with outdoor mounting equipment and a solar light to US Marine Corps veteran Charles Stapleton and installed them outside his home. The lodge also provided a US flag to the HUB Resource Center, which provides support services for people experiencing homelessness, to replace its worn outdoor flag.

from PTSD, traumatic brain injuries, and depression.

**Paramount, CA,** Lodge used \$2,100 of a \$2,500 ENF Gratitude Grant to donate 150 backpacks containing blankets and toiletries and \$1,500 worth of gift cards to the Cove, which provides affordable housing for veterans in need.

In related news, the lodge used the remaining Gratitude Grant funds to donate \$400 to Rock for Vets, a

therapeutic music program for veterans that provides music instruction, education, coaching, and mentoring.

**Riverside, CA,** Lodge used a \$6,000 ENF Beacon Grant to provide a total of \$4,000 worth of food, toiletries, winter accessories, and basic household items to US VETS Inland Empire March Veterans Village and a total of \$2,000 worth of meat, fresh produce, and basic household supplies to the Home Front at Camp

Anza. Both organizations provide affordable housing and support services for veterans transitioning out of homelessness. In addition, the lodge used \$540 of a \$3,000 ENF Gratitude Grant to provide 18 backpacks containing school supplies and hygiene items to the Home Front at Camp Anza to be given to the children of veterans.

**Visalia, CA,** Lodge used part of a \$10,000 ENF Impact Grant to host



**Elgin, IL,** Lodge donated \$600 to the Elgin Patriotic Memorial Association to purchase US flags for an Avenue of Flags display at Bluff City Cemetery during Memorial Day weekend. Pictured are PER Susan Kaszuba (left) and Elgin Patriotic Memorial Association President Fran Jackson.

In other news, the lodge provided Welcome Home Kits containing small appliances and basic household supplies to 17 veterans who were moving into new homes.



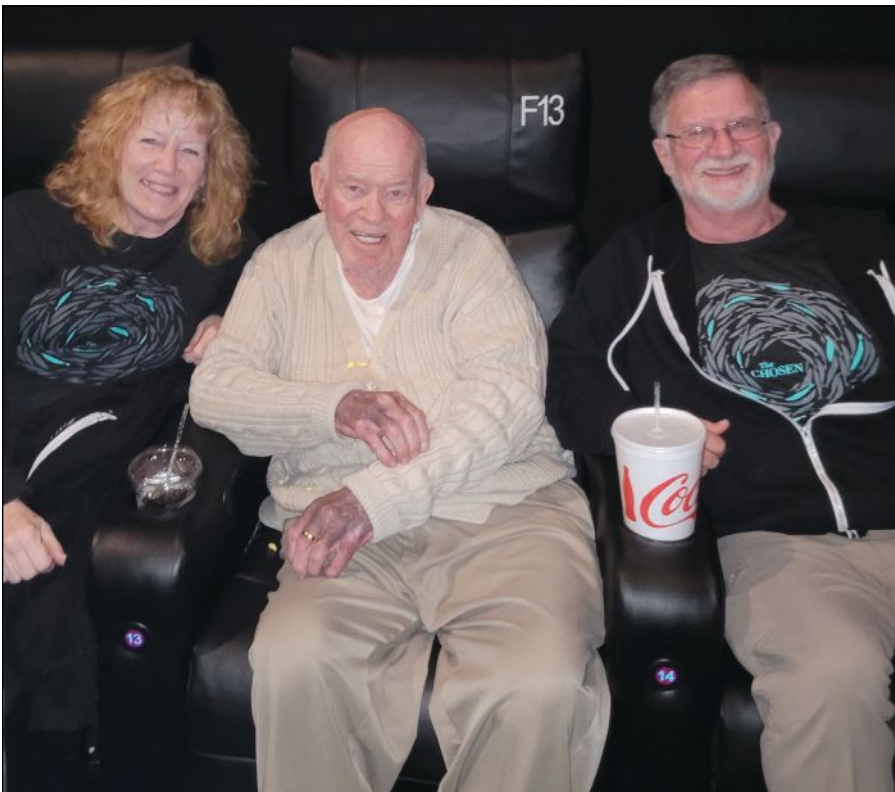
**Port Huron, MI,** Lodge used a \$1,000 ENVSC Freedom Grant to provide a total of 50 backpacks containing clothing, toiletries, snacks, and gift cards to the Saint Clair County Department of Veterans Affairs and the Sanilac County Department of Veterans Affairs to be given to veterans in need. Pictured receiving her backpack is US Army veteran Jaime Mears.

a workshop for 11 veterans to teach them techniques for training their service dogs. The workshop was led by professional dog trainers and service dog handlers, and lodge members provided lunch to all participants and instructors.

**Pearl City, HI,** Lodge donated \$6,000 to a food distribution event at Daniel K. Akaka VA Clinic in Kapolei. The event, which also included a small information fair, served 200 veterans and their families.

**Belleville, IL,** Lodge donated \$500 to the local Catholic War Veterans post.

**Sault Sainte Marie, MI,** Lodge donated a \$3,000 ENF Gratitude Grant to the local Disabled American Veterans ride program, which provides transportation for veterans to and from VA medical facilities.



**Elizabethtown, KY,** Lodge members treated 38 veterans to a movie at a local movie theater. All of the veterans were residents of the Carl M. Brashear Radliff Veterans Center, which is a nursing care facility for veterans. Pictured with Korean War veteran Fred Eicher (center) are the veteran's daughter Kathy Fowler and son-in-law Nate Fowler.



**Lamar, MO,** Lodge donated \$500 to the Missouri Veterans Home—Mount Vernon to support activities for veterans residing at the home. Pictured are (from left) Trustee Walter Powell, ER Lloyd Pierson, veterans home Volunteer Coordinator David Kloppenberg, lodge Secy. Catherine Pierson, and lodge Chaplain Clayton Bell.



**Duluth, MN,** Lodge donated Welcome Home Kits containing small appliances and basic household items to veterans Keith Carter, Karl Easterday, James Greely, and Matt Robley, each of whom was moving into a new home. Pictured with veteran Easterday (center) are Veterans Service Committee Chairman David Martin (left) and lodge Chaplain Dennis Young.

**Virginia, MN,** Lodge donated \$1,000 to the Minnesota Veterans Homes—Silver Bay. The lodge also donated a total of more than \$1,000 worth of clothing, toiletries, and other essential supplies to the veterans home.

In other news, the lodge held a fundraiser and collected \$2,500 for Honor Flight Northland, which provides veterans with flights to Washington, DC, and guided tours of veterans memorials and other national monuments there.

In more news, the lodge donated a total of \$1,000 to the local American Legion post.

**Cedar Grove, NJ,** Lodge used a \$1,000 ENVSC Freedom Grant to donate 40 backpacks containing clothing, toiletries, sleeping mats, and other essential items to Operation Chill-out, which provides warm clothing and other outdoor survival supplies to homeless veterans.



**Boulder City, NV,** Lodge held a barbecue lunch at the Southern Nevada State Veterans Home, which 30 veterans and staff attended. The lodge Elks Riders motorcycle club also donated \$200 worth of toiletries to the veterans home. Pictured are (from left) veterans Philip Terry and George Hammer, Elks Riders President John Miller, Elks Riders Sgt.-at-Arms Gerald Saldana, and veteran Dennis Hanson.



**Springfield, MO,** Lodge Veterans Service Committee members provided refreshments for a bingo session at the Mount Vernon Veterans Home, in which 20 resident veterans participated. Pictured are veterans Clarence Langdon (left) and Ken Dees.

In other news, the lodge Veterans Service Committee and the Missouri Veterans Commission held a resource clinic, which 29 veterans attended. The clinic featured vendors that provided veterans with estate planning services and other legal services.

**Hackettstown, NJ,** Lodge used \$500 of a \$5,000 ENF Gratitude Grant to provide breakfast for more than 80 veterans at the Pequest Trout Hatchery on opening day of the trout fishing season.

**Auburn, NY,** Lodge held a lunch to mark the 50th anniversary of the end of the Vietnam War. The event, which 18 veterans and members of veterans groups attended, was held with the help of a Vietnam Veterans of America chapter.

**Canajoharie-Fort Plain, NY,** Lodge members awarded the Elks Distinguished Citizenship Award to US Army veteran Bill Farber in recognition of his service to local veterans and other community members.

In other news, the lodge donated 20 pairs of boots to the Samuel S. Stratton VA Medical Center to be given to veterans in need.

**Liverpool, NY,** Lodge donated \$500 to the Syracuse VA Medical Center to be used to support women veterans receiving care at the facility.

**Mid Westchester, NY,** Lodge used a \$1,000 ENVSC Freedom Grant to donate nonperishable food to the food pantry at the Franklin Delano Roosevelt Hospital, a VA facility.

**Mid Westchester, Middletown, and Ossining, NY,** Lodge members hosted a bingo party at the Franklin Delano Roosevelt Hospital, a VA facility, for ten resident veterans and their caregivers. Lodge members served dessert to the participants and assisted the veterans with their bingo cards. A total of \$100 worth of canteen books were awarded as prizes, and fingerless wheelchair gloves were given as prizes to winners who use wheelchairs. The fingerless gloves were provided by the Elks Veterans Leather Program.

**New Hyde Park-North Shore, NY, and New York, NY,** Lodge members gave



**Coquille Valley, OR,** Lodge used a \$2,000 ENF Spotlight Grant and an ENVSC Freedom Grant worth \$1,000 to donate two refrigerators, a desk and chair, 27 hygiene kits, 24 tool kits, 24 first aid kits, and various cleaning supplies to Operation Rebuild Hope Bryan's Home, which provides transitional housing and household supplies to veterans in need. Pictured are (from left) Bryan's Home Service Navigator Nick Lyon, ER Jerry Luoto, Bryan's Home Executive Director Jeremy Horton, and lodge Secy. Jennifer Parker.

a cake and a cartload of cupcakes, cookies, snacks, and beverages, to the Saint Albans VA Medical Center for a Spring Celebration party, which 24 veterans attended.

**Athens, OH,** Lodge donated \$1,500 to the Southern Ohio Copperheads, a Great Lakes Summer Collegiate League baseball team. Part of the donated funds will be used to provide free tickets for veterans and first responders to one of the games.

**Columbus-Grove City, OH,** Lodge provided sweat suits to 16 veterans at Monterey, a nursing and rehabilitative care facility.

**Hillsboro, OR,** Lodge held a cornhole tournament fundraiser and collected

a total of \$100 for lodge veterans service charities.

**East Stroudsburg, PA,** Lodge partnered with the Pennsylvania Department of Military and Veterans Affairs and Battle Borne, which provides support services to veterans who have suffered physical or mental trauma, to host 11 veterans for coffee, donuts, pastries, and fellowship.

**Erie, PA,** Lodge held a Western-themed fundraiser, which featured live musical entertainment by a country music band and a Wild West-themed game. The event raised \$600 for veterans service charities.

**Huntingdon, PA,** Lodge members distributed 220 hams, worth a total of

\$4,000, to veterans and their families during a food distribution event held by Central Pennsylvania Food Bank MilitaryShare, which provides food to veterans and active-duty service members.

**Fredericksburg, VA,** Lodge donated a total of \$1,200 worth of sweatpants, sweatshirts, underwear, and shirts to the Richmond VA Medical Center.

**Winchester, VA,** Lodge donated \$2,000 to Healing Waters Fly Fishing, which provides therapeutic fly-fishing activities for veterans.

**Green Bay, WI,** Lodge used part of a \$1,000 ENVSC Freedom Grant to host a meal for 23 veterans and five spouses of veterans. ■



## Elks Drug Awareness Program



**Bullhead City, AZ,** Lodge members staffed a drug awareness booth during a bicycle safety event held by the Bullhead City Police Department and distributed red ribbons and drug awareness coloring books and pamphlets to 100 children. Pictured is a young attendee.

In other news, lodge members staffed a drug awareness booth at the Kiwanis Kids Expo, during which they distributed red ribbons and drug awareness coloring books, stickers, and literature to about 800 people.

**Buena Park, CA,** Lodge members honored Gordon H. Beatty Middle School students Kaelyn Alan, Vincent Rangel, Alissa Rubio, and Nevaeh Schlichting for winning the Grand Lodge Drug Awareness Video Contest. Each winner received a framed certificate and a \$100 award.

**Fullerton, CA,** Lodge members staffed a booth at the Orange County Asian and Pacific Islander Community Alliance Voice of Change 2025 Resource Fair. About 100 high school students



**Fayetteville-Springdale, AR,** Lodge members presented a framed certificate and \$100 to John Tyson Elementary School of Innovation student Elijah Perry for winning the lodge Drug Awareness Poster Contest. Pictured with Elijah are Americanism Committee Chairman Marge Guist (left) and Drug Awareness Committee Chairman Kimberly McGaughey.

who visited the booth were given drug awareness materials and were awarded gift cards or school supplies as game prizes.

**Garden Grove, CA, and Santa Ana, CA,** Lodge members provided pizza and cookies for a total of 130 at-risk fourth through seventh graders who participated in an Orange County Gang Reduction Intervention Partnership (OC GRIP) soccer camp event at R. F. Hazard Elementary School. About 50 young participants

also selected small drug awareness prizes to take home.

**Orange, CA,** Lodge members provided lunch on two days for more than 50 at-risk students between the ages of 8 and 12 who participated in an Orange Unified School District Gang Reduction Intervention Partnership (OUSD GRIP) soccer camp event at Santiago Charter Middle School.

**Ocean City, MD,** Lodge donated \$1,000 to Stephen Decatur High School and



**Mahanoy City, PA,** Lodge members recognized the winners of the Drug Awareness Poster and Essay Contests and gave each winner a certificate and a half-pound chocolate bunny. Pictured are (front, from left) Drug Awareness Poster Contest winner Miranda Johna Herrejon and Drug Awareness Essay Contest winners Allison Knecht, who is a sixth grader; Sophia Dower, who is a seventh grader; and Hailey Hall, who is an eighth grader with (back, from left) Drug Awareness Committee Coordinator Frederick Klock, ER Teresa McCord, and Drug Awareness Committee Coordinator Scott Phillips.

\$500 to Snow Hill High School to support drug- and alcohol-free post-prom parties at the schools.

**Blue Springs, MO,** Lodge members congratulated Voy Spears Jr. Elementary School fifth grader Margot Kaiser for winning the lodge, district, and state Drug Awareness Poster Contests. Margot received two framed certificates and monetary awards totaling \$375, including a total of \$75 from the lodge and the Missouri Metro West District and a \$300 award provided by the Missouri Elks Association.

**Port Jefferson, NY,** Lodge held a naloxone training class, which 48 people attended and which was led by members of the Suffolk County Police Department.

**Kinston, NC,** Lodge donated a total of 500 drug awareness coloring books to Northeast Elementary School to be distributed to kindergarten through fifth-grade students.

**Newark, OH,** Lodge hosted an awards presentation for the winners of the lodge Drug Awareness Poster, Essay, and Video Contests, as well as the winner of the lodge Drug Awareness Coloring Contest. The winners' families and teachers attended the presentation, during which Newark Mayor Jeff Hall was featured as a guest speaker. The winner of the coloring contest was Hillview Elementary School second grader Emmett Marteney, who received a \$10 gift card. Legend Elementary School fifth grader Daniel Beaubien, who won the poster contest, and Heritage

Middle School seventh grader Emma Davies, who won the essay contest, both received \$25 gift cards to recognize them for their achievements. The winning team of the video contest consisted of Heritage Middle School seventh graders Zavyer Elizondo and Xahvier Spradlin, each of whom received a \$25 gift card. The five drug awareness contest winners also received certificates.

**Lander, WY,** Lodge members staffed a drug awareness station at a lodge Bike Rodeo bicycle safety event at Old North Side Elementary School, during which they distributed drug awareness coloring books, crayons, toys, and literature to about 150 young attendees. Young visitors also had the opportunity to pose for photos with Elroy the Elk. ■



# S U D O K U

BY MYLES MELLOR

*Answers appear on page 51.*

To solve a sudoku puzzle, every number from 1 to 9 must appear in each of the nine vertical columns, each of the nine horizontal rows, and each of the nine three-by-three boxes with bold borders without creating any repetitions in any column, row, or box.

			4				5	
	8		6	5	3			
						9		1
			3	8	7			
	7		1					
8	5				9			3
	3		7			5	1	
5	1							7
7		9		1	8		2	6

## It's Your Business

*(Continued from page 10)*

Security will constitute a significant portion of your retirement income. By law, you can begin taking Social Security as early as age sixty-two; however, this can reduce your benefits by up to 30 percent of the full benefits you could enjoy. At the other end of the spectrum, you are allowed to defer taking Social Security benefits until as late as age seventy, and this can increase your monthly payout by as much as 32 percent.

Ultimately, however, what you decide to do should be guided by your personal financial reality. Your decision will probably be heavily influenced by whether you have other sources of income that can satisfy your expected expenses in retirement if you defer benefits; however, you also need to consider your personal health and life expectancy. You should also start thinking five years before retirement about whether you will be claiming Social Security on your spouse's benefits or on your own work history and whether you will have any survivor benefits.

At the five-year mark, a Roth IRA conversion is another process to consider, especially if you find yourself with an outsized proportion of your assets in tax-deferred retirement accounts. In this case, a Roth IRA conversion can be an important tool because it can potentially save you thousands in taxes over the course of your retirement.

Finally, as you move into the last five years before your retirement, you should start thinking about the bucket strategy of investment. Because you will not need all of your money at the same time in retirement, this strategy calls for dividing your investments into time-based buckets that are invested in different ways that are designed to make sure you have the funds you need at different stages of retirement. There should be a short-term bucket, consisting of cash and cash equivalents, for immediate income needs in the first one to three years of retirement; a medium-term bucket, wherein your investments are allocated to fixed-income investments that can provide reliable income for years four through ten of retirement; and a long-term bucket, in which your funds are invested in growth-oriented assets that are designed to keep pace with inflation and provide growth over the long term.

Retirement planning is a journey best started well before the transition from working life to retired life occurs. By scheduling ten-year and five-year pre-retirement assessments of your financial situation and your strategy for managing retirement income and expenses, you can help create a more secure financial future for yourself and those you love. Start planning today to help ensure your financial house is in order for the next chapter of your life. ■

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## Healthline

*(Continued from page 12)*

suggests that the impaired mobility might not be caused by physical tightening of the shoulder joint capsule is the fact that when manipulated under anesthesia the affected arm has a much greater range of motion than while the patient is conscious. This has led to research into the possibility that the inhibition of shoulder movement comes from the brain, which may be remapping motor control and linking it to pain perception as a protective mechanism. As with other theories, this one lacks robust proof.

## Treatment

Unfortunately, the final phase of frozen shoulder syndrome, that of restored mobility, cannot be accurately attributed to the various medical treatments that are often used to treat it, which include steroid injections into the capsule and oral anti-inflammatory agents like NSAIDs and prednisone. These interventions typically make symptoms a bit better in some people in the early phases, but they make no difference in long-term recovery. Physical therapy is a mainstay of treatment, and treatments like the surgical release of parts of the capsule are reserved for unresolved stiffness.

While there are no fixed recommendations or protocols for treatment, and most doctors and physical therapists rely on experience in advising patients with frozen shoulder syndrome, some physical therapists believe that the continued

promulgation of the conventional and inaccurate description of the three phases of frozen shoulder may sometimes prevent early treatment. They believe that an aggressive approach to joint mobilization, including soft-tissue work and work with surrounding joints in the neck and chest, painful as it may be during the process, is the best way to restore range of motion more quickly. They have some evidence that this approach is superior to waiting until pain disappears. Other physical therapists are less aggressive, but seeking the help of an experienced physical therapist is imperative once other shoulder problems have been ruled out. This will give the affected individual the best chance of regaining full mobility in the shoulder.

As with many physical problems, prevention is the best strategy. In the case of frozen shoulder, maintenance of good baseline health is important, with attention being given to the habits that reduce general inflammation in the body, including maintaining a healthy diet, weight, sleep schedule, and physical activity routine, as well as getting sufficient outdoor time and avoiding smoking and ingesting toxic substances. Because we live in a sedentary society and because lack of arm movement is a big risk factor for the frozen shoulder syndrome, the most specific preventive tactic is routine exercise of the upper body, with attention to the full range of motion of the shoulders. ■



CIP TURNS

20

**Helping Elks Build  
Stronger Communities**

## Supporting the Elks National Foundation for Future Generations

**W**hen Nick Hudson was young, he admired the majestic elk statue outside the Elks lodge in the heart of his hometown of Oneida, New York. Little did he know then that the Elks would play a meaningful role in his life many years later. Now thirty-six years old, Hudson is an active member of the Liverpool, New York, Lodge, and the Elks are an important part of his life. “I am involved in various lodge functions, always looking for ways to contribute to the organization and my community,” Hudson says. The Elks National Foundation helps facilitate Hudson’s involvement with his community by issuing grants to his lodge through the ENF Community Investments Program (CIP), which offers grants to all lodges to help lodge members fund charitable projects that meet needs in their communities. “The CIP resonates with me the most because of its immediate, grassroots impact,” says Hudson. Because Hudson sees how CIP grants make a positive difference in his community, he recognizes the importance of giving back to the ENF through two programs that support the foundation—the Fidelity Club and the John F. Malley Society—in order to support the CIP program for future generations.

### The Fidelity Club and the John F. Malley Society

In addition to his membership dues, part of which helps support the Elks National Foundation, Hudson makes regularly scheduled, automatic donations to the ENF through the Fidelity Club, the foundation’s monthly giving program. He is also a member of the John F. Malley Society, through which he has planned a future gift to the foundation. Gifts planned through the John F.

Malley Society can take the form of life income gifts that are bequeathed to the ENF, such as appreciated stock, life insurance, and retirement plans. “One of the great things about planned giving is that it can be customized to fit your personal and financial situation,” says Hudson. “Whether it’s through a bequest, a beneficiary designation, or another type of planned gift, there are many ways to contribute that can align with your long-term goals. It’s not about the amount—it’s about the impact.”

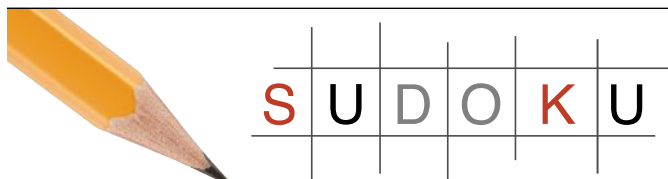
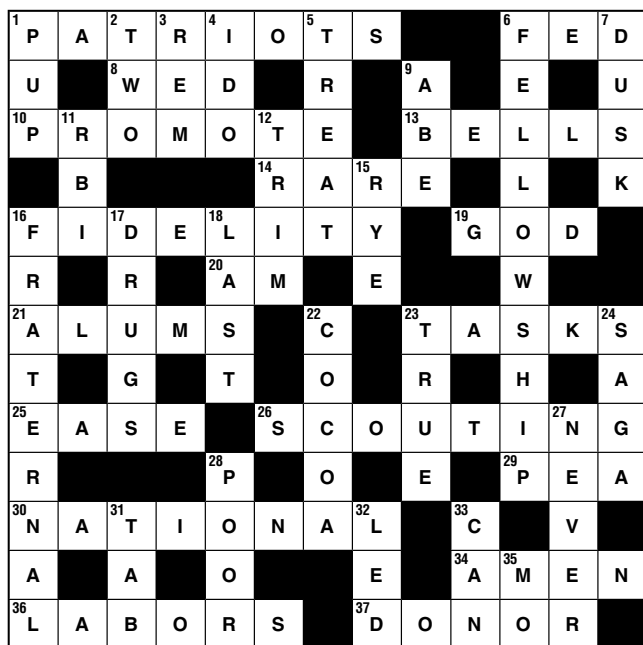
For Hudson, joining the John F. Malley Society is a promise to future generations. “A planned gift isn’t just about making a donation. It’s about creating a lasting legacy,” says Hudson. “Many of us have seen firsthand the impact of ENF grants and programs, whether in our own lodges or in the communities we serve. By including the ENF in your estate plans, you are helping to secure funding for scholarships, veterans’ initiatives, and local community projects long into the future.” Since becoming an Elk, Hudson has been committed to supporting the ENF, which puts money directly into communities where Elks live and work. Through his support of the ENF, Hudson is doing his part to ensure that the Elks’ future is one his community can count on.

*A 501(c)(3) public charity, the Elks National Foundation helps Elks build stronger communities through programs that support youth, serve veterans, and meet specific needs in areas where Elks live and work. For the 2025–2026 lodge year, the ENF has budgeted more than \$48.2 million, \$18 million of which will fund CIP grants. For more information on the ways you can support the ENF, visit [elks.org/ENF/supportENF.cfm](https://elks.org/ENF/supportENF.cfm). ■*

# Elks Clues C R O S S W O R D

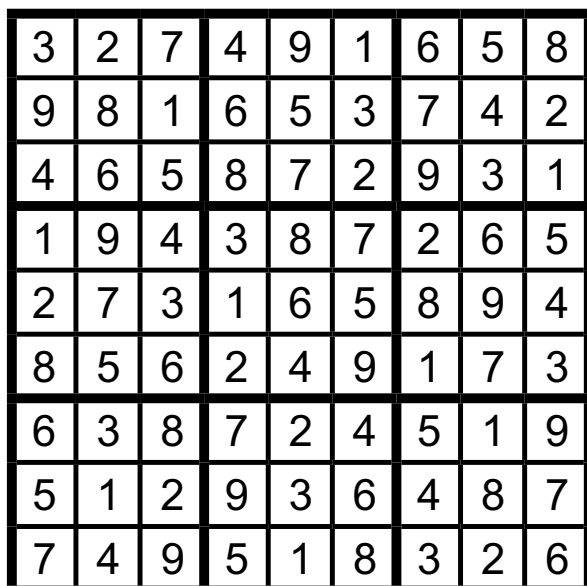
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Answers to crossword on page 38



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Answers to sudoku on page 48



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## Departed GL Officers

**Past District Deputy** Svend A. Larsen, of the Mission Valley, MT, Lodge, died March 19. As a member of the Polson Lodge, Member Larsen served as district deputy for the West District of Montana in 1990–1991. As a member of the Mission Valley Lodge, he served as district deputy for the West District of Montana from 2010 to 2012.

**Past District Deputy** Bernard J. Mathias, of the Shreveport, LA, Lodge, died November 17, 2024. Member Mathias served as district deputy for the West District of Louisiana in 2003–2004 and was president of the Louisiana Elks Association in 2009–2010.

**Past District Deputy** Terry D. McNutt, of the Tyler, TX, Lodge, died March 27. As a member of the Texarkana Lodge, Member McNutt served as district deputy for the Northeast District of Texas in 2012–2013.

**Past District Deputy** Jan H. Pashley, of the Oswego, NY, Lodge, died April 3. Member Pashley served as district deputy for the Ontario District of New York in 2009–2010.

**Past District Deputy** James P. Patchell Jr., of the Milford, CT, Lodge, died March 17. Member Patchell served as district deputy for the Coastal District of Connecticut in 2018–2019.

**Past District Deputy** Edmund Vicory, of the Littleton, CO, Lodge, died April 5. Member Vicory served as

district deputy for the Central Southeast District of Colorado in 2007–2008.

**Past District Deputy** John E. Vore, of the North Las Vegas, NV, Lodge, died March 17. Member Vore served as district deputy for the South District of Nevada in 2011–2012.

**Past District Deputy** Wayne H. Welch, of the Kimberling City, MO, Lodge, died March 28. Member Welch served as district deputy for the Southwest District of Missouri in 2012–2013.

**Past District Deputy** William C. Zitzow, of the Oklahoma City, OK, Lodge, died February 18. As a member of the Binghamton, NY, Lodge, Member Zitzow served as district deputy for the South Central District of New York in 2004–2005. ■

### **Past First Lady Mary Catherine “Kay” Lyons O’Malley**

Mary Catherine “Kay” Lyons O’Malley, widow of PGER Carlon M. O’Malley Jr., of the Scranton, Pennsylvania, Lodge, died April 30. She accompanied her husband during his term as GER in 1997–1998 and lovingly supported him during his service as a Past Grand Exalted Ruler. She is survived by four children, eight grandchildren, and several great-grandchildren.



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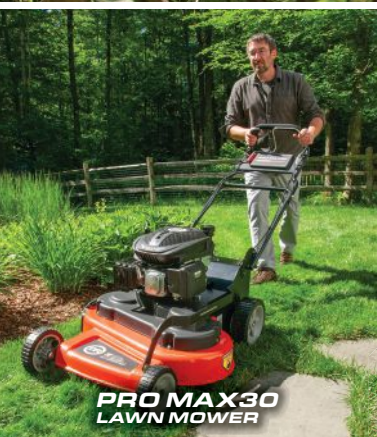
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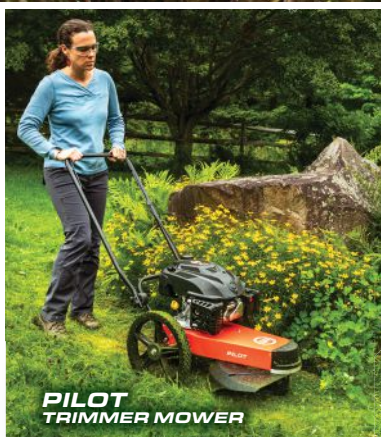
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