

Masonic Reader

Most Worshipful Prince Hall Grand Lodge, Free & Accepted Masons, State of Illinois and Its Jurisdiction



Obesity & Nutrition

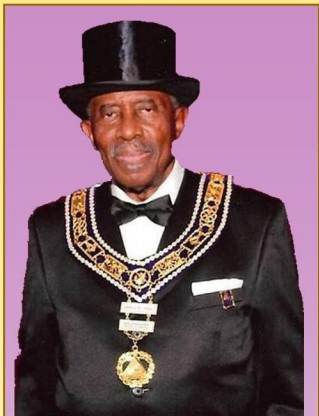
By Brother Okey Enyia, Tuscan Lodge #44

Doctor of Medicine Candidate 2012—Southern Illinois University, School of Medicine

Obesity is a growing epidemic in the United States. From 1988–2004, the overall prevalence (number of people in population that are affected) of overweight preschool-age children ages 2–5 years almost doubled, increasing from about 7% to 14%. From 1960–2004, the percentage of obese adults ages 20 years and older more than doubled, increasing from 13% to 32%. Among adults, overweight and obesity are associated with increased mortality rates, as well as elevated risks of heart disease, diabetes, and some types of cancer. Obesity is of particular concern for our children, since overweight adolescents have a 70% chance of becoming overweight or obese adults. *(More on Next Page)*

QUICK FACTS:

- From 2001-2004, African American women were 70% more likely to be obese than Non-Hispanic White women.
- Native Hawaiian/Pacific Islanders are 3.7 times more likely to be obese than the overall Asian American population.
- In 2003- 2004 Mexican American children, between the ages 6-11, were 1.3 times more likely to be overweight as Non- Hispanic White Children.
- American Indian/Alaskan Natives are 1.6 times as likely to be obese than Non-Hispanic whites.



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Meet the 2009-10
MASON OF THE YEAR
and MISS EUREKA

(See Pages 4 ~ 6)

Editorial

In our ongoing efforts to bring more light to issues that affect many within our organization, the primary purpose of this edition is to focus on a topic that has a significant impact on the quality of life for many. Obesity is an epidemic which presents increased health risks such as premature death, heart disease, stroke, diabetes, cancer and other physical and mental risks. As such, it is critical that we dispense the facts of this epidemic and act to eradicate it from within our ranks.

The Prince Hall Masonic Family of Illinois has many examples of solutions to obesity. We support numerous Health Fairs across Illinois and participate in activities that keep our membership in great physical shape. At the end of the day, physical fitness and healthy eating are practical solutions to this common problem and we must continue to promote these ideals.

Let me express my continued thanks to Brother Okey Enyia, Sister Aisha Ato and our Editorial Team for promoting the need to publish details on health related topics. Their continued efforts prove their dedication to the health and wellness of our organization and it is our collective hope that the details of diseases and epidemics will prompt many to action.



Right Worshipful Brother Daryl Andrews
Prince Hall Masonic Journal Editor

Why is Good Nutrition Important?

At least four of the 10 leading causes of death in the United States—heart disease, cancer, stroke, and diabetes—are directly related to the way we eat; diet is also implicated in scores of other conditions. But while the wrong diet can be deadly, eating right is among the cornerstones of health. Of course, food alone isn't the key to a longer and healthier life. Good nutrition should be part of an overall healthy lifestyle, which also includes regular exercise, not smoking or drinking alcohol excessively, stress management and limiting exposure to environmental hazards. And no matter how well you eat, your genes play a big part in your risk for certain health problems. But don't underestimate the influence of how and what you eat. For example, atherosclerosis (hardening of the arteries) can begin in early childhood, but the process can be halted--even reversed--if you make healthy changes in your diet and lifestyle. The gradual bone thinning that results in osteoporosis may be slowed if you consume enough calcium, maintain adequate Vitamin D levels, and participate in weight-bearing exercise. You may be genetically predisposed to diabetes, but keep your weight within a healthy range through diet and exercise and the disease may never strike you.



Why is Eating Right Important?

Eating right is vital to promoting health and reducing the risk for death or disability due to chronic diseases such as heart disease, certain cancers, diabetes, stroke, and osteoporosis. In fact, it has been estimated that dietary changes could reduce cancer deaths in the United States by as much as 35%. Nevertheless, a large gap remains between recommended dietary patterns and what Americans actually eat. Very few Americans meet the majority of recommendations of the Food Guide Pyramid or the Dietary Guidelines for Americans. Only 3% of all individuals meet four of the five recommendations for the intake of grains, fruits, vegetables, milk products, and meat and bean food groups. Only one-fourth of U.S. adults eat the recommended servings of fruits and vegetables each day. Unfortunately, poor eating habits are usually established during childhood. And more than 60% of young people eat too much fat, and less than 20% eat the recommended servings of fruits and vegetables.

Health Impact of Obesity

More than 80% of people with type 2 diabetes are overweight. People who are overweight are more likely to suffer from high blood pressure, high levels of blood fats, and LDL cholesterol -- all risk factors for heart disease and stroke. In 2005, African Americans were 50% less likely to engage in active physical activity as Non-Hispanic Whites. Deaths from heart disease and stroke are almost twice the rate for African Americans as compared to Whites.

Physical Activity & Weight Loss Save Money

In 2000, health care costs associated with physical inactivity topped \$76 billion. If 10% of adults began a regular walking program, \$5.6 billion in heart disease costs could be saved. A sustained 10% weight loss will reduce an overweight person's lifetime medical costs by \$2,200–\$5,300 by lowering costs associated with hypertension, type 2 diabetes, heart disease, stroke, and high cholesterol.

Promising Approaches for Preventing Obesity

Breastfeeding is associated with a reduced risk of obesity in children. Maternity care practices in hospitals and birthing centers can affect breastfeeding rates. Regular physical activity is an important component of weight control efforts. Proven community approaches to improve physical activity include:

- Community wide campaigns;
- Point-of-decision prompts such as signs placed by elevators and escalators that encourage people to use nearby stairs;
- Physical education in schools, Social support interventions, and individually adapted health behavior change programs;
- Creating or improving access to places for physical activity combined with informational outreach;
- Changing street-scale or community-scale urban design and land use policy and practice.
- Reducing the time spent on watching television appears to be effective for helping to control the weight of children.

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CONGRAT Mason of the Year

The “Mason of the Year” and “Miss Eureka” Awards are two of the most coveted awards offered by the Prince Hall Masonic Family of Illinois. Both awards speak to the high levels of dedication and commitment of the individual recipient and

MASON OF THE YEAR 2009-2010



Brother Chris Calhoun
Union Lodge #155
Mason of the Year

The one year anniversary of the charter of Union Lodge #155 of Chicago brought a year of grand success to conclusion. Since inception Union Lodge has been a leader in the areas of charity and brotherhood and the result of their individual and collective labors made Union Lodge the home of the 2009-10 “Mason of the Year” at the 2009 Annual Session of the Most Worshipful Prince Hall Grand Lodge of Illinois. The recipient, Brother Chris Calhoun, served as the charter Junior Warden of Union Lodge. And now, as the current Senior Warden of Union Lodge, he has received the highest award given to a Master Mason by the Illinois jurisdiction. His selection has also brought high honors to one of the Illinois’ newest Lodges which speaks to the caliber of the man and the Lodge as a whole.

Brother Calhoun was initiated into Masonic Order in 1992 at the age of 18 as the youngest Master Mason in the history of the Prince Hall Grand Lodge of Illinois. A father of four, he has a track record of public and Masonic service across several bodies of the Illinois Prince Hall Masonic Family in multiple districts including:

- ⇒ Rising Sun Chapter #17, Holy Royal Arch Mason (Bloomington)
- ⇒ John W. Davis Council #8, Royal and Select Masters (Bloomington)

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RELATIONS & Miss Eureka, OES



the specific Lodge or Chapter to which the recipient belongs. The examples set by both recipients relative to the principles of the Order are of the highest caliber. As such, they are most worthy and completely deserving of the awards received.

MISS EUREKA 2009-2010

When I think of a “Blazing Star” I immediately think of Sister Kathy Davis. She is a proud member of Estella Chapter #3 in Springfield and James Gayles Court #86, Heroines of Jericho. She is now Miss Eureka for the Masonic Year.

The mother of Ozzie and Jeri Jazzmyn and the grandmother of Ozzie Ty, Sister Davis is a true servant of God. She is an avid singer, Youth Advisor, and a participant within the many ministries at the Pleasant Grove Baptist Church. She has been employed with the Department of Veterans Affairs since 1978. A strong supporter of her community, she also serves on several boards including “One in a Million, Inc.”, “Eastside Pride”, NAACP, Association of Minority Government and the community choir. Her volunteer work includes but is not limited to feeding the hungry and the “Smart Start Book Bag and Coat Drive.”



**Sister Kathy Davis
Estella Chapter #3, OES
Miss Eureka**

While performing all of the above, Sister Davis set out on a new adventure and sacrificed herself even more for the betterment of our youth this year. She raised over \$3,600 for Eureka Grand Chapter, Order of the Eastern Star and raised funds to support scholarships throughout Illinois which earned her the title of “Miss Eureka”. Congratulations!!!

To Sister Davis: “You are truly Fairest Among Thousands All Together Lovely. The 4th District would like to thank you for your unselfish commitment to the Order.

~ Sister Ronda Guyton, DDGM, District Editor, Peoria



PRINCE HALL MASON IS A “FIRST BLACK”

Brother Jason Fullman of Watch City Lodge #131 of Elgin was recently honored for returning to the Kentucky State University (KSU) campus to complete a B.S. Degree in Mathematics while retaining a permanent residence in the State of California where he holds employment as the **FIRST BLACK** Engineer to work for the Mercedes Benz Engineering Department. His full-time duties with Mercedes Benz and travel commitment to complete studies at KSU must have been tremendous. These efforts, alone, show the same strong sense of dedication and spirit displayed in many of our African American heroes. It should bring great pride to the Illinois Masonic Family to know that this brother, who is only 33 years old, is an active Lodge member, a founding member of the Excelsior-Abrams Chapter Phylaxis Society and a member of Omega Psi Phi Fraternity. **Congratulations!!**

Mason of the Year Continued:

- ⇒ Allen A. Rivers Commandery #66, Knights Templar (Bloomington)
- ⇒ Western Consistory #28, A.A.S.R (Chicago)
- ⇒ Anwar Chapter #149, OES (Bloomington)
- ⇒ Imani Chapter U.D., OES (Chicago)
- ⇒ “Adopt-A-School” Coordinator & “Real Men Read” Liaison and Coordinator, Emmett Till Math and Science Academy (Chicago)
- ⇒ West Woodlawn Community Thanksgiving basket program, Coordinator (Chicago)
- ⇒ “Easter Basket” program, Coordinator. Washington Heights Nursing home (Chicago)
- ⇒ Union Lodge #155 Junior Craft Council Coordinator (Chicago)
- ⇒ Omega Psi Phi Fraternity Incorporated
- ⇒ Cook County Sheriff’s Police Officer

Brother Calhoun’s participation and success within these bodies have made him a natural selection for the title of “Mason of the Year”.

Congratulations to Brother Calhoun, to Worshipful Brother Adrian Cooley—Worshipful Master, Worshipful Brother Michael Humphries—Charter Worshipful Master and the members of Union Lodge #155 on a job well done.

- R.W. Brother Daryl Andrews, 2008-09 M.O.Y.

Obesity Continued:

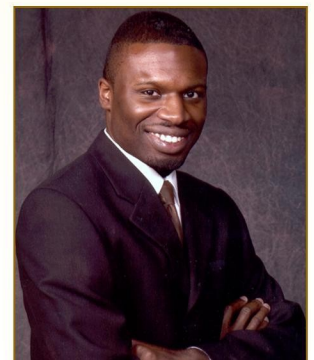
- Replacing foods of high energy density (high amount of calories per weight of food) with those of lower energy density can be an important part of a weight management strategy.
- Decreased consumption of sugar-sweetened beverages appears to be associated with lower body mass index or weight.

Calculating Body Mass Index

Body Mass Index (BMI) is a number calculated from a person’s weight and height. BMI provides a reliable indicator of body fatness for most people and is used to screen for weight categories that may lead to health problems. Visit <http://www.cdc.gov/healthyweight/assessing/bmi/index.html> to calculate your BMI.

Sources: <http://www.cdc.gov/nccdphp/publications/factsheets/Prevention/obesity.htm>, <http://www.omhrc.gov/templates/browse.aspx?lvl=3&lvlid=550>, <http://www.omhrc.gov/templates/browse.aspx?lvl=3&lvlid=130>

Brother Okey Enyia, who is a Doctor of Medicine Candidate 2012—Southern Illinois University, School of Medicine, has served as a Columnist for the Prince Hall Masonic Journal—Masonic Reader since 2008.



Grand Master Visits 170th AF&AM Grand Lodge Session



Grand Master Otis W. Cromartie led a very large delegation of Prince Hall Masons to the 170th Session of the Grand Lodge of Illinois, AF&AM, on October 9th. The delegation was respectfully received as their Honored guest. The ladies that attended were also treated to a moving presentation on Harriett Tubman by the Ladies of Grand Lodge. Brothers present were Deputy Grand Master Millard Driskell, Grand Senior Warden Dwayne A. Smith, Grand Junior Warden Aubrey K. Barlow, Past Grand Master James Gavin, Grand Secretary Roland G. Simon, Grand Auditor James R. Jones II, Grand Trustees Michael D. Ramey Sr. and Charles F. Caples Jr., Deputy Grand Masters Emeritus William L. Norman, and Clyde W. Cooper Sr., Special Deputy Grand Master Armand Harris, and District Deputy Grand Masters Jerome Abner, Hewitt Douglass, Larry Johnson, Milton Jackson.

W. Brother Tommy Loveberry, CCFC

R. W. Reverend Brother Clyde Cooper, Sr., CCFS

DUNBAR97.COM REACHES 3,000 VISITOR MILESTONE

Congratulations to Dunbar Lodge #97 of Alton, Illinois whose Lodge website, www.Dunbar97.com, has reached the 3,000 visitor milestone. The Lodge webmaster, Brother Calvin L. White, has done a tremendous job. Great work!

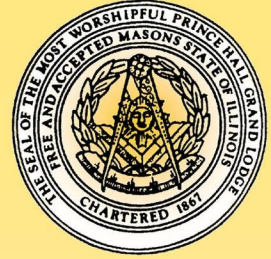
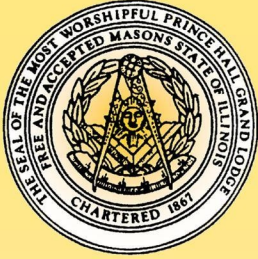
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92nd Annual Illinois Council of Deliberation

The 92nd Annual Session of the Illinois Council of Deliberation, Ancient Accepted Scottish Rite of Freemasonry, Prince Hall Affiliated, Northern Jurisdiction convened at the Abraham Lincoln Hotel in Springfield, Illinois from October 16-18, 2009 by the authority of Most Illustrious Commander-In-Chief Melvin Frierson, 33^o, Deputy of the Orient of Illinois. As witnessed by Most Worshipful Brother Otis W. Cromartie, Sr., Grand Master and Sovereign Grand Inspector General Melvin Bazemore, Grand Minister of State of the United Supreme Council A.A.S.R., PHA, N.J., the Most Illustrious Commander-In-Chief oversaw a most harmonious and productive session. Scholarships were granted to several youths to support their efforts in higher education. In addition, the following awards were distributed by the Orient of Illinois:

- **Peer of the Year Award**
GIG Anthony Relford, 33^o
- **Distinguished Member of the Year**
GIG Reinaldo Walker, 33^o
- **Award of Appreciation to the Order of the Golden Circle**
Loyal Lady Teresa Abner
- **Frank Summers Stellar Award**
SGIG DePlessie Drew, 33^o
- **Honorary Membership (PHA)**
SGIG Lee Lockwood, 33^o, (AASR NMJ)
- **Meritorious Service Awards**
GIG Jerome Abner, 33^o
GIG Earl D. Scott, 33^o
SP Sterling Blackmon, 32^o

Congratulations to all award recipients and M.I.C.I.C. Frierson on a great session.



MASONS OF THE YEAR ORGANIZE

On October 7th the Masons of the Year met with Most Worshipful Brother Otis W. Cromartie, Sr. and organized themselves into a club to assist the Grand Lodge and promote the highest award granted to an Illinois Prince Hall Mason. Charter Officers include:

- **President**—Right Worshipful Brother Daryl Andrews, MOY 2008-09
- **Vice President**—Worshipful Brother Lloyd Womack, MOY 2007-08
- **Treasurer**—Right Worshipful Brother Damon P. Anderson, Sr., MOY 1997-98
- **Secretary**—Worshipful Brother Charles Holiday, Jr., MOY 2005-06
- **Parliamentarian**—Right Worshipful Brother Aubrey K. Barlow, MOY 2006-07
- **Advisor**—Worshipful Brother Charles Stewart, MOY 1965-66
- **Chaplain**—Right Worshipful Brother Dwayne A. Smith, MOY 2000-01

Congratulations as we look forward to more great works!!!

MILESTONE ANNIVERSARIES FOR LODGES

135 Years

John C. Ellis Lodge #17
Lone Star Lodge #18

130 Years

- ♦ Mt. Hebron Lodge #29
- ♦ Western Light Lodge #30

120 Years

- ♦ St. Paul Lodge #42
- ♦ Golden Gate Lodge #43

105 Years

- ♦ Eureka Lodge #64
- ♦ Universal Lodge #65
- ♦ Archive Lodge #67

100 Years

Celestial Lodge #80

90 Years

- ♦ Harmony Lodge #88
- ♦ Meridian Sun Lodge #89

- ♦ Jephtha Lodge #90
- ♦ Cornerstone Lodge #91

85 Years

- ♦ Plumblin Lodge #116
- ♦ Cable Lodge #119
- ♦ Jericho Lodge #120
- ♦ Alpha & Omega Lodge #121

50 Years

Ashler Lodge #139

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