



# Clarion



★★★ Ancient Accepted Scottish Rite of Freemasonry — Prince Hall Affiliated — Orient of Illinois ★★★



*How the Sport of Golf  
Got A Son Through*

*Illinoisans Shine  
at the 2014*

## The United Supreme Council

*New Sovereign  
Grand Inspectors  
General from the  
Orient of Illinois*

## Activities in the Valley of Joliet

Registration Packet for the 2014

# Illinois Council of Deliberation

A.A.S.R. Northern Jurisdiction, U.S.A. Inc.





## From the Desk of the Deputy for the Orient

**SOVEREIGN GRAND INSPECTOR GENERAL MELVIN FRIERSON, 33<sup>o</sup>**

Fraters and Loyal Ladies:

The scripture records that "God created the heavens and the earth and the earth was without form and void; and darkness was on the face of the deep and the spirit of God moved upon the face of the waters and God said let there be light and there was light" and his never failing providence ordered all things both in heaven and earth.

The aforementioned paragraph is simply to remind and to encourage us to do the best we can in all our endeavors, this includes our Scottish Rite activities and participation because God is in control of it all.

The Orient of Illinois plate is full with obligations and commitments for the coming year, we have our Council of Deliberation, October 17-19, 2014 of this year. We try each year to make the Council of Deliberation informative, interesting and enjoyable; we pledge no less this year. Your attendance, participation and input in past years have been superb; we trust that you will continue to be the good and faithful members you have proven yourselves to be. An advance registration form and housing form is enclosed in this edition.

As most of you already know the United Supreme Council will convene in the city of Chicago, May 2015. Immediately after the closing of the Illinois Council of Deliberation, we will begin the awesome task of preparing to host this august body in ways that will attract the convention to visit our Orient more frequently. We will be developing, finalizing and executing programs and functions designed to enhance Scottish Rite Masonry and the Order of the Golden Circle consistent with their past concepts and the norms of this occasion.

This event should be a financial benefit for all, it should save you who attend a load of money when you consider the cost of travel and other related expenses and it should generate a financial gain for both the Illinois Council of Deliberation and the Illinois State Grand Assembly Order of the Golden Circle.

With all that is before us, we are praying and hoping that we can depend on each of you to do your part to make every aspect of these events successful.

**God bless you. Looking to see you in October.**

## Congratulations to Illinois' Own Jackie Robinson West Little League ~ United States World Series Champions



## From the Grand Secretary for the Orient of Illinois

**SOVEREIGN GRAND INSPECTOR  
GENERAL JAMES A. MITCHELL, 33<sup>o</sup>  
GRAND SECRETARY**



*A well prepared man never trembles – African Proverb*

The 97th Illinois Council of Deliberation under the auspice of the MICIC Melvin Frierson, will convene on Friday through Sunday, October 17-19-2014 at the Abraham Lincoln Hotel located at 700 East Adams Street, Springfield, Illinois. Illinois Council of Deliberation's (PHA) registration will open on Friday, October 17, 2014 at 10:00Am Central Standard time.

Don't forget to support the Illinois Council (PHA) in its efforts to help the less fortunate, provide educational assistance, and participate in social service activities. By supporting the ICD Projects, Alms Club, In House Raffles, et cetera will allow us to continue to do the things that help others.

The MICIC Melvin Frierson ask that we continue to prepare for the United Supreme Council's Annual Session which will be held in Chicago, IL in 2015.

## Feedback from Prior Editions

**GRAND INSPECTOR GENERAL DARYL ANDREWS, 33<sup>o</sup>, EDITOR**

"Good stuff with the 'Interview with a Sovereign' article. I didn't know Emmanuel 'Webster' Lewis was a Phylaxis member. Do these types of connections normally occur there?"

- *The Phylaxis Society Conventions provide great opportunities to meet members at all levels and from all walks of life without placing a major focus on titles or celebrity. I joined after talking to the late SGIG Brian L. Abrams Sr. and Past Grand Master Jerry Butler. From there, we got a local Chapter started in Chicago. Visit [www.ThePhylaxis.org](http://www.ThePhylaxis.org) to join.*



"Keep up the good work on the editions."

- *Special thanks to Grand Inspector General James Rivers Thompson who will be joining the editorial team. His input will improve future publications.*

The submissions Cutoff for the next edition of the Scottish Rite Clarion Newsletter is **NOVEMBER 15, 2014**.

Please feel free to forward submissions including articles, photos, suggestions and feedback for consideration to be included in an upcoming edition to:

**[Clarion@AndrewsPress.com](mailto:Clarion@AndrewsPress.com)**

## Congratulations ISGA State Grand Loyal Lady Ruler

**LOYAL LADY BARBARA  
WASHINGTON HONORED IN THE  
MONTH OF MAY**



The Scottish Rite Clarion salutes Loyal Lady Barbara Washington, State Grand Loyal Lady Ruler. On Saturday, May 3, 2014, Loyal Lady Washington was honored for her dedication and service as the leader of the Illinois State Grand Assembly Order of the Golden Circle. Fraters and Loyal Ladies traveled from far and wide to show their appreciation for this one of a kind leader.

## Divine Inspirations

**SUBLIME PRINCE T.F.G. DERAMUS, 32<sup>o</sup>**

To have faith is to understand how life works. If you have a building that stands on weak foundation it will fall, so be sure the building you build is on a strong foundation so it will not fall. In life your faith should be just as strong so your soul will not fall.



## Lucis

**SUBLIME PRINCE C.W. MURRAY, 32<sup>o</sup>**

As alternate colors surround us let us always prepare the Holy room.

Keeping the temple free from the trash deposits of multi-media and life's daily strifes.

Let us love everyone as we love ourselves, that way we never err our creator or our neighbor keeping ordo ab chaos.

We hold the keys to many doors but none as special and wondrous as the kether and the penal gland. A promise made is a promise kept that's why we deposit these keys in a box of ivory for ever FAITHFUL and safe keeping.

We must remember to make ourselves a beautiful odor to GOD & the world, keeping ourselves forever on the square while striving for the compass and piecing it all together and weighing it on the scale.

Studying the geometry of ourselves in between the sun and the moon and at sometime turning the page sideways.

Searching the depths within and learning that which is above is also below practicing humility while seeking out TRUTHS.

**Let this be our ANNO LUCIS!**





# United Supreme Illinois





# the Council



The Illinois Council of Deliberation

# ALMS CLUB

The Illinois Council of Deliberation Alms Club was established in the year of 2013 as a way to supplement its Benevolent Fund. The Benevolent Fund is a registered 501-c3 organization, committed to assisting qualifying agencies and individuals.

We are asking you to please become a member of the alms club by completing the membership pledge card contained in this publication and returning it to our Grand Secretary, James A. Mitchell, as indicated on the card.

Upon becoming a member, you will receive a decal and a lapel or collar pin and your name will be published in subsequent editions of the Clarion. Make your check payable to the Illinois Council of Deliberation Benevolent Fund (ICDBF) and, in the notes section, write Alms Club.

Brothers and sisters, we desperately need your help to continue these acts of charity. Loyal Ladies, you may join by simply writing Alms Club in the notes section on your check and mailing your check to James A. Mitchell at the address noted on the pledge card on the rear cover of this publication.

Fraternally,  
Melvin Frierson, 33°  
Deputy







## THE VALLEY OF JOLIET

Submitted by GIG Joseph L. Vincent, Jr. 33° & PLLR Claire Walker

The Valley of Joliet consists of the Fraters and Illustrious Sirs



Under the direction of S.G.I.G. Neal Carson 33° the Valley of Joliet's Advisor, the Valley of Joliet presented a formal Black and White Ball. This Ball was held April 12, 2014 at the Joliet Holiday Inn and Conference Center and the theme for this year's ball was "Our Youth Our Focus." The Masters of Ceremonies were GIG Joseph Vincent and Loyal Lady Constance Sowell (pictured right). At this affair, the achievements and dedicated service of four Community Leaders who reside and operate in areas throughout our valley were recognized for their efforts in supporting, guiding and directing area youth through mentorship and goal orientated teachings. These honorees instill the processes of promoting and building self-esteem:



- **Mayor Vivian E. Covington** of University Park, the village's First African-American Female Mayor, is known for her dedication in supporting athletic and educational activities. (Pictured top)
- **Mrs. Bettye Gavin**, Executive Director of Forest Park Community Center, continues to focus on organizing and building the mental power to sustain life's many changes. (pictured left)
- **Mrs. Juanita Gibbs**, founder of Red Dragon Martial Arts Academy in Richton Park, IL, supports afterschool educational activities and exposes youth to the various disciplines of martial arts. These activities provide opportunities for our youth to acquire and maintain self-confidence when faced with social doubt. (pictured bottom)
- **Mr. Darrold Butler**, coach of the Jackie Robinson West Little League Baseball Team that made it to the 2013 ESPN Little League World Series Semi-Finals, was recognized for his coaching and mentoring and applauded for teaching the concept of the team-work.



The Consistory and Assembly were also recognized for their years of service. Marquette-Joliet Assembly No. 87, Order of the Golden Circle, was also recognized for 25 years of service. Honorees included GIG Floyd J. Woods Sr. (then Sublime Prince) and the fourteen chartered members: PSGLLR Katie McCallum, Margie Woods, Nancy Payton, Rose Kimble, Louise Nichols, Veola Baker, Wattine





*of Marquette-Joliet Consistory #104 and the Loyal Ladies of Marquette-Joliet Assembly #87 Order of the Golden Circle.*

Hampton, Flossie Hubert, Thelma Kirkland, Hattie Nichols, Edwina Pigeo, Linda Prior, Beverly Thompson, and Janet Wood. With 30 years in the Ancient Accepted Scottish Rite, this event also honored and recognized the founder of Marquette-Joliet Consistory No. 104 S.G.I.G. Neal Carson 33° (pictured right) and the 64 Charter members. The eight (8) active charter members include G.I.G.'s Ralph Bias, Richard Glover, Samuel Marriner, Stanley McCallum, William Robinson, Walter Nichols, Alfred Snoddy, and SP Donald Shores. Solemn notes in memory of G.I.G.'s Jimmy Hampton and Jack Steele were also shed in their memories and commemorated with gifts of flowers to their widows.



Entertainment was provided in multiple forms. Musical selections of "Soulful Renditions" Zanetta Perez on vocals and Kedgrick Pullums on Keyboard and the "Little People" were rendered. Congratulations!!!



## Mentor Tools: Out of the Box



# Golf: How the Sport of Golf Got A Son Through

Sunday morning conversations at church with friends, family, co-workers and new members often go smoothly. Many expect the typical conversation—"Hello, how you doing.....How's the family.....etc." Well wishing is always a good thing. However, special epiphanies rarely come from these types of conversations. But you have to listen closely and carefully otherwise you may miss a jewel or two of wisdom.

In fact, on one Sunday morning I had a conversation with one of the guards, Mr. Marcus Thomas, at my church during the winter time. I had just finished teaching Sunday School and we had a conversation. It started out with the usual talk but ended up as a jewel. The conversation went something like this:

- **Me:** "Man, I can't wait for the warm weather to come so I can hit the golf course. Last year, my plans always got messed up because something always came up. I hit the golf course maybe twice last year. What about you? Do you golf?"
- **Mr. Thomas:** "I used to go golfing. In fact, I used to take my kids golfing. My son got a scholarship from golf. You ever heard of Chick Evans?"
- **Me:** "I know there is a golf course named after him out in the suburbs. It costs a nice chunk of change to play 18 holes. I didn't know about a scholarship though?"
- **Mr. Thomas:** "Most people don't and that is something we need to fix. We have to start thinking out of the box for our youth. Basketball, baseball, football...those aren't the only sports where a kid can get a scholarship for college. My son graduated from U of I through the Chick Evans Scholarship. He and my daughter are doing real well."
- **Me:** "How did you hear about the scholarship? Our kids can sure use the loot."
- **Mr. Thomas:** "You guys have a lot of youth around here. This is something they may be able to use. I'll get you the information for them but it was real simple."

From our conversation, it was apparent that this particular scholarship had not made its way to the masses. The truth of the matter is that some won't make their way to the masses. You have to go and get them.

Many times "in the box thinking" keeps our youth away from opportunities and keeps the adults from seeking new opportunities. So many feel that "there are not a lot of people that look like me in golf that make it on television". Others don't even think that golf is a sport. A great deal never even considered golf, bowling or chess as methods for students to get scholarships. Most people dismiss the thought. I do recall receiving questions about golf, bowling, chess and other scholarships during youth sessions but they were quickly dismissed. It made me wonder if I had steered a youth away from an opportunity which forced me to



recall that a boy asked a friend about the sport of soccer. Since soccer is not highly popular in America, he steered him away from it. After reflecting, it made me wonder how many others dismiss these types of options as well. How many others have indirectly limited viable opportunities. Now I know that this chain must be broken.

- **Me:** “How did you find out about the scholarship? It doesn’t seem to be well known.”
- **Mr. Thomas:** “Well, I coached my son during sports and made some connections. A guy invited to go golfing and I went. I didn’t see a lot of folks that looked like me but I did see some kids caddying for money. I found out what they were doing and got my son involved. It taught him how to network and he got hooked up.”

Sports and activities that are out of the usual spectrum can in fact become options for pathways to success. If these options can be placed on the radars of our youth, the benefits could be endless. This is something that mentors need to know and communicate.

Further reflection, made me wonder, at first, what this gentleman had that I didn’t have? Heck, I have a college degree and my wife has two Masters degrees. What did he do that I couldn’t do? Then it dawned on me that he was just a father, trying his best to give his children opportunities at a better life and he did not dismiss investigating opportunities outside of the box. Sometimes too much knowledge in one area may discourage seeking knowledge from others. Yes that lesson hit hard like a brick to the face and is now a lesson that can be passed on to mentor and mentee alike.

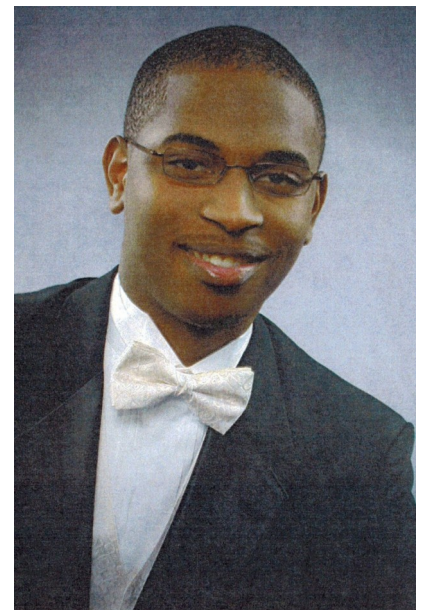
- **Me:** “We have a mentor group with my fraternity and this could be some valuable information.”
- **Mr. Thomas:** “What I’m going to do is bring you some information to give to the kids at church. You can put it in your magazine for the mentors too. They might be able to give it somebody who can use it. We can’t sit on this stuff. Parents can’t focus on the regular stuff either. They have to think out of the box.”

Further reflection, made me wonder, at first, what this gentleman had that I didn’t have? What did he do that I couldn’t do? The answer is “nothing”. He was just a father, trying his best to give his children opportunities at a better life and he did not dismiss investigating opportunities outside of the box. It does not hurt to present an option that is out of the norm.

- **Me:** “How is your son doing now? It seems like the scholarship really helped your son along the way.”
- **Mr. Thomas:** “He graduated from the University of Illinois and is doing well. He does public speaking engagements and is very busy.”

***Fraters of the Illinois Council of Deliberation, let me introduce you to Mr. Marcus Jerome Thomas Jr., college graduate.***

The son of Marcus and Staci Thomas, Marcus Jr. attended St. Dorothy Catholic School on Chicago’s south side where he excelled in academic and athletics. Coached by his father in basketball, Thomas became educated as a multi-sport athlete at an early age. After graduating from St. Dorothy, he attended Hales Franciscan High School in the City of Chicago where he continued to excel in athletics and academics. After graduation in 2005, he was awarded the Chick Evans Scholar through the sport of golf after stellar service in school and on the golf course. It was this sport, outside of the more popular sports, that opened a door for college for the youth. **(continued on next page)**





Thomas became an Evans Scholar after being introduced to golf by his father. Caddying opportunities presented him with a network through which he gained access to the Shivas Iron Society. An excellent golfer, he was given an opportunity to play for the Junior Golf Academy in Franklin, Tennessee in 2003. At the academy, he developed a sense of self-discipline and a love for golf which helped to build a strong sense of confidence. This confidence translated well into his high school studies.



Armed with confidence and tools for success, Thomas became a top student at Hales Franciscan and a technology enthusiast. He was drawn to an Information Technology Challenge sponsored by Microsoft in conjunction with the National Urban League in 2004. Per Marc Morial, 2004 President and CEO of the National Urban League (pictured),



"Microsoft's mission of helping others realize their potential through technology is consistent with the League's mission of empowering emerging communities. Through the Youth IT Challenge, the National Urban League and Microsoft are empowering youth through education and **mentorship** in business and technology skills. These youths are the future Bill Gateses and Reginald Lewises, and we commend Microsoft for its commitment and contribution to the League's empowerment movement." Thomas and three other students from Hales Franciscan, St. Francis De Sales High School and Percy Julian High School participated in a youth IT challenge to write a business plan for an up and coming technology for Microsoft. Their business plan for their "Text and Tutor Connection Inc." won the top prize for the team, earned them \$15,000 as well as travels across the country. This experience sparked the love for engineering in the mind of Thomas.

The efforts of Thomas in caddying has also paid off and provided him resources for college. He received the Daniel Murphy Scholarship Foundation as its "Caddy of the Year" for service at the Northmore Country Club, numerous other awards and honors for golf and education. His excellence in education had also earned him membership in the National Honors Society and made him a prime candidate for Student Council President at Hales Franciscan. His achievement of the latter and his drive for education placed him in a position for greater collegiate scholarships and honors. He eventually received a full scholarship to the University of Illinois at Urbana-Champaign where he graduated with a degree in Chemical Engineering four years later. His receipt of the prestigious Chick Evans Scholarship from the Western Golf Association in 2005 covered all of his housing costs at the University of Illinois.



- **Me:** "How are you children doing now? It seems like the scholarship really helped your son along the way."
- **Mr. Thomas:** "He (my son) graduated from the University of Illinois and is doing well. My daughter is doing great things in dance. **They are both motivational speakers and speak across the country.** I'm proud of them. My son's story would be a good one to pass along to young men. My daughter's would also be a good one to pass along as well. The main message is that youth can get ahead if they think outside of the box. That's a message that any mentor can carry to a student. They can't be afraid to try new things."

The entire conversation increased my faith and lead to more conversations on the topic with Mr. Thomas and others at my church. I am thankful that our Heavenly Father places us in positions to pick up tidbits that we can use and thankful that He places resources around us that we can tap into for assistance in our walks in this life. It was amazing to me that a casual conversation quickly became something powerful and presented a powerful jewel that can be used to



## Tyree Assembly #55 Salutes Loyal Lady Andrea L. Bean

**GRAND INSPECTOR GENERAL JAMES RIVERS THOMPSON, 33<sup>o</sup>**

The Past Loyal Lady Rulers and Loyal Ladies of Tyree Assembly #55, Order of the Golden Circle, Valley of East St. Louis, Orient of Illinois unanimously elected Loyal Lady Andrea L. Bean to serve as their Loyal Lady Ruler for the year of 2014 at the Sunday afternoon meeting in January of this year.

Loyal Lady Ruler Bean presently serves as a Deputy Grand Lecturer for Eureka Grand Chapter, Order of the Eastern Star, State of Illinois. She is also a Past Matron of Eastern Light Chapter #68, OES; Past Most Ancient Matron of Diamond Court #64, HOJ; First Ceremonial Daughter for Aahmes Court #84, DOI; Past Royal Matron of Ellis T. Moore Court #3, LOCOP and a Past Most Ancient Grand Matron of the Most Ancient Prince Hall Grand Court Heroines of Jericho. Her first commitments are to God, her family and her church. She is a member of the Union Missionary Baptist Church Family of East St. Louis, Illinois and has served as Assistant Church Clerk, President of the Mass Choir and the Secretary of the Mass Choir. She has been a faithful, supporting believer in Christ for over forty-five consecutive years.

Loyal Lady Ruler Bean is a retired Director of Nutrition for the East St. Louis Board of Education. She served the students, parents and school district personnel for over forty years through her efforts and service to the Nutrition Department of East St. Louis School District #189.

The goals of Tyree Assembly #55 for the year of 2014 include efforts to create a positive impact as a community service organization throughout the Valley of East St. Louis. Tyree plans to, most especially, provide aid to the elderly, provide senior care, increase membership and remain a supporting arm for the community service efforts of Tyree Consistory #64. Other officers, elected and appointed, for Tyree Assembly include:

- LOYAL LADY BRANDY MCCLURE—Associate Loyal Lady Ruler
- LOYAL LADY EULA MCKINLEY—Loyal Lady Priestess
- LOYAL LADY EMILY BAKER—Loyal Lady Guide
- LOYAL LADY LYNETTE WALKER—Loyal Lady Treasurer
- LOYAL LADY JACQUELINE JOHNSON—Loyal Lady Secretary
- LOYAL LADY SENORMA WALKER—Loyal Lady Herald
- LOYAL LADY SHEILA STACKER—Loyal Lady Standard Bearer
- LOYAL LADY ELIZABETH ATKINSON—Loyal Lady Inner Guard
- LOYAL LADY MILDRED THOMAS—Loyal Lady Outer Guard
- LOYAL LADY SANDRA MOSLEY—State Grand Loyal Lady Priestess
- LOYAL LADY MARCELLA GREENE—State Grand Loyal Lady Inner Guard

bles others and spawn action.

The following Sunday, I found that boy whose ambition in soccer was dismissed during a prior session. I asked him about the sport of soccer. Undeterred by the initial dismissal of the viability of the sport, he told me that he had looked into it anyway. He said he wanted to do it anyway because he liked to run. He saw a game on television and thought the sport would be good for him because he was fast. I told him, go for it and see what happens.....

### References:

- Interviews with Mr. Marcus Thomas Sr., March 2014-June 2014
- “Minority Teen CEOs Talk Business and Vie for \$15,000 in Prizes”, July 27, 2004, National Competition Promotes Technology and Entrepreneurship, Microsoft Presspass, <http://www.microsoft.com/en-us/news/press/2004/jul04/07-27nuladetroitpr.aspx?SearchType=1&Search=true>, retrieved, June 1, 2014





# Veterans Corner: PTSD FAQ

**GRAND INSPECTOR GENERAL MAJOR LACY, 33<sup>o</sup>**

The following is a list of the most common, or frequently asked questions, about Posttraumatic Stress Disorder (PTSD):

## HOW DOES PTSD DEVELOP?

Most people who are exposed to a traumatic, stressful event experience some of the symptoms of PTSD in the days and weeks following exposure. Available data suggest that about 8% of men and 20% of women go on to develop PTSD, and roughly 30% of these individuals develop a chronic form that persists throughout their lifetimes. The course of chronic PTSD usually involves periods of symptom increase followed by remission or decrease, although some individuals may experience symptoms that are unremitting and severe. Some older veterans, who report a lifetime of only mild symptoms, experience significant increases in symptoms following retirement, severe medical illness in themselves or their spouses, or reminders of their military service.

## HOW IS PTSD ASSESSED?

In recent years, a great deal of research has been aimed at developing and testing reliable assessment tools. It is generally thought that the best way to diagnose PTSD-or any psychiatric disorder, for that matter-is to combine findings from structured interviews and questionnaires with physiological assessments. A multi-method approach especially helps address concerns that some patients might be either denying or exaggerating their symptoms.

## HOW COMMON IS PTSD?

An estimated 7.8% of Americans will experience PTSD at some point in their lives, with women (10.4%) twice as likely as men (5%) to develop PTSD. About 3.6% of U.S. adults aged 18 to 54 (5.2 million people) have PTSD during the course of a given year. This represents a small portion of those who have experienced at least one traumatic event; 60.7% of men and 51.2% of women reported at least one traumatic event. The traumatic events most often associated with PTSD for men are rape, combat exposure, childhood neglect, and childhood physical abuse. The most traumatic events for women are rape, sexual molestation, physical attack, being threatened with a weapon, and childhood physical abuse.

About 30% of the men and women who have spent time in war zones experience PTSD. An additional 20% to 25% have had partial PTSD at some point in their lives. More than half of all male Vietnam veterans and almost half of all female Vietnam veterans have experienced "clinically serious stress reaction symptoms." PTSD has also been detected among veterans of the Gulf War, with some estimates running as high as 8%.

## WHO IS MOST LIKELY TO DEVELOP PTSD?

1. Those who experience greater stressor magnitude and intensity, unpredictability, uncontrollability, sexual (as opposed to nonsexual) victimization, real or perceived responsibility, and betrayal.
2. Those with prior vulnerability factors such as genetics, early age of onset and longer-lasting childhood trauma, lack of functional social support, and concurrent stressful life events.
3. Those who report greater perceived threat or danger, suffering, upset, terror, and horror or fear.
4. Those with a social environment that produces shame, guilt, stigmatization, or self-hatred.

## WHAT ARE CONSEQUENCES ASSOCIATED WITH PTSD?

PTSD is associated with a number of distinctive neurobiological and physiological changes. PTSD may be associated with stable neurobiological alterations in both the central and autonomic nervous systems, such as altered brainwave activity, decreased volume of the hippocampus, and abnormal activation of the amygdala. Both the hippocampus and the amygdala are involved in the processing and integration of memory. The amygdala has also been found to be involved in coordinating the body's fear response. Psychophysiological alterations associated with PTSD include hyper-arousal of the sympathetic nervous system, increased sensitivity of the startle reflex, and sleep abnormalities.

People with PTSD tend to have abnormal levels of key hormones involved in the body's response to stress. Thyroid function also seems to be enhanced in people with PTSD. Some studies have shown that cortisol levels in those with PTSD are lower than normal and epinephrine and norepinephrine levels are higher than normal. People with PTSD also continue to produce higher than normal levels of natural opiates after the trauma has passed. An important finding is that the neurohormonal changes seen in PTSD are distinct from, and actually opposite to, those seen in major depression. The distinctive profile associated with PTSD is also seen in individuals who have both PTSD and depression.

PTSD is associated with the increased likelihood of co-occurring psychiatric disorders. In a large-scale study, 88 percent of men and 79% of women with PTSD met criteria for another psychiatric disorder. The co-occurring disorders most prevalent for men with PTSD were alcohol abuse or dependence (51.9%), major depressive episodes (47.9%), conduct disorders (43.3%), and drug abuse and dependence (34.5%). The disorders most frequently comorbid with PTSD among women were major depressive disorders (48.5%), simple phobias (29%), social phobias (28.4%), and alcohol abuse/dependence (27.9%).



## Health Watch: STROKES

**GRAND INSPECTOR GENERAL JOSEPH L. VINCENT JR., 33<sup>o</sup>**

According to the National Stroke Association, a stroke, or brain attack, occurs when blood flow to a region of the brain is obstructed. There are two main types of stroke: **ischemic** and **hemorrhagic**. An ischemic stroke is caused by a blockage in an artery that supplies blood to the brain, resulting in a deficiency in blood flow. A hemorrhagic stroke is caused by the bleeding of ruptured blood vessels in the brain. Within an hour, the nerve cells in that area of the brain can become damaged and die. As a result, the part of the body controlled by the damaged area of the brain cannot work properly. The effects of a stroke can range from mild to severe and may be temporary or permanent. A stroke can affect a patient's vision, speech, behavior, and ability to move certain parts of their body.

Patients who suffer a severe stroke can often sustain complications including aphasia, a neurological disorder caused by damage to portions of the brain responsible for language. The National Institute for Neurological Disorders and Stroke (NINDS) says that primary signs of aphasia include difficulty in expressing oneself when speaking, trouble understanding speech, and difficulty with reading and writing. In some cases, a patient will regain their speech without treatment, but in most cases, rehabilitation with a speech therapist should begin as soon as possible. While the prognosis varies from patient to patient, the NINDS says that in general, patients tend to recover skills in language comprehension more

completely than those involving expression.

### The Signs of Stroke and Transient Ischemic Attack

- Sudden numbness or weakness of the face, arm, or leg (especially on one side of the body)
- Sudden confusion, trouble speaking or understanding speech
- Sudden trouble seeing in one or both eyes
- Sudden trouble walking, dizziness, loss of balance or coordination
- Sudden severe headache with no known cause

The National Institute of Neurological Diseases and Stroke notes that some of the more treatable risk factors for a stroke include:

- **HIGH BLOOD PRESSURE**, also called hypertension: If your blood pressure is consistently high, your doctor may prescribe medication. Never stop taking medication without the approval of your physician.
- **CIGARETTE SMOKING**: If you smoke, quit.
- **Heart disease**: Have your cholesterol and triglycerides checked. If your numbers are high, talk to your doctor about lifestyle changes and/or medications.
- **Diabetes**: Have your blood glucose levels checked on a regular basis. Many people with diabetes have no symptoms.

Experts say that up to 80 percent of strokes can be prevented. While some risk factors such as age, ethnicity, and family history can't be controlled, lifestyle changes such as controlling your high blood pressure and diabetes risk, maintaining a healthy weight, and quitting smoking can go a long way to reduce your risk of sustaining a stroke.

PTSD also significantly impacts psychosocial functioning, independent of comorbid conditions. For instance, Vietnam veterans with PTSD were found to have profound and pervasive problems in their daily lives. These included problems in family and other interpersonal relationships, problems with employment, and involvement with the criminal justice system.

Headaches, gastrointestinal complaints, immune system problems, dizziness, chest pain, and discomfort in other parts of the body are common in people with PTSD. Often, medical doctors treat the symptoms without being aware that they stem from PTSD.

### **HOW IS PTSD TREATED?**

PTSD is treated by a variety of forms of psychotherapy (talk therapy) and drug therapy. There is no definitive treatment, but some treatments appear to be quite promising, especially cognitive-behavioral therapy,

group therapy, and exposure therapy. Exposure therapy involves having the patient repeatedly relive the frightening experience under controlled conditions to help him or her work through the trauma. Studies have also shown that medications help ease associated symptoms of depression and anxiety and help with sleep.

The most widely used drug treatments for PTSD are the selective serotonin reuptake inhibitors, such as Prozac and Zoloft. At present, cognitive-behavioral therapy appears to be somewhat more effective than drug therapy. However, it would be premature to conclude that drug therapy is less effective overall since drug trials for PTSD are at a very early stage. Drug therapy appears to be highly effective for some individuals and is helpful for many more. In addition, the recent findings on the biological changes associated with PTSD have spurred new research into drugs that target these biological changes, which may lead to much increased efficacy.



# The United Supreme Council/

Ancient and Accepted Scottish Rite of Freemasonry  
Prince Hall Affiliation  
Northern Jurisdiction, USA, Inc.

OFFICE OF:  
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East St. Louis, Illinois 62204

## REGISTRATION

Advance registration for the 96<sup>th</sup> Illinois Council of Deliberation's Annual Session is \$90.00 for ALL REGISTRANTS. The deadline for advance registration is October 1, 2014. Onsite registration is \$95.00. The registration includes a Banquet ticket and a Gospel Fest ticket. Extra Banquet tickets are \$45.00 each and extra Gospel Fest tickets are \$15.00 each.

Mail Advance Registration To:  
GIG Leroy Barnes, 33°  
18105 Sligo Way  
Country Club Hill, IL 60478

(Please Print Clearly)

NAME \_\_\_\_\_ TITLE \_\_\_\_\_  
ADDRESS \_\_\_\_\_ CITY \_\_\_\_\_ STATE \_\_\_\_\_ ZIP \_\_\_\_\_

Consistory of Assembly (Circle One) Name \_\_\_\_\_ NO. \_\_\_\_\_

MEAL (Check One): BEEF \_\_\_\_ CHICKEN \_\_\_\_ VEGGIE \_\_\_\_

PLEASE NOTE: All reports and related information to be read at the Grand Session must be completed, and placed in the hands of the various Committee Chairpersons, on or before October 2, 2013. All reports are to be made in triplicate forms. Send one form to the Deputy, one to the Secretary, and keep one for your record.

Melvin Frierson, 33°

*Melvin Frierson*

Deputy for the Orient of Illinois (PHA)





*Illinois Council of Deliberation (PHA)*

*Illinois Council of Deliberation*

*Benevolent Fund Banquet*

*October 18, 2014*

**ABRAHAM LINCOLN HOTEL  
701 E. ADAMS STREET  
SPRINGFIELD, ILLINOIS**

**SOUVENIR BOOK CHAIRMAN**

**Damon P. Anderson, Sr.  
7725 S. Troy Street  
Chicago, Illinois 60652  
(773) 405-4204**

**Secretary for the Orient of Illinois (PHA)**

**James A. Mitchell  
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