

For The GOOD OF THE ORDER

October — November 2024

Magazine

Health Awareness

Health perspectives from fellow Elks and local physicians including:

- **Women's Health**
- **Men's Health**
- **Vision Health**
- **Physical Therapy**
- **Colonoscopies**
- **Cardiac Health**
- **Diabetic Health**
- **Environmental Health**

Featured Articles

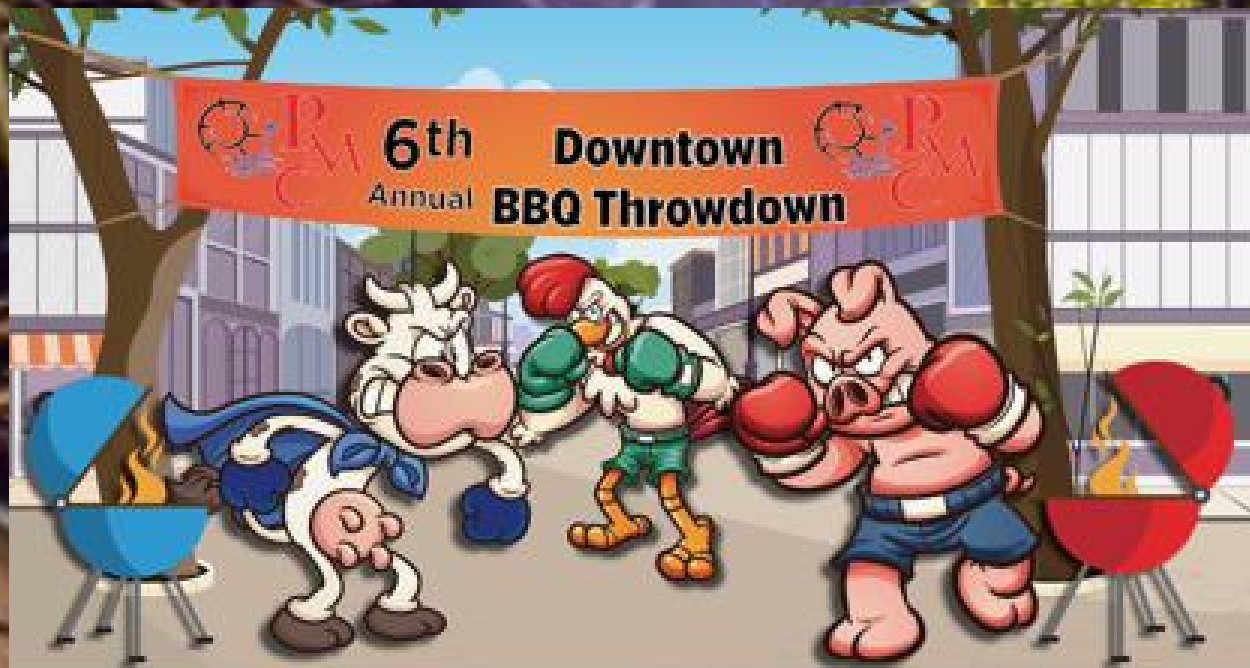
- **Student of the Month**
- **Hoop Shoot**
- **Soccer Shoot**
- **George Haines Memorial Car Show**

ISSN 2996-9646



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Pascagoula Elks Lodge 1120



PASCAGOULA MEN'S CLUB 7th ANNUAL

Downtown Pascagoula (Delmas Ave.)

October 18, 2024 - Street Party & Live Band

Starts at 7:00pm

October 19, 2024 - MAIN EVENT

11:00a.m. - 4:00p.m.

**FREE TO THE
PUBLIC**

**LIVE
MUSIC**

**LOCAL ARTS &
CRAFT VENDORS**

Two cooking divisions: Backyard and Big Rig

BONUS: Unidentified Food Object category - any entrée, desert, etc.

\$225 Entry Fee per Team • \$500 Prize for Best in each Category

Meats will be provided by PMC

\$15 wristband to sample all the teams cooking

DRINK SPECIALS AT PARTICIPATING LOCAL BARS

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Zonta of Pascagoula's

FALL FESTIVAL



October 5, 2024 | 9:00 AM - 5:00 PM

Downtown Pascagoula

10+ FOOD VENDORS!

200+ VENDORS!

- Artisans
- Woodcarvers
- Soap Makers
- Potters
- Boutiques
- Glass Blowers
- Jewelry Makers
- Candy Makers

and more!

FEATURING MUSICAL ARTISTS:

Eli Hannon

Mobile Second Line Society

Blue Mother Tupelo



12

2024 Hoop Shoot

The tradition continues.

14

Are you Sure It's Not a Heart Attack?

Joe Parisi shares his story.

32

PER Ed Neuman Takes Responsibility

As Command Sergeants Major

37

Issues We Face As Aging Adults

Jason Darden gives perspective

40

September Students Of the Month

A look at the class of 2025

42

Amazing Developments in Eye Care

Dr. James Sutton talks advances in cataract care.

46

Testosterone: What You Should Know

Lavee Sims gives us the 411.

50

Life with Diabetes

How Patti Bradley copes and what it can mean for others.

54

George Haines Memorial Car Show

The cars were classic and Out in style.

60

Colonoscopies: Don't Put them Off

Colon health is more than Just fiber..

68

Advances in Physical Therapy

Logan Wilson discusses Why Physical Therapy works.

72

Soccer Shoot Results

A new tradition begins.

6

August New Members

8

From the Exalted Ruler

10

From the Lodge Chaplain

18

Ladies Auxiliary News

22

Science Corner

35

Brickyard Bayou Broodings

56

To Our Absent Members

62

ENF News

70

Creamy Boursin Pork Chops

74

Community Activities

79

Lodge Calendars



A Letter From The Editor

Dear Readers,

This month's issue of For the Good of the Order wants to give you an inside look at health issues faced by many of our readers. We hope that you find this edition helpful & insightful.

We want you to enjoy every article we wrote. Who knows? One day you might be inspired by our content to get that regular checkup, or see the specialist you have been putting off for quite some time.

Please be sure to consult with your regular physician if you have any questions about your health. We want to see you around a lot longer.

Sincerely Yours,

David Chamberlain





Robyn Tillman James



Henry Treviño



Jeff Coolidge



David Ratliff



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join.elk

Members



Britney Hogan



Joe Randolph



Daisy Randolph



Tony Wilson



Kent Ware

29, 2024



From the Exalted Ruler

Curtis Welsh



Greetings Elks!

Fall has finally arrived! Bring on the cooler temperatures. It is also time to bring on the Pascagoula Lodge #1120 events season. Over the past couple of months, we had very successful events with the Annual River Run, Car Show, and Shrimp Boil. October and November Lodge events promise to bring more successes and more fun. These include the Annual Halloween Hobble, Trunk-or-Treat, Golf Tournament, and Gun Raffle. You can find dates and times for these events listed in this newsletter/magazine. We hope to see you all there for good times and community service.

However, the biggest event I am personally looking forward to is the MS State Elks Association Mid-Winter Conference, December 6-8. Grand Exalted Ruler Douglas Schiefer and his wife Julia will be our guests of honor, and we want to show them what this Elks Lodge and the City of Pascagoula are all about.

The Mid-Winter Committee has been

working through the summer, and we are gearing up for the final preparations to put on a showcase event for our Lodge. There is plenty still to do and your help is greatly appreciated. Just ask Becky Turner or me if there is anything you would like help with.

But, the biggest thing we can ask everyone to do is attend the banquet on Saturday night and show your Elk Pride for our Lodge. The State Association will be officially announcing the conference in the coming weeks, so please check our Facebook members page for details on how to register.

Finally, Veterans Day is on November 11. To all those who have served in the Armed Forces, thank you for your service and continued dedication to our country. Also, have a happy and safe Thanksgiving with family and friends.

With Fidelity,
Curtis Welsh



By the Numbers

Members 394

Candidates 5

Demits 0

Delinquencies 60

ENF Per Capita \$12.28 ^{* Estimate}

ENF Lodge Total \$4826.00



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From the Lodge Chaplain: Be Strengthened

By Dobbs Dennis



We are blessed to live in the “land of the free and home of the brave” (I will discuss the brave part in another article). Being a free citizen of these great United States provides us many choices, good and bad. As believers, we also know that our loving God has given us freedom of choice, so we are able to choose those things that lead us on that path that God wants us to travel or the wide avenue that leads to Hell.

The writers and signatories of the Declaration of Independence and the Constitution of the United States had a great understanding in the part that faith and good moral behavior plays in gaining independence and continuing the great experiment of this grand republic which became the United States of America.

The organizers of the Benevolent Protective Order of Elks also realized the important part faith plays in maintaining this valiant order. For with strong faith in God, the good works of the order follow.

This issue’s theme is Health Awareness, so

we need to remember that as important as our physical health is, our spiritual health or wellbeing is just as or even more important. As Elks, it is most important to be just as fit morally as we are physically. Without our souls (or spirits) in good shape, no matter our physical appearance, we are a hollowed out shell. We will face trials, temptations, and enemies who wish to see us fail. Those who are weak in spirit need to seek help, just as you would seek medical help for an ailment. Weakness of your faith will lead to a variety of problems, including illness.

If you feel your faith slipping or you have hit a rough spot, I encourage you to seek help from your pastor. If you don’t have a church, talk to your chaplain and he or she should point you in the right direction. If you would like to talk to me, I have large shoulders and a willing ear. Finally, within The Word of God, the Apostle Paul gives us comfort with a plan to ward off the evil that we make encounter. Peace

Ephesians 6:10-20 (NKJV)

¹⁰Finally, my brethren, be strong in the Lord and in the power of His might. ¹¹Put on the whole armor of God that you may be able to stand against the wiles of the devil. ¹²For we do not wrestle against flesh and blood, but against principalities, against powers, against the rulers of the darkness of this age, against spiritual hosts of wickedness in the heavenly places. ¹³Therefore take up the whole armor of God that you may be able to withstand in the evil day, and having done all, to stand. ¹⁴Stand therefore, having girded your waist with truth, having put on the breastplate of righteousness, ¹⁵and having shod your feet with the preparation

of the gospel of peace; ¹⁶above all, taking the shield of faith with which you will be able to quench all the fiery darts of the wicked one. ¹⁷And take the helmet of salvation, and the sword of the Spirit, which is the word of God; ¹⁸praying always with all prayer and supplication in the Spirit, being watchful to this end with all perseverance and supplication for all the saints—
¹⁹and for me, that utterance may be given to me, that I may open my mouth boldly to make known the mystery of the gospel, ²⁰for which I am an ambassador in chains; that in it I may speak boldly, as I ought to speak.



L. Holman Photography

2024 Hoop Shoot

August 31, 2024

The grit movement started a few years ago when psychologist Angela Duckworth studied people in challenging situations, including National Spelling Bee participants, rookie teachers in tough neighborhoods, and West Point cadets. Her research suggested that grit was a more accurate predictor of success than social intelligence, good looks, physical health, or IQ. Duckworth explains the premise in this short [Ted Talk](#).

Through the Hoop Shoot program, the Elks have been unleashing grit for more than 50 years—long before researchers and experts concluded that grit is so important for our children. At least one of our current members of Pascagoula Elks Lodge 1120 is a former Hoop Shoot lodge champion—but we won't mention the year she won.



The 2024 Hoop Shoot took place at the Pascagoula Parks and Recreation Center on Pascagoula Street on Saturday, August 31, 2024. Our winners will be advancing to the District Hoop Shoot to be held in January 2025. We look forward to cheer-

ing them on their way towards the National Hoop Shoot contest that will be held in Chicago, IL.

But why Hoop Shoot, and what do the kids get out of it?

Each year, the six Hoop Shoot National Champi-

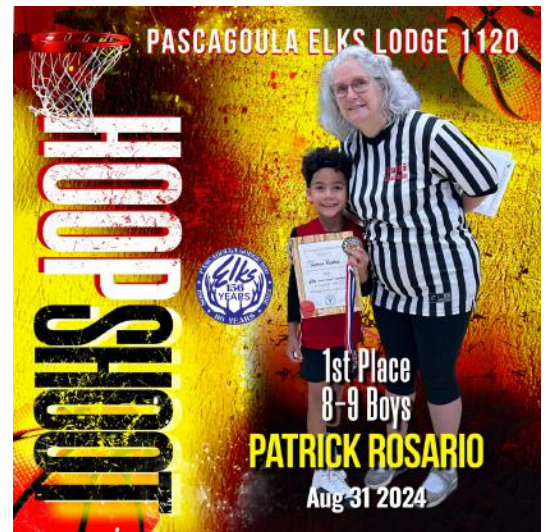
ons will have their names listed alongside their picture in a brand-new digital exhibit in the [Naismith Memorial Basketball Hall of Fame](#) in Springfield, Massachusetts. Additionally, two of the Frank Hise National Champions are in attendance when the Hall of Fame inductees are honored at the Enshrinement Ceremony.

You don't have to be the fastest, biggest, or strongest athlete on the court to sink one free throw after another. Practice

and precision are the name of the game. When you step up to the free throw line, it should be a level playing field.

The Elks National Foundation and the entire Hoop Shoot team nationwide are committed to making contests fully inclusive, equitable, and safe for all our participants and volunteers. We welcome and encourage all eligible kids to give the Hoop Shoot a shot.

We are all equal at the free throw line.



Are You Sure It's Not a Heart Attack?

Joe Parisi

I probably had a heart attack at a rest stop in Alabama. At the time I just thought it was stress, indigestion, maybe even anxiety or panic, but I never thought it might be a

heart attack. But, reflecting back on that experience with what I know now, it was probably a heart attack. Fast forward to today, and I've graduated Cardio Rehab after having a quadruple bypass.

Why did it take me nearly 50 years to find out that heart attacks can often feel more like intense indigestion and heartburn than whatever I imagined when I saw one on TV. Personally, I imagined sharp intense pain right around the heart, but it's actually very dull. Pain is incredibly hard to talk about because we don't have a universal reference. It



feels like a stab, or a sting, for example isn't universal because not all stabs and stings are the same. The same goes for Kidney Stones, while considered one of the most painful conditions a human can get, it can be relatively painless if the stones themselves are very (VERY) small. On the other hand, a stone large enough to pass, but not quite large enough to warrant surgery can be one of the most painful things you will ever experience. Not all stones are equal, not all heart attacks are either. And, unfortunately, this is not one of those things you can simply ask a doctor, most of them haven't been through a heart attack. They don't know how to talk about the pain either.

If you look up the number one killer worldwide it is heart disease. That means despite good or even great healthcare, people still die of heart issues at alarming rates. Despite all the statins, blood pressure medications, and surgical interventions, we still are clueless about the heart. It is my belief that we simply do not know how to talk about it. I had pains in my chest area for the better part of three years, but it was always explained by other conditions until it finally wasn't. By then, I was blocked up enough to warrant a quadruple bypass. In fact, I was so blocked up that my heart grew collateral vessels. The heart is a miracle and will sometimes grow new vessels to route around

blockages, but not always. And all of this was happening while I thought I was just getting older and running out of energy.

This happens to far more people than the medical industry would like to admit. We slip through the cracks because sometimes that pain really is just heartburn. And we would feel a bit foolish if we went to the hospital and it turned out to be an upset stomach. So, we take an antacid and move on. The problem being that it is entirely possible to have both heartburn and heart problems at the same time. One can mask the other.

So, take notice of these small and subtle changes you make to your life. Are you taking antacids more frequently lately and getting more tired? Tell your doctor. Are doing less, running out of breath quicker? That isn't always age, again, please tell your doctor.

Now, I can't sit here and list every scenario to you, or every question to ask a doctor. I can't even tell you for sure that heart issues will feel the same to you as it does me. And that's why I can't tell you either. But, there is a test you can take if you want to know.

The test called a calcium smart score (Coronary Artery Calcium Score) that saved my and several other people's lives. Many doctors are unaware of this test, so you will likely have to let your physician know about

Livestock Auction



Jackson County
Mississippi

**Jackson County Jr
Livestock 4-H Club
Saturday October 26, 2024**

Jackson County Agriculture Barn

3902 Shortcut Road
Pascagoula, MS 39567

Auction Details

All Animals can be viewed throughout the day beginning at 8:00 Am until the auction begins.

4H members will be on-site to answer questions about their project.

Buyer Registration begins at 3:00 PM
****Buyer's must be registered and receive a buyer's card in order to participate in the auction***

Bidding begins at 5:00

***Sale Order
Goats - Swine - Beef***



Follow us on Facebook for the latest information!

For More information on the auction or becoming a buyer, please contact Shelby Hudson 228-769-3047 or visit the JC Jr Livestock 4-H Club's Facebook Page



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it. And this test is not for everyone. But, if like me you have a family history of heart problems, and you have some symptoms like getting tired quickly. Get this test now.

If you don't have symptoms, but still have that family history, ask for it anyway. It will all be a little less urgent, and they may de-

cide to go with a stress test instead (so your insurance will cover it), but that means you are getting checked out. My entire point is to start talking to your doctor about this stuff now rather than later, because that later isn't guaranteed.

Heart Attack Warning Signs

A guide to better understand heart attack warning signs from Marshfield Clinic Health System.

Women

Lightheadedness or dizziness



Upper back pressure, tightness or ache



Chest discomfort



Shortness of breath or dizziness



Feelings of indigestion or reflux



Occasional neck, teeth or jaw discomfort



Fainting or extreme fatigue



Women might not experience the chest pain that is often noted as the most common sign of heart attack.

Men

Cold sweat or nausea



Chest pressure or pain



Shortness of breath or dizziness



Pain in one or both arms, the back, neck, jaw or stomach



If you have any of these symptoms for more than **5 minutes** and are unsure of the cause, call 9-1-1.

Treatments work best if given within **1 hour** of when heart attack symptoms begin.



Ladies Auxiliary News

By Julie Eplin-Renfroe
Ladies Auxiliary President



Hello everyone, it's the Ladies Auxiliary from the Pascagoula Elks Lodge. I do hope everyone is well and counting our blessings that Hurricane Francine didn't reap her havoc on us. Our ladies have been extremely busy getting ready for some pretty big events in the coming months.

At the beginning of August, the ladies awarded 5 scholarships to graduating seniors from the class of 2024. Each scholarship awarded was for the amount of \$1,000.00. We hope that this helps each student to achieve their goals and become successful in their future endeavors. If there are any seniors from the Class of 2025 that may be interested in applying for this scholarship, be on the lookout for information that will be announced later in the school year.

First up is our Macho Man Beauty Contest on Saturday, October 12th at the Pascagoula Elks Lodge. Tickets are available at the door for \$10.00 per person. The doors will open at 7:30 pm with the show to begin promptly at 8:00 pm. This event is open to the public, but you **MUST BE 21 TO ATTEND**. Light refreshments will be available and there is a cash bar. So come on down for what is guaranteed to be an

unforgettable evening as you watch these brave women go FROM FEMME TO FELLA!! Don't forget to bring those extra dollar bills you got laying around so that you can vote for your favorite contestant to have a shot at winning "FAN FAVORITE." And remember, King Macho Man 2024 will be expecting to hear the crowd chanting her name at the end of the night!!

The biggest event that the Ladies hold every year is fast approaching. On December 14th from 11:00 am to 1:00 pm, at the Pascagoula Elks Lodge, the "Kids Christmas Party" will be taking over the town of Pascagoula. Santa and his elves have been extremely busy preparing all the toys and prizes for the children to come down and show off their skills on how to win at the numerous different games that will be there.

And, because Santa is feeling extra generous this year, he is adding several new games for the children to enjoy. There will be tons of prizes, face-painting, cotton candy, snacks, and juices. Santa and his crew will also be available for pictures. Elroy the Elk may even make an appearance to join in on all the fun. But kids, you will have to help Santa and the other adults to keep a close eye out for the mean one, Mr. Grinch.

He is a sneaky, sneaky thing!! But the most important part of this whole day is that everything is absolutely FREE!! That's right parents, FREE!! So, bring those babies down to the Pascagoula Elks Lodge at 303 Krebs Avenue and let them tell Santa what they want for Christmas and play some games and win prizes.

Of course, we can't have the Kid's Christmas Party and not have our big giveaway!! The 3rd Annual Kid's Christmas raffle will kick off on OCTOBER 2ND!! There will be 4 prizes again this year. We have our boy and girl wagons full of toys valued between \$300.00 and \$400.00 each. Also, there will be a boy and girl Joyracer 24V ride on electric scooters. These little scooters resemble a small drift car that has a speed of 5.6-7 mph with gravity steering. And each one comes complete with a helmet, knee pads, and shoulder pads. For the kid's entertainment, each scooter has cool colored tail spray and flashing colored LED lights on the front and sides. These fun little scooters also have multi-media. This includes music, Bluetooth, and MP3. The kiddos are sure to have lots of fun and excitement for hours.

Raffle tickets will be available in books of 10. They are 1 ticket for \$3.00 or 10 tickets for \$20.00 and will be available starting October 2nd from any Ladies Auxiliary member. You can call or visit the Pascagoula Elks Lodge during normal business hours to inquire or buy any and all tickets that you desire. Drawing will be held during the Kid's Christmas Party on December 14th starting at 12:30 pm. You do not have to be present to win!

All prizes will be on one raffle ticket where

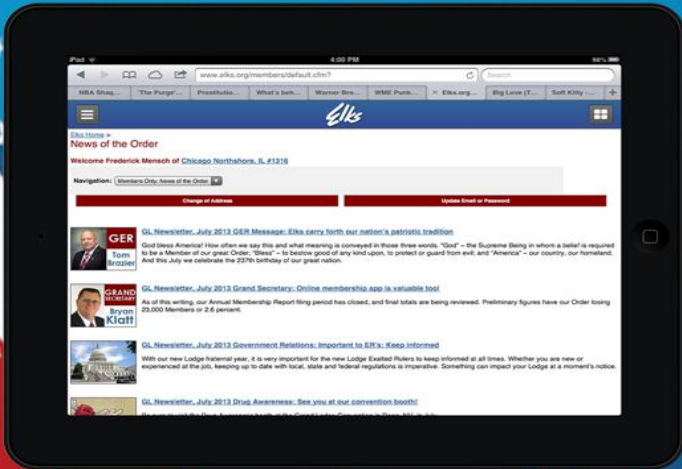
you will choose if it is for a boy or girl. There will be 4 drawings, boy wagon, girl wagon, boy scooter and girl scooter. When a ticket is bought, you will choose if it is for a boy or girl and your ticket will then be put in the appropriate bin. Whether you choose boy or girl, you will have a chance at winning the wagon (1st & 3rd drawing) or the scooter (2nd & 4th drawing). So, make sure that you get with one of our ladies or contact the Pascagoula Elks lodge and buy those tickets. Parents look at it this way, this is a great way to knock some of those presents off your kiddos list and a whole lot cheaper too!!

In closing, I hope that everyone is doing well and staying healthy and getting ready for the busiest time of year that is just right around the corner. Remember to always be kind and just smile. You never know what that one little smile could do for just 1 person. That may be the only smile they receive and just maybe give them the strength and courage needed to do what they need to.



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KARAOKE NIGHT

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Pascagoula Elks Lodge 1120



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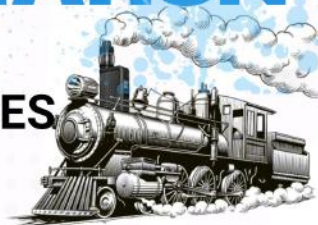
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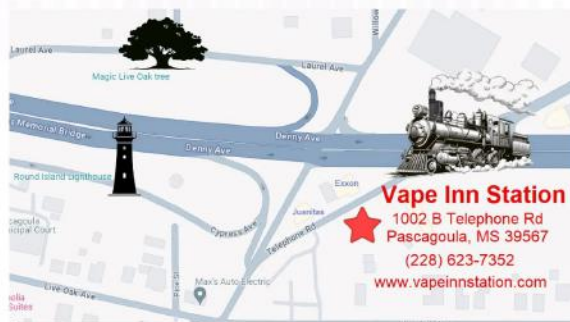
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HAROLD TILLMAN, PROPRIETOR

The Impact of Hurricane Season on South Mississippi:

Physical and Mental Health and the Coastal Ecosystem Perspectives

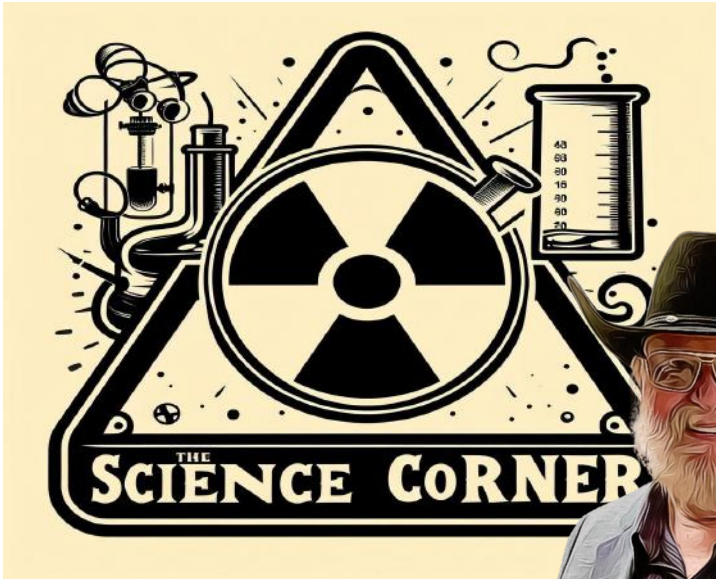
Hurricane season is an annual event that has become an integral part of life in South Mississippi. Spanning from June to November, this period brings with it the potential for devastating storms that can have profound effects on the region. While the immediate dangers of hurricanes, such as strong winds, heavy rainfall, and storm surges, are well known, the broader impacts on human health, both mental and physical, as well as the coastal ecosystem, are less frequently discussed. Yet, the consequences extend beyond the physical realm, significantly affecting human health. From exacerbating chronic conditions and mental health issues to increasing the risk of disease outbreaks, the intersection of hurricane impact and public health highlights a pressing need for comprehensive strategies to safeguard both the environment and the well being of coastal residents. This article explores how hurricanes shape the Mississippi coast and examines the profound health implications that accompany these natural disasters.

Physical Health Impacts

The physical health impacts of hurricanes in South Mississippi are often severe and multifaceted. The immediate aftermath of a hurricane can bring about a host of injuries ranging from minor cuts and bruises

to more severe traumas like broken bones and head injuries. These injuries often result from flying debris, collapsing structures, and accidents during evacuation or rescue efforts.

Moreover, the floodwaters that accompany hurricanes can lead to a spike in water-borne diseases. Stagnant water, often contaminated with sewage and hazardous chemicals, becomes a breeding ground for bacteria and viruses. In South Mississippi, where many communities are located in low-lying areas, the risk of exposure to these harmful pathogens is significant. Diseases such as leptospirosis, cholera, and gastroenteritis can spread rapidly in the aftermath of a hurricane. Hurricanes can lead to the resurgence of microbes that cause human diseases, contaminate food and deteriorate water quality. Extreme precipitation forms standing flood water containing contaminated runoff, sediment, debris and waste harboring fecal coliforms and enteropathogens. These dangerous conditions are partially caused when access to clean water and sanitation is compromised by inadequately functioning water systems and overflowing septic tanks. For example, fecal-associated bacteria from humans and animals were detected in rivers after Hurricane Harvey and floodwaters of Hurricanes Rita and Katrina.



Roy holds a Master's of Nuclear Engineering and has more than thirty five years in experience in the design, construction, operation of nuclear power facilities, and nuclear emergency response and response. He loves to play with aquaponics and volunteer at the Lodge wherever he can.

Roy Wilson

In addition to infectious diseases, hurricanes can exacerbate chronic health conditions. Power outages, which are common during and after hurricanes, can disrupt the management of conditions like diabetes, heart disease, and respiratory illnesses. For example, without electricity, refrigeration of insulin becomes impossible, and the operation of medical devices like oxygen concentrators is halted. The stress of the event itself can also trigger cardiovascular events, including heart attacks and strokes, particularly in vulnerable populations.

Mental Health Impacts

The mental health impacts of hurricane season are equally significant but often less visible than the physical effects. The trauma of experiencing a hurricane, particularly a severe one, can leave lasting psychological scars. The fear and uncertainty during the storm, combined with the loss of property, displacement, and disruption of daily life in the aftermath,

can contribute to a range of mental health issues.

In South Mississippi, residents often experience heightened anxiety and stress as hurricane season approaches each year. This anticipatory anxiety can be particularly intense for those who have previously lived through a major hurricane. The memories of such traumatic events can lead to symptoms of post-traumatic stress disorder (PTSD), including flashbacks, nightmares, and severe anxiety. For me it was Hurricane Camille. I was 13 years old and my family and I rode out the storm at the courthouse downtown. Two things came from this experience. The first was realizing how unprepared we were for this storm. This was the driving force of my obsession with preparedness, thus various drill, and severe weather preparation. The second was my desire to help others in need. I was large for my age so there were no questions asked when I volunteered to help the National Guard when they went out to help/rescue



“You know people say a tornado sounds like a train when it’s close? For me it was more like a Huey helicopter.”

people. We went during the eye of the storm and our focus was Beach Boulevard and Washington Avenue. I remember reaching the east end of our route and there was a house with the roof over their garage gone. I asked the family to evacuate with us to the courthouse. They refused so I asked this question "To help contacting your next of kin, can you give me their name and number how? I don't want to have to come back and dig through the rubble." The gentlemen looked me in the eye and shouted over his shoulder, get the dog, we are going to the courthouse.

Recently I had the opportunity to execute our tornado plan. You know people say a tornado sounds like a train when it’s close, for me it was more like a Huey helicopter. It woke me up out of a sound sleep. I knew exactly what it was and at the same time Trudy and I were shouting get to the safe area. We made it, the cat attached to my leg and the dog, I swear, ran to his

kennel and pulled the door shut. After about five minutes it was over. Trudy and the fur babies were ok. Trudy was recovering from back surgery. The house looked ok from the inside but when I went to the back door, it was blocked. I made it outside and there were trees down everywhere. The next morning, things didn't look any better. I had trees down on the house, the fence, my shop, but the biggest hit was the in ground pool. Both sides of the pool were crusted. How the mental gymnastic starts, contacting the insurance company, arborous to remove trees, inspectors to evaluate damage, etc. and the education on the intricate details of our insurance coverage. Once that phase was complete, the second starts, scheduling the repairs. The kicker, this was not classified as a tornado because there were no conclusive evidence that the funnel touched the ground, go figure. All in All, it was an experience. Good or bad is still up in the air, however, the most

important thing was the family was safe. Everything else is just stuff and can be replaced.

The extended recovery period following a hurricane can take a toll on mental health. The process of rebuilding homes, dealing with insurance claims, and coping with financial loss can lead to chronic stress, depression, and even substance abuse. Social support networks, which are critical in times of crisis, can be disrupted by displacement and the breakdown of community structures, exacerbating feelings of isolation and helplessness.

The mental health services available in South Mississippi are often strained during and after hurricane season. Limited resources, coupled with the widespread need for psychological support, can result in delayed or insufficient care for those in need. This gap in services underscores the

importance of disaster preparedness that includes mental health care as a key component.

Ecosystem Impacts

Hurricanes also have profound impacts on the ecosystems of South Mississippi. The region's coastal and inland environments are uniquely vulnerable to the forces unleashed by these storms. Coastal erosion, for instance, is a major concern as storm surges and high winds strip away sand and vegetation, leading to the loss of critical habitats for wildlife.

Wetlands, which play a crucial role in protecting inland areas from storm surges by absorbing excess water, are often severely damaged during hurricanes. The loss of these wetlands can increase the vulnerability of coastal communities to future storms and reduce biodiversity in the region. South Mississippi's wetlands are



home to a variety of plant and animal species, many of which are already under threat from human activities. The destruction of these habitats can lead to declines in populations of fish, birds, and other wildlife, disrupting the balance of the local ecosystem.

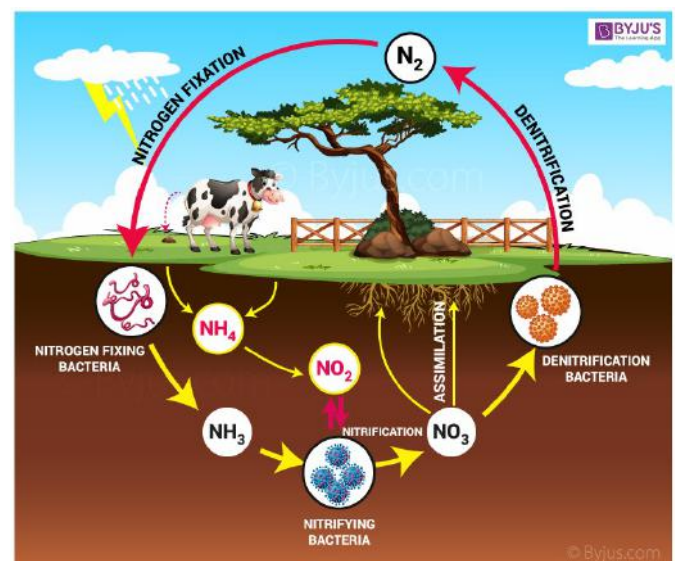
In addition to habitat destruction, hurricanes can also introduce pollutants into the environment. Floodwaters can carry hazardous chemicals, oil, and sewage from industrial sites, agricultural areas, and urban runoff into rivers, bays, and the Gulf of Mexico. This pollution can have long term effects on water quality, marine life, and the overall health of the ecosystem. The damage to the ecosystem, in turn, can affect local industries such as fishing and tourism, which are vital to the economy of South Mississippi.

Physical Damage to Coastal Habitats

Hurricanes inflict immediate physical damage to coastal habitats. The combination of strong winds and high storm surges can cause significant erosion along beaches, which is detrimental to the natural landscape. Beaches serve as crucial buffer zones that protect inland areas from storm impacts. When these areas are eroded, it not only alters the coastal geography but also disrupts the natural processes of sediment deposition and nutrient cycling.

Mangroves, salt marshes, and other coastal vegetation are particularly vulnerable. Fleeing rising seas in South Florida, mangroves are establishing themselves farther north along the Gulf coasts. Some are thriving in southern Texas and are al-

ready approaching Mississippi and Alabama, places where they historically could not withstand the climate, according to a new Florida International University (FIU) study. Severe freeze events kill Mangroves however, the study suggest the northern Gulf of Mexico freeze events have become a lot less frequent, allowing the mangroves to expanded. Increased carbon dioxide in the air traps more heat in the atmosphere, which is making areas farther north warmer. Mangroves are doing so well in these new areas, they're expected to spread all across the coast of the entire Gulf of Mexico in a few decades. Mangroves, with their complex root systems, provide essential stabilization to the shoreline. When mangroves take root in larger numbers, they can create a wall that blocks sediments piling up on the coastline and they can tamp down storm surge from a hurricane. One of the benefits to encouraging Mangroves growth is that they trap debris which helps build soil elevation. Salt marshes, which also play a vital role in trapping sediments and filter-



ing pollutants, can also be eroded or inundated, reducing their effectiveness and leading to long-term degradation.

Nutrient cycling is a cyclic process that encompasses the movement of nutrients from the physical environment of living organisms and back to the environment. Nutrients are present on the earth where they are recycled, transformed into different forms and reutilized.

There are five main nutrient cycles:

1. Carbon cycle.
2. Oxygen cycle.
3. Water cycle.
4. Phosphorus cycle.
5. Sulfur cycle.

Impact on Marine Life

The impact of hurricanes extends into the marine environment, where they can have profound effects on aquatic life. Heavy rainfall associated with hurricanes leads to the influx of freshwater into estuaries and coastal waters. This sudden and significant decrease in salinity can stress marine species that rely on stable salinity levels. Species such as shrimp, oysters, and various fish that thrive in brackish waters may struggle to survive or reproduce under these altered conditions.

Additionally, the storm surges can lead to the sedimentation of coral reefs and seagrass beds. Coral reefs, which provide critical habitat for a myriad of marine organisms, can suffer from sediment smothering, reducing light penetration and affecting coral health. Sediment can smother corals, making it difficult for them to feed, grow, and reproduce. Sediment can

also make the water cloudy, which can reduce the amount of light available for photosynthesis, which is essential for coral growth.



Seagrass beds, also known as seagrass meadows, are underwater ecosystems made up of large patches of seagrass, a flowering marine plant with long, grass-like leaves. Seagrass can be found in shallow coastal waters and estuaries, and can form dense beds that extend for miles. Seagrass beds provide critical habitats for many species of fish, invertebrates, and other marine life:

Shelter : The leaves of seagrass beds provide shelter for fish, as well as urchins, and bivalve mollusks, i.e. clams, oysters, mussels and scallops.

Nurseries: Seagrass beds are nursery areas for flatfish like flounder and American plaice.

Food: Seagrass beds are important foraging areas for juvenile fish, shorebirds, and wading birds, as well as wildfowl like ducks and American wigeons.

Support: Seagrass beds support threat-



ened and endangered species like sea turtles and manatees.

Seagrass beds also improve water quality by trapping fine sediments and particles with their blades, which helps maintain water clarity. Seagrass roots stabilize the sediment, which helps prevent erosion of the seabed

Sediment Redistribution

Hurricanes can cause extensive sediment redistribution. Floodwaters often carry large quantities of sediments from inland areas to the coast. This sediment influx can bury critical habitats such as coral reefs and seagrass beds, which can lead to diminished ecological functions. For example, the burial of seagrass beds can impact the feeding and breeding grounds for marine species like sea turtles and manatees.

The alteration of sediment distribution can also affect coastal processes such as beach nourishment and shoreline stability. The natural balance of sediment

transport can be disrupted, leading to increased erosion or accretion in different areas, which can have cascading effects on coastal ecosystems and human infrastructure.

Community Resilience and Adaptation

Despite the severe impacts of hurricanes, the communities in South Mississippi have demonstrated remarkable resilience. Over the years, residents have developed strategies to adapt to the recurring threat of hurricanes, including improvements in building codes, the construction of levees and flood barriers, and the development of early warning systems.

Community-based organizations play a crucial role in preparing for and responding to hurricanes. These organizations often provide essential services such as emergency shelters, food distribution, and mental health support. In recent years, there has been a growing recognition of the importance of including vulnerable populations, such as the elderly, disabled, and low-

“Restoring and protecting wetlands... is not only important for biodiversity but also for reducing the impact of storm surges on coastal communities.”

income residents in disaster planning and response efforts.

Furthermore, there is an increasing emphasis on the role of ecosystems in enhancing community resilience. Restoring and protecting wetlands, for example, is not only important for biodiversity but also for reducing the impact of storm surges on coastal communities. Reforestation and the creation of green spaces can help mitigate the effects of flooding and improve the overall resilience of the region

Recovery and Adaptation

Natural Resilience

Despite the severe impacts, coastal ecosystems exhibit a remarkable degree of natural resilience. Many habitats, such as mangroves and salt marshes, have evolved mechanisms to withstand periodic disturbances. For instance, mangrove trees are adapted to tolerate saline conditions and periodic flooding, while salt marsh plants can recover from temporary inundation.

The ability of these ecosystems to recover depends on the severity of the disturbance and the time available for recovery. Mild to moderate storms may allow for rel-

atively quick recovery, while more severe or frequent storms can strain the resilience of these systems, leading to prolonged recovery periods or permanent changes in habitat structure and function.

Restoration Efforts

Post storm restoration is a critical component of ecosystem recovery. Restoration projects typically involve activities such as replanting native vegetation, removing debris, and monitoring water quality. In South Mississippi, local conservation groups and government agencies often lead these efforts to help restore damaged habitats and promote ecological recovery.

Replanting programs focus on reestablishing critical vegetation, such as mangroves and salt marsh grasses, which can help stabilize the shoreline and improve habitat



conditions. Additionally, efforts to remove debris and pollutants from coastal waters and sediments are essential for mitigating further environmental damage and supporting ecosystem recovery.

Adaptation Strategies

In response to the increasing frequency and intensity of hurricanes, adaptation strategies are being developed to enhance the resilience of coastal ecosystems. These strategies often involve both natural and engineered solutions to mitigate storm impacts and support recovery.

1. Enhancing Natural Buffers:

One effective approach is the restoration and enhancement of natural buffers. Much like we have seen on the beach here in Pascagoula, restoring wetlands and creating living shorelines can help absorb storm impacts and reduce erosion. Wetlands act as natural sponges, absorbing excess water and reducing flood risks. Living shorelines use natural materials, such as plants and oyster reefs, to stabilize the coastline and provide habitat for wildlife.

2. Coastal Zone Management:

Coastal zone management practices are being updated to address the challenges



posed by climate change and increased storm activity. Much like the zoning changes we saw after Hurricane Katrina. The zoning regulations are modified to address new construction requirements, limit development in vulnerable areas, implementing erosion control measures, and promoting sustainable land use practices that protect natural habitats.

3. Research and Monitoring:

Ongoing research and monitoring are crucial for understanding the long term effects of hurricanes on coastal ecosystems and informing adaptive management strategies. Researchers track changes in habitat conditions, species populations, and ecosystem functions to provide data that can guide conservation efforts and policy decisions.





**Community Action of South MS invites
you to our annual Cruising the Coast**



MONDAY

OCT 7

**10 AM TO
2 PM**

5343 JEFFERSON AVE PARKING LOT

Come out and enjoy lunch, good music and FUN.
Be sure to wear your favorite 50s, 60s or 70s style!

PER Ed Neuman Assumes CSM Responsibility of 168th Engineer Brigade

The 168th Engineer Brigade based in Vicksburg, MS conducted a Change of Responsibility Ceremony on September 15, 2024, where Command Sergeants Major (CSM) Edward Neuman accepted responsibility from CSM Joseph Cook. The 168th is a part of the Mississippi Army National Guard under the administrative and training supervision of the 184th Sustainment Command.

CSM Neuman is a Past Exalted Ruler of Pascagoula Elks Lodge having served as Exalted Ruler in 2022-2023. Ed is a twenty-three year member of the Lodge. He was proposed by Brian Rubino and initiated under PER Billy Williams on October 23, 2023.



His military assignments included Bravo Company, 890th Engineer Battalion, Pascagoula, MS; 859th Vertical Company, Pascagoula, MS; HHC, 890th Engineer Battalion, Gulfport, MS; 857th Horizontal Company, Pica-yune, MS, 168th Engineer Brigade, Vicksburg, MS; HHC 150th Brigade Engineer Battalion, Meridian, MS.

CSM Neuman's leadership positions include General Construction Equipment Operator, Section Sergeant, Horizontal Platoon Sergeant, Construction Section Leader, Vertical Platoon Sergeant, First Sergeant, Chief Engineer NCO, and Command Sergeants Major.

His civilian education consists of Pascagoula



CSM Neuman enlisted in the MS Army National Guard July 18, 1989. He completed General Construction Equipment Operator (62J) at Fort Leonard Wood, Missouri, in January 1990. CSM Neuman recently serves as the Command Sergeants Major for the 168th Engineer Brigade.

High School Diploma (1989), MS Gulf Coast Community College (Electrical Apprenticeship) (1991-1995). His military education includes; General Construction Equipment Operator (1990), Active Component Primary Leadership Development Course (1995), Reserve Component Basic Noncommissioned Office Course Phase I (2001), Reserve Component Basic Noncommissioned Office Course Phase II (2001), Reserve Component Advanced Noncommissioned Officer Course (2010), United States Army Sergeants Major Academy (2020).



CSM Neuman's awards and decorations include; Meritorious Unit Commendation, Bronze Engineer De Fleury Medal, Meritorious Service Medal, Army Commendation Medal (3 Bronze OLC), Army Achievement Medal (Bronze OLC), Army Good Conduct Medal, Army Reserve Components Achievement Medal (Silver OLC – 2 Bronze OLC), National Defense Service Medal Ribbon (Bronze Star), Afghanistan Campaign Medal (Bronze Star), Iraq Campaign Medal (2Bronze Star), Global War on Terrorism Service Medal, Humanitarian Service Medal (Bronze Star), Armed Forces Reserve Medal (M Device – Gold Hourglass), Army NCO Professional Development Ribbon (Bronze 5), Army Service Ribbon, Army Overseas Service Ribbon

(Bronze 2), Army Reserves Components Overseas Training Ribbon (Bronze 5), NATO ISAF (International Security Assistance Force) Medal, MS National Guard Medal of Efficiency, MS National Guard War Medal, MS National Guard Emergency Service Medal (2Bronze OLC), MS National Guard Longevity Medal (Silver OLC), Certificate of Achievement, Combat Action Badge, Driver and Mechanic Badge, Norwegian Foot March Badge.

He married the former Kellie Elaine Knowles of Gautier, MS, on December 29, 2006. They presently live in Pascagoula, MS, and have four children Morgan Banks (29), Edward (Katlyn) Neuman III (28), Charlie Banks (27), Amber (Ben) McMillan (24), two grandchildren Levi Broadus(7yrs) and Rowan McMillan (2yr).

Congratulations on your orders Ed! We sincerely thank you for your duty, service, and dedication to our great country.



Officers

Exalted Ruler..... Curtis Welsh
 Leading Knight Jason Darden
 Loyal Knight Becky Turner
 Lecturing Knight Harold Tillman
 Secretary.....Darla Holifield
 Treasurer Tony Olson
 TilerBill Kallsten
 Chaplain..... Dobbs Dennis
 Esquire..... Steve Overman
 Inner Guard..... Danny Holifield
 TrusteeMarc Turner
 Trustee Joe Parisi
 Trustee Stacey Doggett
 Trustee Sherwood Beckham
 Trustee Paul Bosarge

Committee Chairs

Activities Enos Treece
 Americanism Patti Bradley
 Bereavement..... Becky Turner
 Bingo Sherwood Beckham, PER
 Carnival BallJoe Parisi, PSP
 Christmas BasketsDarla Holifield
 Community Projects Diana Dixon
 Dictionary Program A'ndrea Tillman
 Disaster Relief Becky Turner
 Drug AwarenessKaren Katzele
 ENF..... Lynn Overman
 Girl Scout Awards..... Daniel & Neka King
 Golf Tournament.....Marc Turner
 Government Relations Harold Tillman
 House Chad Brownlow
 Hoop Shoot Patti Bradley
 Investigation Sherwood Beckham, PER
 JROTC Recognition Michael Urban
 Kitchen Jason Darden
 Lapsation..... Jeri Hines
 Lodge Activities Michele Seaman
 Magazine..... David Chamberlain
 Presiding Justice Doug Tynes
 Public Relations..... David Chamberlain
 Pub Safety RecognitionConnie Bosarge
 River Run.....Darla Holifield
 Scholarship..... Becky Turner
 Soccer Shoot Patti Bradley
 State Major Project Manny Heredia
 Student of the Month..... Jeri Hines
 Veterans..... Tony Olson
 Youth Activities Paul Thompson Jr.

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Brickyard Bayou Broodings

By John Richards,



The long days of summer have gone and the changing of the seasons is underway. Leaves that once provided the energy the trees need for growth, now lie upon the ground and in the mire of the bayou, soon to provide food for the insects and mycelial networks that enrich the soil. All integral parts of a living and thriving ecosystem that enables us all to continue enjoying this wonderful life. It gives us a clear example of charity as it should be.

What the trees and other plants no longer need, they relinquish it to the other denizens of nature so they may also thrive. In the same manner, we should take stock of those things in our lives, and those that no longer serve to further our goals, we should let them go to others who may very well thrive on them. Not only will it enrich us with the experience of being charitable, it

may very well spawn a new phase of charity among those who were blessed.

In this manner, the chain reaction that occurs, raises up a new set of citizens who may soon join our Elks brotherhood. As in nature, the offal we no longer need, goes to others, and eventually it all fertilizes our fields and our brotherhood grows stronger.

So, as we go into this holiday season, enjoy all that you have earned in your life, and share your joy with each other. Do not forget that this is also the season we need to remember to share all that has blessed us over the year. Remember, there are those who could be lifted high by the gift of a simple blanket. Also, it is our Charity in our conduct that endears us to our community.

PASCAGOULA ELKS PRESENTS 9TH ANNUAL 25 GUN RAFFLE

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NOVEMBER 15 & 22, 2024

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Health Issues Faced as an Aging Adult

Jason Darden



Growing “old” is inevitably a fact of life. If we are lucky enough, God will allow us to live into our senior years. Although this comes with great wisdom, enjoyment and fulfillment, it also becomes increasingly important for us to stay alert and attentive to a range of health changes and potential risks that may arise. This allows us to sustain, not only our quantity of life, but its quality. There are numerous factors that

will make our advanced years as full of value as possible. Let us touch on a few of these.

Physical Health Monitoring: Aging often brings about changes in physical health. This can include a mass variety of situations such as decline in mobility, strength, and endurance. Regular monitoring of these changes can help us identify any concerning trends early on, allowing for

timely intervention and management.

Chronic Conditions: As we grow into older adults, we are at a higher risk for developing chronic conditions such as diabetes, hypertension, heart disease, and arthritis. When we are aware of the symptoms and risk factors associated with these conditions, it can empower us to

seek medical advice and make lifestyle adjustments that may alleviate their impact.

Cognitive Health: Cognitive decline, including memory loss and difficulties with problem-solving, can be a significant concern for aging individuals. Staying cautious about cognitive changes can facilitate early detection of conditions like dementia or Alzheimer’s disease, allowing us and our families to plan for appropriate

care and support.

Mental Health Awareness: As we grow older, it can also bring about emotional and psychological challenges, such as depression and anxiety. Often these are worsened by factors like isolation, loss of loved ones, or chronic pain. Being aware of one's mental health and seeking help when needed is essential for our overall well-being.



Medication Management: As older adults, we frequently take multiple medications, which can lead to complications such as drug interactions or side effects. Extra attention in managing these medications, including regular consultations with healthcare providers, can help ensure that our treatments remain safe and effective with minimal side effects.

Preventive Care: Regular health screen-

ings and preventive care are vital for detecting potential health issues before they become serious. Aging individuals should remain proactive about scheduling routine check-ups, vaccinations, and screenings for things like cancer, osteoporosis, and cardiovascular diseases.

Lifestyle Choices: Maintaining a healthy lifestyle is crucial as we become older. This includes staying physically active, eating a balanced diet, getting adequate sleep, and avoiding harmful habits such as smoking or excessive alcohol consumption. Being mindful of these choices can considerably impact our overall health and longevity.

Social Engagement: Social connections can play a crucial role in our mental and emotional health. As we age, we may experience changes in our social circles due to the inevitable;

things like retirement, relocation, or the loss of family and friends. Being proactive about maintaining social interactions, whether through community activities, clubs, or volunteer opportunities, can help combat feelings of loneliness and isolation.

Safety Awareness: Aging can also increase our risk of accidents and injuries, particularly falls. Staying attentive about



home safety. We can do things such as removing tripping hazards, ensuring adequate lighting, and using assistive devices when necessary. This can significantly reduce the risk of injury. We can also increase our awareness of our physical limitations helping us make safer choices in our daily activities.

Advance Care Planning: As we age, it becomes increasingly important for us to consider future healthcare needs and preferences. Engaging in advance care planning, including discussions about end-of-life wishes and designating healthcare proxies, can provide us a peace of mind and ensure that our preferences are respected in the event of a medical crisis.

Community Resources: Many communities offer resources and support services

tailored to the needs of older adults. These can include resources such as transportation services, meal delivery programs, and health education workshops. When we stay informed about these resources it can help us access the support we need to maintain our health and independence.

As we all navigate the complexities of aging, remaining vigilant and proactive about our health is essential. By monitoring physical and cognitive changes, managing chronic conditions, prioritizing mental health, and engaging in preventive care, we can enhance our quality of life and maintain our independence for as long as possible. After all, “when an elder dies, a library is burned: vast sums of wisdom and knowledge are lost”. Let’s keep our fire burning as long as possible!

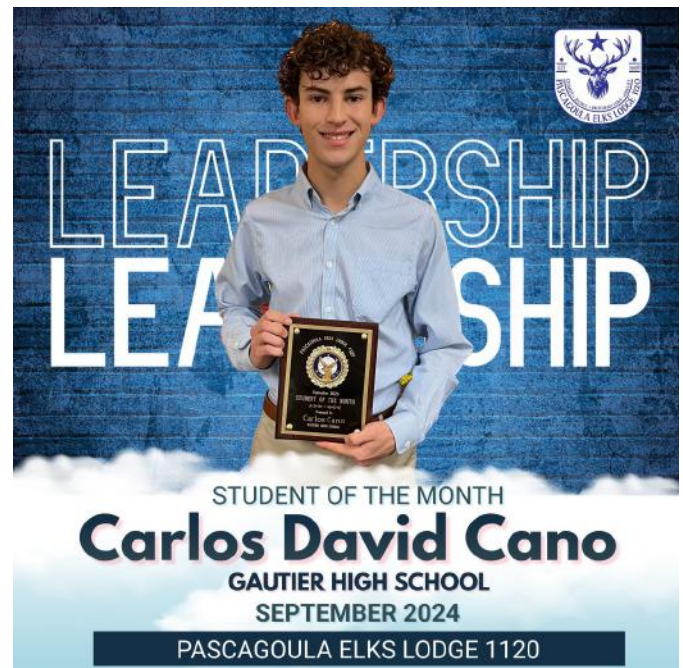
Students of the Month

September 2024

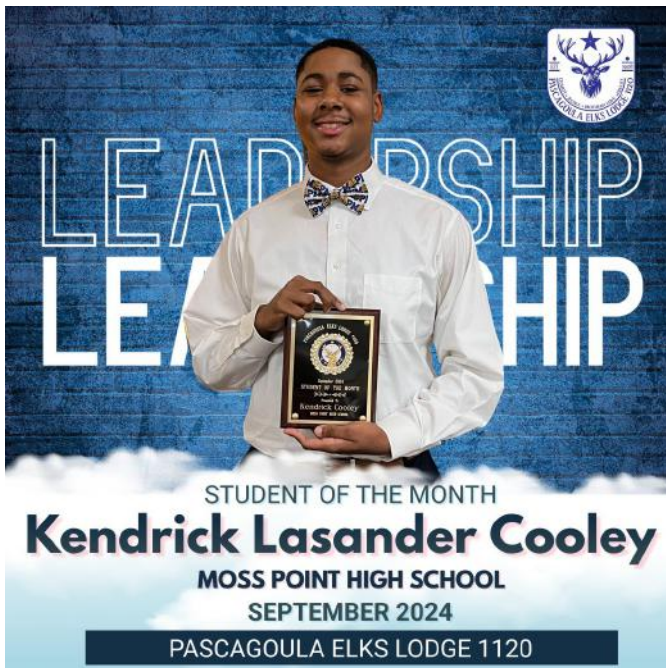
Representing East Central High School is Ms. Delaney Lynae River, daughter of Jeremy Cauley and Jessica Rivers. She plans to attend the University of Southern Mississippi to major in an Accelerated Bachelor of Nursing. With all the activities that this young lady is a part of, we don't know how she has time to sleep, much less maintain her outstanding academic average.



Mr. Carlos David Cano represented Gautier High School. David is the son of Marie Dugger, and the grandson of Aimée Gautier Dugger and Dr. David Dugger. He plans to study Chemical Engineering at Mississippi Gulf Coast Community College. He is the recipient of the 2024 William E. Feidt Memorial Scholarship.



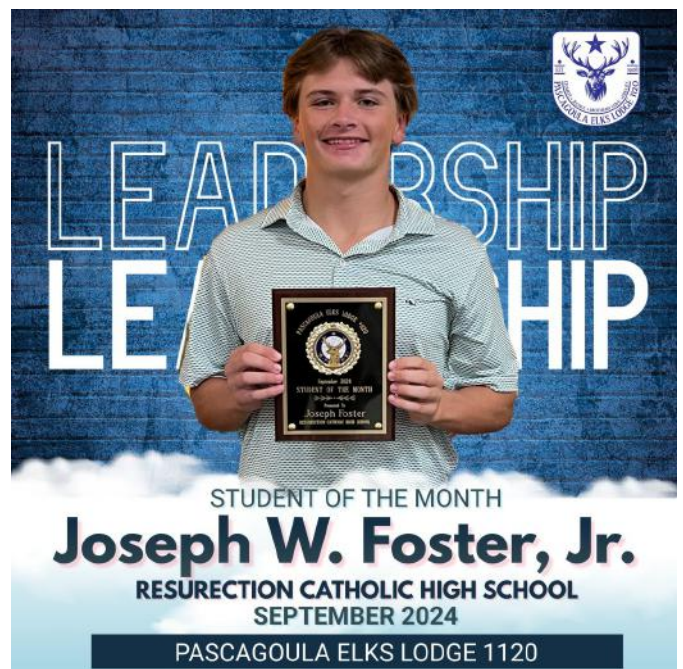
Our outstanding Moss Point High School Student was Mr. Kendrick Lasander Cooley, son of Lori & Kendricks Cooley. He will be double majoring in communications and music education at Jackson State University. Kendrick plans to be a band director. In his spare time, Kendrick is a member of the Gulf Coast Omega Lamp-lighters.



Pascagoula High School's representative was Ethan Eldridge Triplet. Ethan is the son of Kristi Davis and plans to study Civil Engineering at the University of South Alabama. He is an avid bowler and disc golfer when he is not busy working at Rx Express Pharmacy.



Mr. Joseph Whitfield Foster, Jr. son of Joseph & Kelly Foster represented Resurrection Catholic School. He will be in the Pre-Med program at Ole Miss. Until then, he volunteers with St. Vincent de Paul and is a member of the Pascagoula Mayor's Youth Council.





Amazing Developments in Eye Care

James D. Sutton, M.D.

Imagine you begin to notice a decrease in your vision, slowly at first, but never the less present. Driving at night or at dusk, driving in an afternoon rain shower, seeing the words on the screen at church, watching tv, becomes increasingly difficult. What to do?

So you schedule an appointment with your family eye doctor. As you sit in the exam chair, you hear the word cataract, then the word surgery, how do you feel?

Well, if you are like most folks, that can make for a very scary afternoon, but good news!

The medical eye doctors at Mississippi Eye Associates are here to help.

Mississippi Eye Associates was started in 1990 by James D. Sutton, M.D. a Board Certified Ophthalmologist, a medical physician that specializes in the medical and surgical treatment of eye diseases. Dr. Sutton is joined by his partner Benjamin Apelo M.D., a Major in the United States

Air Force who is also a Board Certified Ophthalmologist. The Mississippi Eye Associates team also includes three Retinal specialists, Chris Semple, M.D. Mark Douglas, M.D., and Stuart Ball, M.D. Additionally the MEA team includes a Corneal Specialist, Drew Salisbury, M.D. and a Glaucoma Specialist ED Wright, M.D.

Mississippi Eye Associates has over 150 years of combined ophthalmic experience in restoring sight for the Mississippi Gulf Coast.

Now back to our blurry vision.

Cataract surgery is one of the most successful medical procedures performed, but let's back up and review.

What is a cataract? A cataract is a clouding of the human lens. The lens is the structure within the eye that focuses light on the retina. When the lens becomes cloudy our vision decreases.

What causes cataracts? Well, the most

common cause of cataracts is age, but there can be other causes such as diabetes, trauma or an ocular injury, certain medicines like prednisone, chemotherapy treatments, and of course genetics can always play a roll.

So just because I have a cataract, do I have to have surgery?

No, sometimes all that is needed is a change in your glasses prescription. This is a fairly easy thing to fix when it works, but this will depend on how advanced your cataract is. When the vision is not correctable with a change in glasses then surgery may be the only option to restore sight.

Does cataract surgery always work?

Most of the time the answer is yes, but other factors can have an effect on the outcome of your planned surgery. Are there other eye issues in play? For exam-

ple, do you have any early macular degeneration, diabetes with retinal bleeding, or edema (retinal swelling) what about glaucoma. Assuming the eye is healthy, and this can be determined prior to surgery, most folks do great.

How does cataract surgery improve my vision?

Well, the cloudy lens is removed in the operating room, typically as an outpatient in a procedure that takes about 15 minutes to accomplish.

At Mississippi Eye Associates Drs Sutton and Appelo work out of the Ocean Springs Outpatient and Endoscopy Center which is just east of the Ocean Springs Hospital. In most cases, when a patient is scheduled for surgery, on the morning of the surgery, they are brought into the pre-op area of the surgery center where they are

Design Your Own Vision

The first and only lens that is adjusted to your lifestyle **AFTER** cataract surgery

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EYE ASSOCIATES

 **RXSIGHT**
LIGHT ADJUSTABLE LENS



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GOLF 2024

TOURNAMENT

NOV 10th, 11th, & 12th

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\$175 One Player
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Marc Turner



PascagoulaElks.org

greeted and seen by our board certified anesthesiologist. Typically, an iv is started, and drops are placed in the eye to dilate the pupil. Then it's off to the Operating Room. The surgery takes about a 15 minutes. So, while the work of removing the cataract is occurring the patient is asleep. Fifteen minutes later in the recovery area, they are awake and ready to go home.

One of the most important parts of cataract surgery though is the selection of the replacement lens. This is the replacement lens that goes into the eye to put it back in focus. There are many choices that have a profound effect on the visual outcome of the surgery.

For example, a patient might chose an implant, or replacement lens, that puts the eye in focus for distance vision. This patient would most likely need a pair of reading glasses for up close vision at the

completion of the surgery. Conversely, a patient could choose implants set for near focus. That patient would then need driving glasses. Additionally, one could choose one of the Advanced Technology Lenses such as the Alcon Vivity Intraocular Lens that corrects vision for distance, intermediate, near vision, and astigmatism.

So, the implant choice is an important decision that is made with the help of the Mississippi Eye Associates team prior to surgery insuring that each patient has an amazing outcome and experience.

If you are having issues with your vision, we are here to help with two convenient locations. In Ocean Springs, we are located at 3631 Bienville Blvd, in Pascagoula we can be found at 421 Delmas Ave., downtown by the old train depot.

Our phone number is 228- 875-2020. Give us a call, or check us out on the web at MississippiEyeAssociates.com

James Sutton, MD

Dr. Sutton is South Mississippi's most experienced cataract and implant surgeon with over 30,000 surgeries performed in the last three and half decades. He is the founder and CEO of Mississippi Eye Associates which was opened in the Summer of 1990. He is the Chairman of the Board of Ocean Springs Outpatient Surgical and Endoscopy Center. He is the first surgeon on the Mississippi Gulf Coast to implant the RX Sight Light Adjustable Lens, and a clinical investigator for RX Sight. A graduate of the University of Kentucky, Dr. Sutton and his wife moved to Ocean Springs to open [Mississippi Eye Associates](https://MississippiEyeAssociates.com).



TESTOSTERONE: WHAT YOU SHOULD KNOW

It's not just a men's issue, but also one that women should be aware of as well.



Lavee Sims

Testosterone is a fundamental hormone that affects many aspects of human health, not only in men but also in women. It plays key roles in muscle mass, bone density, sexual function, and mood regulation. While its role in sex drive, muscle mass, fat distribution, and overall health is well established, the relationship between testosterone and estrogen—specifically estradiol, a form of estrogen—has become a topic of increasing scientific interest.

While testosterone is often associated with men, it is essential for women's health as well. Women with low testosterone levels may experience symptoms such as low libido, mood changes, and reduced bone mass. On the other hand, conditions like polycystic ovary syndrome (PCOS) can lead to excess testosterone in women, causing symptoms such as:

- Irregular menstrual cycle
- Excessive facial and body hair (hirsutism).
- Acne and male-pattern baldness.

Excessive testosterone levels, either due to synthetic supplementation or health conditions, can lead to various complications. In men, high testosterone levels may cause:

- Aggression and mood swings.

- Acne and oily skin.
- Enlargement of breast tissue (gynecomastia).
- Decreased sperm production and fertility issues.
- Increased risk of cardiovascular disease.

In women, high testosterone can cause symptoms of masculinization, such as deepening of the voice, excessive hair growth, and menstrual irregularities.

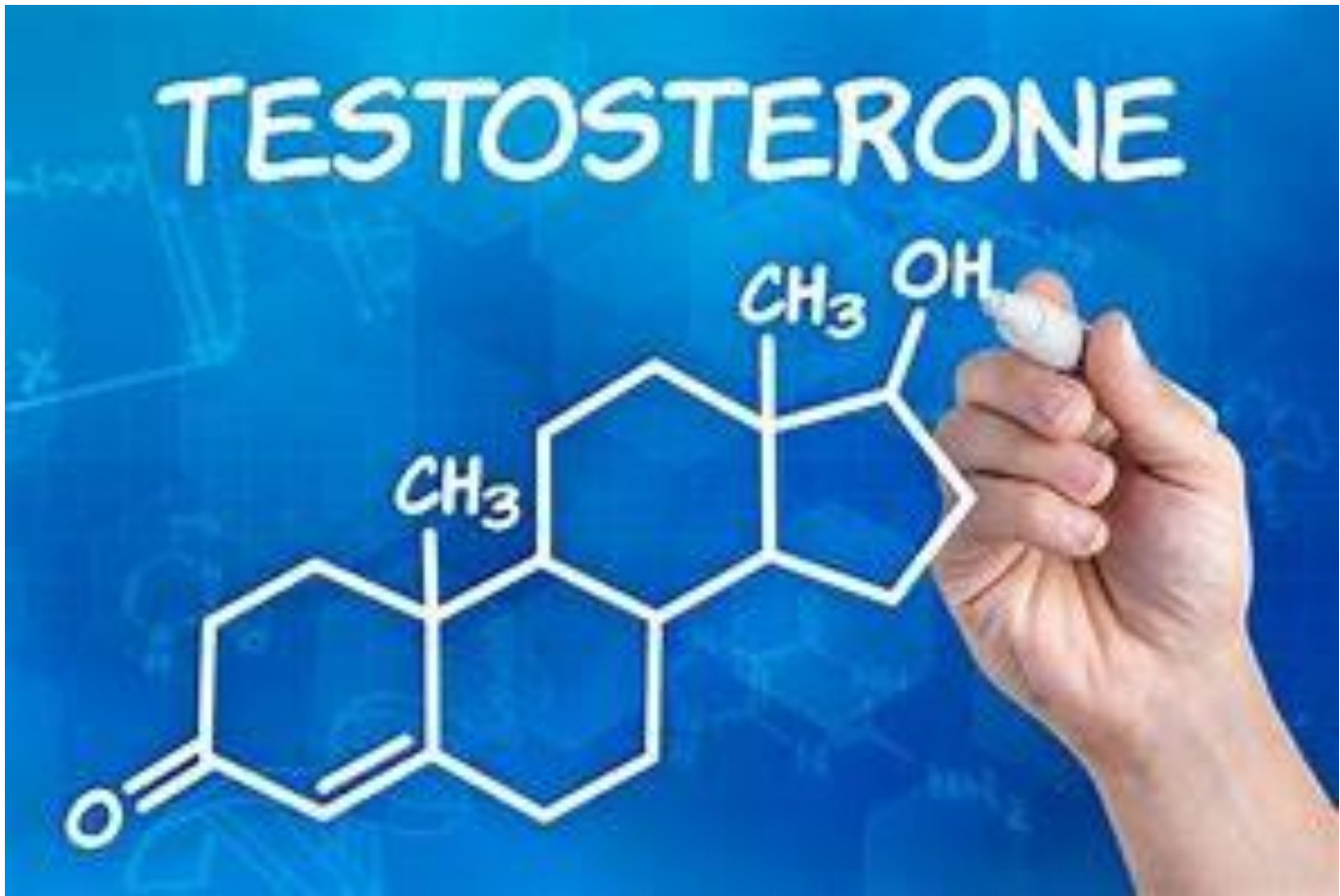
TESTOSTERONE DEFICIENCY

In men, testosterone controls:

- The development of male characteristics such as deeper voice, body hair, and muscle growth.
- Libido and sexual function.
- Sperm production and fertility.
- Bone density and muscle strength.

In women, though produced in smaller amounts, testosterone contributes to libido, bone health, and mood regulation. It is synthesized in the ovaries and adrenal glands and plays a role in maintaining sexual and reproductive health.

Testosterone levels in men gradually decline with age, usually starting after 40. Low testosterone, or hypogonadism, can result from aging or medical conditions and leads to symptoms such as:



- Loss of muscle mass.
- Reduced libido and erectile dysfunction.
- Increased body fat.
- Depression and mood swings.
- Lowered bone density, increasing the risk of fractures.

In women, testosterone deficiency, though less common, can result in reduced libido, fatigue, depression, and decreased bone strength.

TESTOSTERONE THERAPY

Testosterone replacement therapy (TRT) is a common treatment for men with low testosterone levels. TRT can alleviate symptoms such as low libido, fatigue, and depression, and improve muscle mass

and bone density. However, the therapy is not without risks, including potential cardiovascular complications, prostate health concerns, and sleep disturbances.

In women, testosterone therapy is less common but can be used to treat low libido or other symptoms of testosterone deficiency. However, the long-term effects and safety of testosterone therapy in women remain subjects of ongoing research.

While testosterone therapy can be beneficial, it comes with potential risks, including:

- Increased risk of heart disease and stroke.
- Sleep apnea.
- Acne or skin reactions.
- Increased red blood cell count, which

can lead to blood clots.

For men, TRT may also raise concerns about prostate health, though the connection between testosterone therapy and prostate cancer is not clearly established. For women, testosterone therapy may lead to unwanted side effects such as mood changes, acne, and voice deepening.

Testosterone plays an essential role in maintaining overall health in both men and women. While testosterone replacement therapy offers benefits for those with deficiencies, it also carries potential risks. Careful consideration, monitoring, and individualized treatment are necessary to ensure the safe and effective use of TRT. As research continues, the evolving understanding of testosterone's role in health will guide better therapeutic strategies.



TESTOSTERONE: FUNCTIONS, EFFECTS, AND THERAPIES

From examining a study led by Dr. Joel Finkelstein at Massachusetts General Hospital, which investigates how testosterone's conversion to estrogen affects men's health, we are able to learn more about testosterone. The findings offer valuable insights into hormone replacement therapies and the management of age-related hormonal deficiencies while also examining the functions of testosterone, its effects in cases of deficiency or excess, and the implications of testosterone replacement therapy (TRT)

THE STUDY DESIGN

The study involved 400 healthy men aged 20 to 50. Participants were divided into groups that received various doses of a 1% testosterone gel over 16 weeks, ranging from 0 to 10 grams daily. To further examine the role of estrogen, half of the participants took a drug that blocked the conversion of testosterone to estradiol. The researchers measured hormone levels, body composition, muscle strength, and sexual function before and after the treatment. Funded by the NIH's National Institute on Aging (NIA) and the National Institute of Diabetes and Digestive and Kidney Diseases (NIDDK), the study was published in the *New England Journal of Medicine* in September 2013.

KEY FINDINGS

1. Testosterone and Estrogen Interactions: Testosterone is partially converted into

estradiol, and the decline of both hormones as men age leads to physical changes previously attributed solely to testosterone deficiency. The study found that reduced estradiol, rather than testosterone alone, plays a key role in some of these changes, such as increased body fat.

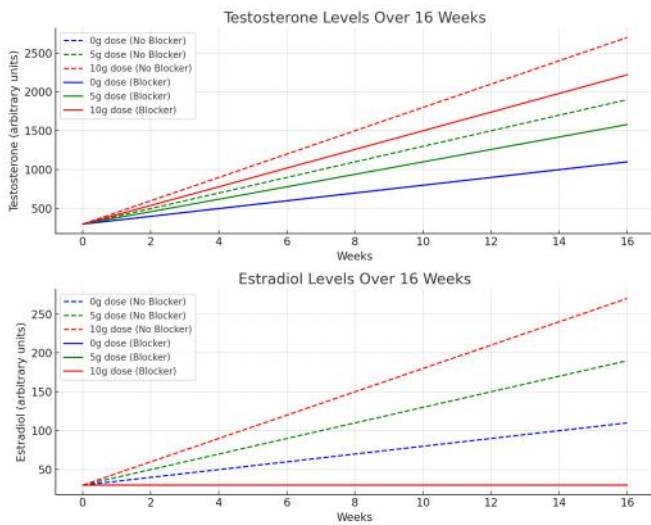
elicit physiological effects varied significantly among the participants, suggesting that testosterone replacement therapies should be tailored to individual needs for maximum effectiveness.

IMPLICATIONS FOR TREATMENT

This study's findings have significant implications for developing treatments for testosterone deficiency. It underscores the importance of considering estradiol levels in addition to testosterone when addressing symptoms of hormonal decline. By recognizing that some symptoms, particularly increased fat mass, are tied to estradiol deficiencies, more comprehensive and personalized treatment plans can be developed. This research also suggests that therapies targeting both testosterone and estradiol could provide a more effective approach for men experiencing age-related hormonal declines.

CONCLUSION

The research sheds light on the complex relationship between testosterone and estradiol, revealing that many symptoms of aging, such as increased body fat and loss of muscle mass, are closely tied to estrogen levels. The findings suggest that future hormone replacement therapies should address both testosterone and estradiol levels to provide more holistic and effective treatment. Ongoing clinical trials aim to explore the broader effects of testosterone, including on bone health and prostate function, offering a promising future for managing age-related hormone deficiencies.



2. Effects on Muscle and Fat:
 - Muscle Mass and Strength: Decreasing testosterone levels were directly linked to reductions in lean mass, muscle size, and leg strength.
 - Body Fat: The rise in body fat was primarily attributed to lower estradiol levels, showing its significance in regulating fat distribution.
3. Libido and Erectile Function: Both testosterone and estradiol were found to be essential in maintaining sexual health. Declines in either hormone negatively affected libido and erectile function.
4. Variability in Hormonal Responses: The testosterone doses required to

My Life With Diabetes

Patti Bradley

A diagnosis of diabetes is a journey that involves much more than just managing blood sugar—it's a daily commitment to balancing treatments, lifestyle choices, and emotional resilience. From navigating medication access and rising costs to dealing with the constant vigilance required to stay healthy, it can often feel overwhelming. With the right support and resources, it's possible to face these challenges and lead a fulfilling life.



“Diabetes isn’t just a physical challenge—it’s an emotional one as well.”

Living with diabetes is a constant balancing act, one that requires vigilance and discipline every single day. As someone managing this condition, I’ve come to understand that diabetes isn’t just about blood sugar—it’s about navigating a complex web of treatments, lifestyle changes, and emotional hurdles.

When I was first diagnosed, blood tests confirmed that my glucose levels were too high, pointing to the fact that my body couldn’t effectively produce or use insulin. Like so many others, I had to learn which type of diabetes I had—whether it was Type 1, which requires insulin therapy, or Type 2, which can sometimes be managed with lifestyle changes or medications. This was the beginning of a lifelong journey where managing my health became a daily task, from counting carbs to monitoring blood sugar levels.

Accessing the medications I need hasn’t always been easy. Between dealing with insurance, rising costs of insulin, and sometimes even pharmacy shortages, I’ve experienced the frustration and financial strain that so many of us face. It’s difficult to overstate just how important it is to have consistent access to these treatments—our lives depend on it. Yet, the cost of diabetes care can be overwhelm-

ing, forcing difficult choices between paying for medications or covering other basic needs. This financial burden is something I feel deeply and is an issue that needs more attention.

But diabetes doesn’t just affect your wallet—it affects your whole life. Over time, I’ve learned about the potential complications that diabetes can bring. The threat of heart disease, kidney failure, nerve damage, and even blindness looms over us. It’s frightening to think that if I don’t manage my blood sugar carefully, it could damage my heart, my kidneys, or my nerves. Something as simple as a cut or blister on my foot now requires extra attention because nerve damage can dull my ability to feel it, and slow healing means even a small injury could turn into something far worse.

Every day requires me to monitor my blood sugar levels, ensuring they stay within a healthy range. While some have gotten used to pricking their fingers often throughout the day, I am lucky to be able to use a continuous glucose monitor, tracking every fluctuation throughout the day. The importance of diet and exercise can’t be overstated—I have to be conscious of every meal, carefully measuring carbs and choosing foods that won’t cause spikes in my blood sugar. Exercise plays its part, too,

J.D.W.



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helping improve how my body uses insulin.

Living with diabetes means my routine is never simple. I carry supplies with me—insulin, test strips, glucose tablets—everywhere I go. I'm constantly on alert, prepared for any situation, because I need to be ready for a sudden drop or spike in my blood sugar. The vigilance can be exhausting, but it's necessary to stay safe and healthy.

Yet, diabetes isn't just a physical challenge—it's an emotional one as well. The stress of managing this condition day in and day out can take a real toll. Worrying about complications, struggling with the costs, and dealing with the ongoing pressure to stay on top of my treatment—it's overwhelming at times. There are days when I feel isolated, when it seems like no one truly understands how draining it can be to live with a chronic condition. But in those moments, the support from my healthcare team, family, and others who are going through the same thing is what gets me through. Connecting with others,

whether through support groups or counselling, has been a lifeline.

At the end of the day, managing diabetes requires a comprehensive approach that addresses both the physical and emotional aspects of the condition. It's a battle against rising medication costs, the stress of daily management, and the fear of complications. But I've learned that with the right tools, support, and mindset, it's possible to take control and live a full, healthy life.

Patti Bradley



Patti Bradley is a 2-year member of the Pascagoula Lodge 1120. She is on the Pascagoula Boys Baseball board of directors, and has been the Committee Chair for Hoop Shoot, Soccer Shoot, and Americanism

Essay Contest since becoming a member. She is also heavily involved in the Kitchen, and any event in which she can be a help.



Q2 Elk of the Quarter Cary Welsh Honored

Esteemed Loyal Knight Becky Turner awarded honors to 3 year member Cary Welsh as Elks of the Quarter for Q2 2024-2025. Cary has been involved in so many projects it's hard to count. Well deserved Cary. We look to you for inspiration.

FREE KIDS EVENT
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PASCAGOULA ELKS LODGE 1120

TRUNK or TREAT

HALLOWEEN TREATS FOR KIDS
ELKS LODGE PARKING LOT
303 KREBS AVE, PASCAGOULA, MS 39567

THURSDAY, OCTOBER 31
6:00 PM TILL 8:00 PM

FOR MORE INFO CONTACT US AT (228) 762-1315

George Haines Memorial Car Show

Sept 7, 2024





To Our Absent Members

Billy Clay Williams, PDD



PASCAGOULA LODGE No. 1120 B.P.O. ELKS		
INT.	NAME	DIED
JUN 23, 1983	ALBERT "BUTCH" LOPER	MAR 15, 2020
OCT 19, 1967	J. WENDELL LEE SR	JUN 16, 2020
MAR 7, 1974	ROBERT E. GOODGAME	DEC 22, 2020
FEB 24, 1966	M. M. "MIKE" FLECHAS III	JAN 5, 2021
MAY 26, 1977	MOSELEY A. MALLETTE	JAN 17, 2021
FEB 24, 1966	WAYNE A. "COOKIE" COOK	JAN 21, 2021
JUL 13, 2017	TERRY E. MYHRE	JAN 25, 2021
MAY 25, 1995	ALTON S. HILYER SR	APR 5, 2021
JUL 1, 1969	ROY S. MCBRIDE JR	MAY 15, 2021
JUN 20, 2015	JOSEPH E. ARSTON	AUG 15, 2021
MAR 20, 1980	HOWARD MAGEE	SEP 22, 2021
APR 29, 2021	NORMAN SKEET RICHARDSON	DEC 27, 2021
MAR 20, 1997	ROBERT A. NIX	JAN 29, 2022
OCT 18, 1962	JERRY LEE	FEB 21, 2022
SEP 28, 1978	STANLEY E. HORTON	MAR 29, 2022
JUL 30, 2009	MERLIN JOSEPH WAGNER JR	MAY 8, 2022
AUG 17, 1961	MATT F. ZELENKA JR	MAY 18, 2022
NOV 8, 1973	ROBERT C. ALLEN	NOV 4, 2022
JUN 23, 1983	CHARLES H. NELSON	DEC 1, 2022
MAR 22, 1990	DAVID G. PEATTIE	DEC 17, 2022
MAR 28, 1971	M. JAY ADAMS	JAN 28, 2023
AUG 17, 1961	ROY H. CONN	MAR 7, 2023
AUG 26, 1993	ROBERT PRESTON ROWELL	MAR 8, 2023
SEP 25, 1969	DONALD D. LADNIER	APR 3, 2023
OCT 11, 2018	EVA M. BAUGH	JUN 17, 2023
MAY 17, 1975	W. ALBERT TURNAGE	JUN 18, 2023
DEC 22, 1977	JACK W. ROGERS	JUL 30, 2023
SEP 8, 2022	RICHARD "RICKY" A. DOBROWSKI	FEB 8, 2024
MAY 19, 2011	MICHAEL T. SEAMAN	MAR 15, 2024
OCT 30, 1980	GEORGE J. HAINES JR	APR 9, 2024
JAN 6, 2000	CHARLES G. JERRY PACE	APR 17, 2024
OCT 30, 1975	JOE LYNN RIVERS	MAY 16, 2024
MAR 7, 1974	JAMES W. STEADMAN	APR 25, 2024

Initiated—October 30, 1975
(50 Year Member)

Died—August 21, 2024

Exalted Ruler—1982-1983

Exalted Ruler—2002-2003

District Deputy—1993 -1994

Billy Clay Williams, beloved father, grandfather, brother and friend, passed away on August 21, 2024, just a few days following his 83rd birthday.

Billy served as a Marine where he received several honors including the National Defense Service Medal and the Vietnam Service Medal. He graduated from Mississippi State University and was the former President of MSU's Jackson County Alumni Association.

Billy was a lifelong member of the Elks Lodge where he was twice an Exalted Ruler and a Past District Deputy. He was also a member of the VFW, the American Legion and was a committee chairman for the Mississippi Maritime Museum. He worked at Ingalls Shipyard for 30 years and likes to comment that, during that time, he was only late for work one time and only missed one day ever.

Billy was a stranger to no one. He made friends every-

where he went and handed out Lifesavers Mints all along the way, always with a smile. If you were truly lucky, he would bring you a rose as a gesture of his appreciation. He was very fond of so many local establishments and very proud of his hometown.

Billy volunteered at numerous places and donated time or money to any cause or person who he thought he could help. His favorite pastimes were traveling around the world, collecting coins and photographing flowers, especially the ones he grew himself.

He likes to say, "for the most part, people are good and trustworthy, and that he looks for the positive in everyone." It is a great sentiment and a great way to perceive life; it was rare that Billy wasn't positive!

Proceeding him in death are his parents Parker Raymond Williams and Margaret Louise Shaffer Williams, his brother Bobby Gene Williams, sister Lucille Williams Hood and sister Martice "Sissy" Williams Cagle.

Survivors include his three children, Brian Clay Williams (Kerry), Robert Lance Williams (Sherry) and M. Jay Williams (Kelly); Grandchildren Connor Paul Webb (Kyra), Jenna Nicole Williams, London Gray Williams, Anna Elise Williams, Donovan Lee Norris, Beaux Landon Norris, Brantley David Norris, Hudson Jo Norris, Stetson Thomas Norris and Beckham Brian Norris; his brother Joel Raymond Williams and many nieces and nephews.

Carl E Stegall, PER



Initiated—June 20, 1974
(51 Year Member)

Died—August 24, 2024

Exalted Ruler—1980-1981

Carl Edward Stegall, Sr was preceded in death by his parents, DeBerry and Pauline Stegall. He is survived by his devoted wife of 63 years, Carolyn Stone Stegall, and his three children: Rene Shaw (Randy), Ed Stegall (Jopi), and Traci Buschmann (Mark). He was a cherished grandfather to Stephanie Tomes (David), Richard Stegall (Clare), Matthew Stegall, Will Stegall (Eden), Caroline Washington (Marcelo), Claire Brewton, and Ben Brewton. Carl was blessed with nine great-grandchildren: Carl, Natalie, David, Harper, Piper, Micah, Ty, Della, and Layla.

Carl was a dedicated member of the Elks BPOE 1120 and the American Legion Post 160. He retired from Ingalls Shipbuilding after 35 years. Carl was a founding member of the Nite Riders Rhythm & Blues Band in 1956. He and The Nite Riders continued to entertain the gulf coast until 2008.

Carl's life was marked by his love for his family, his passion for music, vintage cars, reminiscing with friends and a strong commitment to his community. He was also known for grilling the best steak in south Mississippi.

Ana Rivera Epps



Initiated—May 31, 2018
(7 Year Member)

Died—September 13, 2024

Ana leaves behind her one and only son, Colton Epps (her “Apple Dumpling”) and her fiancé, Lon Dudley Nix. She is also survived by her mother, Gloria Rivera; loving brothers, Richard Rivera, Russell Rivera (Robin), Ronald Rivera, Robert Rivera, and Frank Eric Rivera; nieces, Celeste Bonner (Micah) and their children, Kaya and Solomon, Jillian Lynn (Jeremy) and their children, Andrew and Juliana, and Kecia Nichols and her daughter, Mia; and her daughter, Chastidy Whitford (Jeremy) and their children, Jeremy, Bryson, and Ryker.

She is reunited in Heaven with her father (who she acts just like – tough as nails) Angel Rivera, brothers, Raymond Rivera and Angelo Rivera, nephew, Malachi Bonner, and absolute best friend, Eva Baugh.

Ana always gave her spit-fire, unfiltered opinion on all the lives of her family, even when they didn't ask. She was very tenacious, but who wouldn't be growing up with as many brothers as she did. Her family will miss her flamboyant make-up that matched all of her outfits, her laughter, her smile, and her strong love for all of them. Ana loved Loungefly Disney Backpacks and she was always eager to Facetime her nieces to show them her latest and greatest, who will now carry on her tradition. Ana's all-

To Our Absent Members

Clyde Bosarge, Sr.



Initiated—November 17, 1966
(50 Year Member)

Died—September 13, 2024

Clyde was born to the late Samuel Delmar Bosarge and Sylvia Rose Bosarge. He graduated from Pascagoula High School in 1955. To say he was a football standout would be an understatement. He began his varsity football career in 8th grade and lettered 5 years in varsity football. In 1954, he was the only Jackson County football player selected for the All Big 8, where he played first string guard and linebacker. Clyde was considered by many PHS football followers to be one of the best linemen to have ever played at PHS. He was inducted into the Pascagoula Athletic Hall of Fame in 2016 for his outstanding football skills.

When Clyde was in the 8th grade, he met the

love of his life, Barbara (Larsen) Bosarge. As high school sweethearts at PHS, Clyde and Barbara held many titles, including Mr. and Miss PHS, PHS Senior Class Favorites and PHS Homecoming King & Queen. But nothing could compare to their favorite title of all: Nana and Papa.

Clyde received scholarship offers from Mississippi State, LSU, Tulane, Georgia Tech and many others, but chose to attend Perkinson Junior College to be near home and the love of his life, Barbara. After playing football at Perk, Clyde returned to Pascagoula to start his family. After a brief stint of working at Ingalls Shipbuilding, he turned to the sea to embark on his career in the fishing industry. After all, Clyde was born with salt water in his veins.

He started by shrimping on his small boat and then moved on to fishing for Quaker Oats Company. When the Quaker Oats Company closed down, he returned to shrimping, working in the waters of Mississippi, Alabama, Louisiana and Texas. Since shrimping is seasonal, Clyde also built an oyster shop in Bayou Cumbest, Captain Clyde's Seafood, which operated during the 1960's.

In 1978, Clyde designed and built a 68' steel hull shrimp boat named Ole Faithful and in 1986 he built a 46' tugboat aptly named The Battler. While Clyde was most widely known for his achievements on the football field and on the water, his proudest achievement was the loving home and family he and Barbara created. We are all going to miss the twinkle in his blue eyes and his mischievous wink. You knew you were loved by Papa when he called you "Babe."

Clyde and Barbara married in 1955 and went on to have four children, the late Clyde Bosarge, Jr. (Ruth), Steven Bosarge



(Sandra), Jenny Harmon (Doug), and Russell Bosarge. They were blessed with ten grandchildren, Nick Harmon (Laura), Leann Foots (Joseph), Stephanie Bosarge (Nat), Cassie Edwards (Cory), Shawn Bosarge, Jennifer Henry (Donovan), Jessica Taylor (John Paul), Justin Bosarge (Chynna), Nathan Bosarge (Stephanie), and Claire Curwick (Brandon). They were further blessed with 22 great-grandchildren.

He is predeceased by his parents, his oldest son, Clyde Junior, and his sisters, Francis Williams and Ida Rose Yocum. He is survived by his devoted wife of 69 years, Barbara; his children, Steven, Jenny and Russell; his brothers, Gary Bosarge and Norman Bosarge; a host of nieces and nephews; and his dear friend, Terry "Smut" Vice. His family would like to extend their heartfelt appreciation to the wonderful staff at Singing River Hospital and Deaconess Home Health. Papa, you will be missed more than you will ever know...

May the wind always be at your back and the sun upon your face; and may the wings of destiny carry you aloft to dance with the stars. Give Clyde Jr. a hug and kiss from all of us. We will see you in every sunset and feel you in every sea breeze.

Eleventh Hour Toast

You have listened to the tolling of the eleventh chime,
A reminder our pleasures should cease for a time
In order that those who have finished their score,
May all be brought to mind once more

Wherever our members may wander or roam,
On land or sea or their celestial home.
Whatever their lot and life may be,
It is meet with us the surviving to see.

That the hour of eleven on the dial of night,
Shall never pass beyond our sight,
Without our hearts to throb and swell
In wishing our absent brothers well.

Our golden hour of mutual recollection,
A time devoted to silent reflection
Of the home bound brothers on a distant shore,
And the roll call of those, who will come no more.

Regardless of the paths their lives may have taken,
They are never forgotten, never forsaken.
Morning and noon may pass them by,
The light of day fade from the sky,

But ere the shadow of midnight shall fall,
The chimes of memory shall summon us all.
To speed them a message above all others,
God grant you peace,

Colonoscopies

Don't put them off!

David Chamberlain



I was shocked when I learned that my father had cancer. He hadn't been feeling well, was losing weight, and felt fatigued. After testing, doctors discovered he had stage III colon cancer, which had spread to his lymph nodes. Right after the diagnosis, he was rushed to the hospital, and by the next morning, most of his colon and numerous lymph nodes had been removed.

Dad went through several rounds of

chemotherapy. Though he didn't lose his hair, the chemo took a heavy toll on his body, with fatigue being the most significant side effect. Despite everything, he maintained a positive attitude. However, like many cancer survivors, he worries about long-term survival, especially at his age.

Now that I'm over 50, I've heard for years that I should get a colonoscopy, whether or not I had a family history of colon cancer. I had never had one, but Dad urged me to schedule it immediately because he had ignored his symptoms for years. While he had generally taken good care of himself, like many men, he didn't think cancer would happen to him—and I had the same mindset.

So, why hadn't I gotten a colonoscopy? There were a few reasons. Mainly, it's not something men talk about openly. I felt healthy, so why bother with testing when I had no symptoms? Plus, I had heard horror stories about the prep, where you're essentially glued to the bathroom the night before. It didn't sound appealing.

There were at-home stool tests I could take, but I kept putting it off. And, of course, I always thought about it in the middle of the night rather than during my doctor's visits. But Dad reminded me that because I now had a first-degree relative with colon cancer, my risk had increased by 20–25%. My doctor also made it clear that a colonoscopy was recommended over at-home tests, especially since I was over 50.

A colonoscopy provides a direct view of the colon, allowing the doctor to detect polyps, ulcers, or other growths. At-home

stool tests, while convenient, can miss pre-cancerous polyps more than half the time and about 8% of active colon cancers.

Was I really at risk for colon cancer? Should I have a colonoscopy? Let's look at the risk factors and check off where I stood:



✓ **Age:** Most colon cancer diagnoses occur in people over 50. I had been avoiding the tests, but it was time.

✓ **Family history:** Dad had survived colon cancer, but he was missing most of his large intestine, and his long-term survival was a constant concern.

✓ **Inherited syndromes:** Conditions like Lynch syndrome or FAP increase the risk. Not only had my dad had colon cancer, but so had his father and grandfather. My genetic risk was higher.

✓ **Diet:** A diet high in red and processed meats and low in fiber, fruits, and vegetables increases risk. While I ate relatively well, I realized my diet was still lacking in fiber, and I ate meat with every meal.

✓ **Obesity:** Being overweight increases the risk of colon cancer. At 225 lbs. and a BMI of 34.2, I was in the obese category. Though I had lost weight from my highest of 255 lbs., I still needed to shed another 35 lbs. to be in the healthy range.

✓ **Sedentary lifestyle:** Lack of physical activity is linked to a higher risk. I used to cycle regularly but had fallen out of the

habit. Walking nature trails with my wife wasn't enough to keep my heart rate elevated for a solid workout.

✓ **Smoking and alcohol:** Both increase cancer risk. I had smoked for nearly 30 years but quit in 2017. However, the long-term effects lingered. I also enjoyed having a drink or two several times a week, something Dad thought may have contributed to his own diagnosis.

✓ **Type 2 diabetes:** Diabetics have a higher risk of colon cancer. I was diagnosed in 2017, which had led me to focus on exercise. I managed to get my A1C down, but diabetes still made it harder for my body to heal, and elevated blood sugar could create an environment where cancer cells thrive.

✗ **Inflammatory bowel diseases:** I didn't have Crohn's disease or ulcerative colitis, and my bowel movements were regular. But that didn't mean I was in the clear.

With eight out of nine risk factors, I couldn't avoid it any longer. At my next appointment, I discussed my risks with my doctor, who referred me for a colonoscopy. She seemed relieved that I had finally agreed to it.

The prep was just as bad as my friends had described—men don't talk about it, but they had all done the right thing and gotten their colonoscopies. Drinking the prep solution was awful, and the night before the procedure was like a scene out of a comedy movie.

The next morning, a friend took me to the hospital. I was given an IV, asked what music I liked, and before I knew it, the procedure was over. Forty-five minutes later, we were out having lunch, and I was surprised by how easy it had been. I had no discomfort, no bloating, and no gas.

The doctor removed a couple of small polyps, which didn't appear pre-cancerous but were sent for biopsy. What concerned

him more were the ulcers in my colon, likely caused by long-term use of NSAID pain relievers. He recommended I cut back on them. Other than that, everything looked fine, and I was told to return in 8–10 years.

I've heard people say, "It was a waste of time" if everything turns out okay, but I don't feel that way at all. I was relieved the polyps were benign, and I'm grateful the colonoscopy detected the ulcers. An at-home stool test wouldn't have found the polyps, and they could have become a problem later.

The fears I had about the discomfort and embarrassment were unfounded. I feel no less of a man for having undergone the procedure, and I believe more men should do the same. My insurance covered most of the cost, and it only took one day out of 8–10 years to do something potentially life-saving.

Colorectal cancer is the third most diagnosed form of cancer and the second leading cause of death from cancer. It affects men and women, and people of all races. It is one of the most common types of cancer that can be prevented or treated successfully if detected early. Symptoms may include changes in bowel habits, blood in the stool, abdominal pain, and unexplained weight loss. Regular screenings like colonoscopies are important for early detection and can reduce the risk of later developing this cancer.

As always, consult with your doctor to make a decision about your risks for colon cancer. Don't lie to yourself. Be honest, because the consequences could affect not only you but also your family. I feel much more at ease knowing where I stand with my colorectal health, and while I haven't made a complete turnaround in my habits, I'm slowly improving. I encourage you to do the same.

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Elks National Foundation News



Muriel Baeyens Recognized by Elks National Foundation as Bronze Donor

Ever present on Friday nights serving the members at the weekly steak night, Muriel Baeyens has always generously donated her tips to the Elks National Foundation. Her cumulative donations now total more than \$5,000 for which she is recognized as a Bronze donor.

Exalted Ruler Curtis Welsh Achieves Honorary Founder Status

Exalted Ruler Curtis Welsh was recognized by the Elks National Foundation as an Honorary Founder, a level at which cumulative donations total more than \$1,000. Curtis is a Fidelity Club member and contributes a monthly gift.





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- You'll be helping your lodge meet its per-capita and challenge goals.
- Lynn will stop asking you to give her money.



Join the Fidelity Club and have your set amount automatically donated each month. Just \$5 a month will get you started. -

Lynn Overman
ENF Chair
Pascagoula
Lodge 1120



Your gift can also help your Lodge earn Gratitude Grant bonuses!

Need help Joining? Come to a Membership Meeting or Steak Night and we will help you join.



PASCAGOULA ELKS LODGE 1120 LADIES AUXILIARY

12TH OCTOBER @ 8:00 PM

MACHO MAN

BEAUTY
PAGEANT
2024

FROM FEMME TO FELLA:
WOMEN DRESS TO IMPRESS IN THE
ULTIMATE MASCULINE MAKEOVER!

TICKETS \$10 EACH

LIGHT REFRESHMENTS

CASH BAR

OPEN TO PUBLIC

MUST BE 21 TO ATTEND

PASCAGOULA ELKS LODGE 1120
303 KREBS AVE
PASCAGOULA, MS 39567



Saturday, October 19, 2024 - 8 am

Come paddle the Pascagoula River with 100's of your new, closest friends!

All Paddle Craft Welcome!

- \$45 registration fee through 6/1
- \$55 registration fee through 10/1
- \$65 registration fee through 10/17
- \$10 insurance fee for Non-ACA members



- 11.5 miles from Little River Marina to LaPointe-Krebs House dock
- Open to ages 12 & older. Children under 12 can paddle tandem with an adult
- Participants receive a race t-shirt, swag bag, lunch, & drawings for door prizes.
- Lunch and award ceremony will be held at 1pm on the LaPointe-Krebs House & Museum property.
- 1st, 2nd, & 3rd place custom trophies in each category
- Pascagoula Run Paddle Battle (runsignup.com) or scan QR code to register
- Questions or sponsor inquiries: LaPointe-Krebs Museum at 228-471-5126 (a 501(c)(3) non-profit organization)



PASCAGOULA ELKS
LODGE 1120

TUESDAY
@the1120

CORNHOLE
LEAGUE

BY GOULA CORNHOLE

EVERY TUESDAY

DOORS OPEN AT 6:00 PM
GAMES START AT 6:30 PM

\$5 TO PLAY
FREE FOR NEW PLAYERS

SUPPLIES | ATM | CONCESSIONS

OPEN TO
THE PUBLIC

PRIZES TO
TOP 2
FINISHERS



303 KREBS AVE
PASCAGOULA, MS
39567

34th ANNUAL GAUTIER
Mullet & Music Fest



SATURDAY
OCTOBER 19
9 AM TO 6 PM
OLD SINGING RIVER MALL
2800 US-90, GAUTIER

FUN FOR EVERYONE!

Come celebrate our 34th Gautier Mullet & Music Fest.
A **FREE** event featuring our own **MULLET TOSS!**

Live Music

Music starts at 9:30am until 6pm.
Bring a chair and enjoy the show!

FRIED MULLET AND FOOD TRUCKS!



Kids Only Zone

Bounce houses, train rides, and much more!!!

OVER 70 ARTS & CRAFTS VENDORS!

CAR & MOTORCYCLE SHOW

COSPLAY CONTEST

PET PARADE

Cash prizes!

WWW.GAUTIERMULLETFESTIVAL.COM





Larry Richardson—Physical Therapy patient, Lodge 1120 member, Submariner (Bubblehead...)

The rapid progression of modern medicine over the past few decades has had both a positive and negative effect on patient outcomes. Many elderly patients with chronic pain in the United States go to their doctors seeking a solution and leave with a band-aid on a much larger problem. While medicinal management is undoubtedly helpful and effective, many patients require a multidisciplinary approach to prevent long term reliance on prescription medication. Despite it's es-

tablishment in decades of effectiveness and necessity, physical therapy is still an under-prescribed and under-utilized treatment option for many patients across the United States. Since the turn of the

Advances in Physical Therapy

Logan Wilson, PTA

decade, the country's population is aging and the necessity for sustainable multi disciplinary patient centered care to improve functional outcomes in daily living.

Decline in strength and functional ability is actually a normal part of the aging process, it does not always indicate impairment. As the human body ages, many changes occur. Joint mobility decreases due to change in connective tissues and cartilage, which act as a cushion for the articulating bones of a joint. As the cartilage in a joint is degraded over time, the two bones begin to rub against each other which can lead to pain known commonly as osteoarthritis. Osteoarthritis can be seen as a result of a normal aging process, with some experiencing symptoms sooner than others depending on their individual lifestyles and activity levels. Muscle tissue mass also declines over time which can lead to general weakness and

low endurance. Neurological changes are also not uncommon. Nerve cells are gradually lost over time, leading to slower conduction of nerve signals. These changes can affect reaction time, coordination, and balance often leading to falls and injuries.

Therapeutic intervention can address a variety of problems associated with aging, whether it be normal generalized weakness, neurological, or a specific impairment. Joint degradation through osteoarthritis is addressed through a variety of strengthening, aerobic, and range of motion exercises. Weakness in the surrounding musculature can be a major contributing factor to the pain in the joint and addressing the weaknesses could improve daily functions as well as reduce pain symptoms.

For example, strengthening the quadriceps and hamstrings around the knee could reduce the load bearing on the joint. Muscle imbalance or weakness can also create uneven pressure acting on the joint which could lead to poor alignment of the joint over time. Improving muscle strength can lead to reduced pain and increased joint stability which can slow the progression of osteoarthritis. Neurological conditions and impairments to balance typically require a multi faceted approach that strengthens the associated muscles as well as challenging balance strategies. Overall, physical therapy can help manage and mitigate many aspects of the aging process



Logan Wilson is a physical therapy assistant specializing in orthopedics, neurological conditions, manual therapy, as well as sports performance and rehabilitation. He was a Marine Combat Engineer from 2013-2017. After the military, Logan went to MGCCC and graduated from their PTA program in 2022. He is currently working on a certification in LSVT BIG for patients with neurological conditions. He is a native of Pascagoula, MS and is engaged to Kayla Rae.





Becky Turner
Esteemed Loyal Knight

Creamy Boursin Pork Chops

I got this recipe from a fellow Elk but haven't had a chance to make it yet. It looks delicious, and who doesn't love a cheesy cream sauce. While the recipe calls for boneless pork chops, I think I'd make mine with a nice bone-in rib chop for that extra flavor that comes with that style of cut.



Ingredients:

- 4 boneless pork chops (about 6 oz each)
- 1/2 teaspoon garlic powder
- Salt & pepper to taste
- 1 tablespoon olive oil
- 1 tablespoon butter
- 1/2 medium onion, chopped
- 3/4 cup chicken broth (low sodium recommended)
- 1 (5.2 oz/150g) package Boursin Fine Herbs & Garlic cheese, softened
- 1-2 tablespoons chopped parsley

minutes per side (depending on thickness) until golden brown. Transfer them to a plate once seared.

3. **Sauté Onions:** In the same skillet, add chopped onions and sauté for about 5 minutes until softened and lightly browned. Add more olive oil if the pan becomes dry.
4. **Make the Sauce:** Add chicken broth and Boursin cheese to the skillet, stirring until the cheese melts and the sauce is smooth. Let it simmer and bubble for 4-5 minutes to thicken slightly. Stir in the chopped parsley.
5. **Finish Cooking:** Return pork chops to the skillet along with any juices on the plate. Cook for an additional 3-5 minutes, or until the internal temperature of the pork reaches 145°F (use a meat thermometer). If the sauce thickens too much, add a splash of chicken broth to thin it.
6. **Serve:** Season with additional salt and pepper if needed and serve the pork chops with the creamy sauce.

Instructions:

1. **Prepare Pork Chops:** Take the pork chops out of the fridge 15-30 minutes before cooking. Pat dry and season both sides with garlic powder, salt, and pepper.
2. **Sear Pork Chops:** Heat olive oil and butter in a skillet over medium-high heat. Once hot, cook pork chops for 3-5



Try serving this dish with couscous, a delicious dish of steamed, rolled pasta. It's easy to make and can be used like rice in many ways.

Try this [Garlic Parmesan Couscous](#)

Estimated Nutrition:

- **Calories:** 390
- **Total Fat:** 26g
- **Saturated Fat:** 11g
- **Cholesterol:** 115mg
- **Sodium:** 620mg
- **Total Carbohydrates:** 4g
- **Dietary Fiber:** 0.5g
- **Sugars:** 1.5g
- **Protein:** 32g

Time to Prepare

Preparation Time: 10 minutes

Cooking Time: 20 minutes

Total Time: 30 minutes

Servings: 4

Serving Size: 1 Pork Chop with Sauce

YOUR RECIPES ARE NEEDED

ELKS

PASCAGOULA

COOKBOOK FUNDRAISER

300
Recipes
Needed

Share
your family's
favorite recipes
for others
to enjoy.

Easily
submit your recipes
email them to Becky Turner
boo66_2001@yahoo.com

Available
ONLINE
once at least
300 recipes
are submitted

Raise Money
Help the Lodge raise money for its
charitable functions and event.

Share your Lodge
Give the Lodge notariety
everytime the cookbook is used.

Personalized Gift
What better gift than a cookbook
with your receipes in it?

Submit Your Recipe for Our Cookbook Fundraiser

The Pascagoula Elks Lodge 1120 is writing a cookbook that will be available on [Amazon.com](https://www.amazon.com). But, we need your help. We can't put a cookbook together without recipes.

You've always wanted to be a spy! Steal your grandmother's cookbook when she isn't looking. Play like you are 007 James Bond and take a bunch of pics of those pages! It doesn't matter how you get it, so long as you send it to us. We have made it easy to submit your reci-

pes. You can submit recipes through the MyElks App, pascagoulaelks.org or submit our easy and convenient online [recipe form](#).

Don't want to type it in? Scan it in or take a picture of it with your cell phone and email it to socialmedia@pascagoulaelks.org. We'll get it to where it needs to go! Help us finish the cookbook. For more information, please contact Becky Hill Turner at boo66_2001@yahoo.com.

2024 Soccer Shoot

September 21, 2024



The 2024 Soccer Shoot was held at the Pas-cagoula Soccer complex on Tillman Street on Saturday, September 21, 2024 from 9 AM through 12 PM. Thirty-Three participants signed up to complete the challenge. The winners were:

8U boys

- 1st - Paul Banks
- 2nd - Luke Lanier
- 3rd - Noah Wagner

8U girls

- 1st - Jenny Mae banks
- 2nd - Piper Nelson

10U girls

- 1st - Olivia Hollis
- 2nd - Mary Paige Yager
- 3rd - Khyabeth Roman

10U boys

- 1st - Fredi Cordova
- 2nd - Kayson Taylor
- 3rd - Ian Betts

12U boys

- 1st - Cameron Spencer

14U boys

- 1st - Jefferson Arnold
- 2nd - Jeremy Thomas, Jr



Medals for the winners will be awarded at the Steak Night on Friday, September 27, 2024 from 6:30 PM to 7:30 PM. We are proud of these athletes and hope that the soccer shoot grows each year. First place winners will advance to the district tournament later this year and may advance all the way to the National Soccer Shoot.

Community Activities

Looking for some fun ways to spend your time? You don't have to look far. Our community is full of exciting events. Whether you want to make new friends, support a good cause, or learn something new, you will find plenty of opportunities in our community events calendar. If you go to one of these events, use the hashtag #elks1120outandabout in a Facebook post with a picture of you at the event to let us know you found it here. We'll post the best of them in our next issue.

Cruisin' First Friday

October 4, 2024 — 5:00 PM Until
Moss Point River Front

Join us for First Friday on the River in Moss Point, a monthly celebration from April to November that brings our community together along the picturesque riverfront as it transforms into a lively hub of activity with live music, delicious food, and great company. Enjoy the sounds of One Accord Band and the Old Skool Cruisers as you stroll along the riverside, savoring the aromas and flavors from a variety of food vendors and nearby eateries. This event is a perfect opportunity to relax with friends and family, soaking in the natural beauty of the river while enjoying live entertainment. You can come by boat or car.

Admission is free! Costs vary by vendor.

Zonta Festival

October 5, 2024 — 9:00 AM—5:00 PM
Downtown Pascagoula

The Zonta Arts & Crafts Festival is the premier event in Pascagoula. It features arts, crafts, food, and exhibit booths. There is even a free antique car show, free live entertainment on two separate stages, and plenty of activities for kids. Over 300 vendors, food distributors, and live entertainment flood the streets of Downtown Pascagoula each Fall on the first Saturday in October. Thousands of pieces of artwork, jewelry, and crafts are handmade from a variety of unique materials. You can count on certain items to be found at this festival including delectable roasted corn, BBQ, and Philippine cuisine.

Admission is free. Costs vary by vendor.

[More information about Zonta.](#)

Cruisin' Through the Decades

October 6, 2024 — 12:00 PM—5:00 PM
Old Singing River Mall—Gautier

Join us for the City of Gautier's Annual Cruisin' Through the Decades. Drive-In movie starts at 5:30pm. American Graffiti will be showing on the big screen. Movie 5:30 PM
Admission is free!

[More information about Cruisin' Through the Decades](#)

Cruisin' the River City

October 8, 2024 — All Day
Main Street at McInnis / Moss Point Riverfront

Get ready for a spectacular day of classic and custom cars at "Cruisin' The River City" on October 8th in Moss Point, Mississippi! This annual car show is a must-see event for car enthusiasts and families alike. Marvel at a stunning array of beautifully polished vehicles, from vintage The event offers more than just cars—enjoy a festive atmosphere with live music, delicious food from local vendors, and a chance to meet fellow car enthusiasts. The picturesque backdrop of the river, historic buildings, and lush greenery adds to the charm of this exciting celebration! classics to unique custom builds, all lined up along the scenic riverside streets.

Admission free! Cost of items varies by vendor.

[More information about Cruisin' the River City.](#)

Goula Cruise

October 10-12, 2024 — 9:00 AM—5:00 PM
Pascagoula Beach Park

Pascagoula is an officially-sanctioned Cruisin' site and incentive stamp site for registered Cruisin' participants. 'Goula Cruise runs from 9 am until 5 pm each day. Enjoy the cruise down Buffett Beach to Beach Park.

At Beach Park, you can grab something to eat and drink from local vendors and look at hundreds of classic cars while listening to live music for your entertainment! Most importantly, enjoy the SHADE and beautiful view of the Gulf of Mexico all beneath the majestic oaks in our beautiful Beach Park.

Admission free! Cost of items varies by vendor.

[More information about Cruisin' the River City.](#)

Kids' Pumpkin Sign Painting

October 12, 2024 —11:00 AM—12:00 PM
Gautier Public Library

Elementary-age kids can join us for a free program to paint a pumpkin sign. All supplies are provided.

Please call the library to reserve your spot 228-497-4531.

[More information about Kids' Pumpkin Sign Painting.](#)

Sip and Shop

October 18, 2024—4:30 PM—7:00 PM
Downtown Pascagoula

Flagship District businesses invite you to an afternoon of shopping and wine tasting during Mississippi's Tax Free weekend. Purchase your ticket and enjoy wine samples, a Flagship District cup, and amazing discounts at participating retailers in the Flagship District! Don't miss out on this fun retail event - come Sip & Shop with us!

Tickets are \$25 until October 17th. Tickets can be purchased on October 18th for \$30 at a first come first served basis.

[Ticket Information Available for Sip and Shop.](#)

Outdoor Movie Night

October 18, 2024—6:30 PM
2715 Highway 90, Gautier, MS 39553-5154

Teenage Mutant Ninja Turtles: Mutant Mayhem Bring your lawn chairs and blankets and enjoy the movie on the big screen. Let's find out how our favorite turtles have been doing.

Admission is free!

[More information about Outdoor Movie Night.](#)



Pascagoula Run Paddle Battle

October 19, 2024 —8:00 AM—2:00 PM
LaPointe- Krebs House & Museum
4602 Fort St, Pascagoula, MS

Dip your paddle into one of the Mississippi Gulf Coast's officially designated water trails and enjoy a uniquely adventurous perspective of the region's abundant natural beauty and native wildlife. The Pascagoula River, also known as the "Singing River", is the largest free flowing (unimpeded) river system in the contiguous United States. The Pascagoula Run Paddle Battle is an 11.5 mile race down the Pascagoula River for all types of human powered paddle craft. The race will begin at Little River Marina in Moss Point and end at the LaPointe-Krebs House in Pascagoula. Racers will drop their paddle craft at Little River Marina in Moss Point and then park their vehicles at LaPointe Krebs House in Pascagoula. Shuttles will be provided back to the race start.

Tickets are \$65 per paddler.

[Sing up for the Pascagoula Run Paddle Battle.](#)

Pascagoula Men's Club 6th Annual Downtown BBQ Throwdown

October 18 & 19, 2024

Downtown Pascagoula

Friday October 18—Street party and live band starts at 7:00 PM.

Saturday October 19—BBQ competition 11:00 AM—4:00 PM. Come taste the teams' efforts in two divisions, Backyard and Big Rig. Wrist bands for tasting \$15 each to sample all teams' entries. There's a bonus Unidentified Food Object Category too.

\$225 Entry per team. \$500 prize for best in each category.

More information about registering for BBQ Throwdown contact Bruce Linton 228.218.1067.

Mullet Festival

October 19, 2024—8:00 AM—5:00 PM

Old Singing River Mall—Gautier

Make plans to attend this year's Gautier Mullet and Music Fest!!! Saturday October 19th! Live music all day long! Free kids area with pony rides, bounce houses, and much more! Sign up for our Cosplay Contest and Pet Parade with cash prizes! Great vendors and great food! You don't want to miss this!

Admission is free. Costs vary by vendor.

[More information about the Mullet Festival.](#)

Goula Palooza

October 25, 2024—5:00 PM—8:00 PM

Pascagoula Beach Park

We're celebrating the 51st anniversary of the legendary Pascagoula alien abduction with an out-of-this-world event! Join us on October 25th from 5-9 PM in downtown Pascagoula. Wear your best alien attire and enjoy live music, specials at local businesses, unique vendors, and an extraterrestrial-themed bar crawl! This is one cosmic event you don't want to miss!

Admission is free. Prices vary by vendor.

[More information about Goula Palooza.](#)

Magnolia State Gem, Mineral, & Jewelry Show

November 9-10, 2024—10:00 AM—6:00 PM

Jackson County Fairgrounds

There will be vendors selling gemstones, minerals, fossils, and jewelry from all over the world.

Fun for the whole family. There will be a coloring contest for the kids. There will be a sand bags for kids to purchase and search for their own gemstone treasures! Our members will demonstrate how to make cabochons (shaped and polished gemstone). Our gem club members will be demonstrating many different jewelry making skills including Faceting, Cabbing, Pearling, Beading, Wire wrapping and more.

Admission Adults \$5—12 and under free.

Veterans Day Ceremony

November 11, 2024—11:00 AM

Moss Point Riverfront—Veterans' Memorial

Honor and celebrate our nation's heroes at the Veterans Day Program on November 11th in Moss Point, Mississippi. Join us for a heartfelt tribute to the brave men and women who have served our country with courage and dedication.

The program will feature an outdoor stage beautifully decorated with American flags, red, white, and blue banners, and patriotic decor. The event will include inspiring speeches, musical performances, and a ceremonial tribute to our veterans. Local veterans and their families will be recognized for their service and sacrifice.

Admission is free,



Big Pop Gun Show

November 16-17, 2024—10:00 AM—5:00 PM
Jackson County Fairgrounds

Big Pop Gun Shows are so diverse with products - such as handguns, shotguns, rifles, ammo, holsters, swords, knives, and much more! Our gun shows are your one-stop shop where you'll enjoy an enormous array of items - perfect for you.

All federal and local firearm laws and ordinances will be strictly enforced.

Admission \$10 Adults, \$2 kids 6-11

[For more information about Bob Pop Gun Shows.](#)



Holiday Marketplace

November 30 2024 —9:00 AM—2:00 PM
Downtown Moss Point

Join us for the Downtown Marketplace on November 30th in Moss Point, Mississippi! Enjoy a lively and bustling market filled with a variety of stalls offering crafts, local products, and delicious food. Stroll through the marketplace and find unique items perfect for holiday gifts or personal treasures. The streets of Moss Point will come alive with festive decorations, including string lights, colorful banners, and charming awnings. The marketplace will be a vibrant hub of activity, with local vendors showcasing their best products and artisans displaying their hand-made creations!

This is a free event. Prices vary by vendor.

[For more information about Downtown Marketplace.](#)

**SINGING RIVER
LITTLE THEATRE**

Presents

**DEADLY
DEAL**
By Billy St. John

Starring

**Waylon Tanner | Maribel Myers
Christopher Babilon | Mike Wolf
Jacob Allen | Alyssa Diamond
Melissa Werner | Jasmine Goldman
Mary McCusker**

4 Show Dates/Times

**Thursday Nov 14, 2024 - 7:00 PM
Friday Nov 15, 2024 - 7:00 PM
Saturday Nov 16, 2024 - 7:00 PM
Sunday, Nov 17, 2024 - 2:00 PM**

**Location:
Assembly Hall at
Jackson County Fairgrounds
2902 Shortcut Road, Pascagoula, MS**

Tickets \$12

**Available through
Simpletix.com**

Recurring Events at #the1120

All recurring events are members and their guests only except for Bingo and Cornhole which are open to the public. Want to attend a members only event? Ask an Elk you know to sponsor you to start your membership adventure.



Every Thursday 7:00 PM



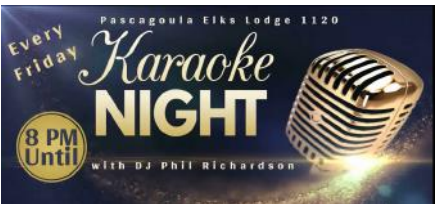
Every Tuesday 6:30 PM
Open to the public.



Every Thursday 11:00AM



Every Friday 6:30 PM
Elks & Their Guests Only



Every Friday 8:00 PM
Elks & Their Guests Only



Every Sunday 4:00 PM
Elks & Their Guests Only



1st Wednesday 6:00 PM



1st Thursday 6:00 PM



2nd Tuesday 6:00 PM



2nd Wednesday 6:00 PM
Committee & Elks



Last Sunday 2:00 PM
Elks & Their Guests Only



2nd Thursday 6:45 PM
September—April

October Calendar

1	TUESDAY	CORNHOLE LEAGUE
2	WEDNESDAY	LADIES AUXILIARY MEETS
3	THURSDAY	BINGO KITCHEN COMM MEETS LODGE MEETS
4	FRIDAY	KITCHEN STEAK NIGHT KARAOKE
5	SATURDAY	HALLOWEEN HOBBLE
6	SUNDAY	NFL AT #THE1120 POTLUCK SOCIAL
7	MONDAY	LADIES AUXILIARY CARDS
8	TUESDAY	CORNHOLE LEAGUE COMMUNICATIONS COMMITTEE
9	WEDNESDAY	HOUSE COMMITTEE MEETS
10	THURSDAY	BINGO LODGE MEETS - STUDENT OF MONTH
11	FRIDAY	LADIES STEAK NIGHT KARAOKE
12	SATURDAY	MANLESS BEAUTY PAGEANT
13	SUNDAY	NFL AT #THE1120 POTLUCK SOCIAL
14	MONDAY	
15	TUESDAY	CORNHOLE LEAGUE
16	WEDNESDAY	
17	THURSDAY	BINGO LODGE MEETS
18	FRIDAY	HOUSE STEAK NIGHT KARAOKE
19	SATURDAY	
20	SUNDAY	NFL AT #THE1120 POTLUCK SOCIAL
21	MONDAY	LADIES AUXILIARY CARDS
22	TUESDAY	CORNHOLE LEAGUE
23	WEDNESDAY	
24	THURSDAY	BINGO LODGE MEETS
25	FRIDAY	OFFICERS' STEAK NIGHT KARAOKE
26	SATURDAY	
27	SUNDAY	NFL AT #THE1120 POTLUCK SOCIAL
28	MONDAY	
29	TUESDAY	CORNHOLE LEAGUE
30	WEDNESDAY	
31	THURSDAY	BINGO TRUNK OR TREAT

Oct/Nov 2024 | For the Good of the Order November Calendar

1	FRIDAY	KITCHEN STEAK NIGHT KARAOKE
2	SATURDAY	
3	SUNDAY	NFL AT #THE1120 POTLUCK SOCIAL
4	MONDAY	LADIES AUXILIARY CARDS
5	TUESDAY	CORNHOLE LEAGUE
6	WEDNESDAY	
7	THURSDAY	BINGO LODGE MEETS
8	FRIDAY	LADIES STEAK NIGHT KARAOKE GOLF TOURNAMENT
9	SATURDAY	GOLF TOURNAMENT
10	SUNDAY	GOLF TOURNAMENT
11	MONDAY	
12	TUESDAY	CORNHOLE LEAGUE COMMUNICATIONS COMM MEETS
13	WEDNESDAY	HOUSE COMMITTEE MEETS
14	THURSDAY	BINGO LODGE MEETS - STUDENT OF MONTH
15	FRIDAY	HOUSE STEAK NIGHT KARAOKE GUN RAFFLE
16	SATURDAY	GIRL SCOUTS SPA DAY
17	SUNDAY	NFL AT #THE1120 POTLUCK SOCIAL
18	MONDAY	LADIES AUXILIARY CARDS
19	TUESDAY	CORNHOLE LEAGUE
20	WEDNESDAY	
21	THURSDAY	THANKSGIVING—LODGE CLOSED
22	FRIDAY	OFFICERS STEAK NIGHT KARAOKE GUN RAFFLE
23	SATURDAY	
24	SUNDAY	NFL AT #THE1120 POTLUCK SOCIAL
25	MONDAY	PRIVATE EVENT
26	TUESDAY	CORNHOLE LEAGUE
27	WEDNESDAY	
28	THURSDAY	BINGO LODGE MEETS - INITIATIONS
29	FRIDAY	OFFICERS STEAK NIGHT KARAOKE
30	SATURDAY	
31	SUNDAY	NFL AT #THE1120 POTLUCK SOCIAL

FOR THE GOOD OF THE ORDER MAGAZINE

Thank you for your continued patronage of For the Good of the Order Magazine. We commit ourselves to give you the content you deserve. Don't miss our upcoming issue in December!

Pascagoula Elks Lodge 1120
Winking Elks Publishing
303 Krebs Ave
Pascagoula, MS 39567

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