



The Masonic News



www.MasonicNews.org

May 2022

East Lincoln Lodge #210

Joel Green

I am pleased to announce that East Lincoln 210's scholarship committee has selected a very deserving recipient for the 2022 academic scholarship: Houston Homan of Ralston High School. Homan competed in National History Day, earned an excellent GPA, and stated aspirations to study abroad and earn a degree in education.

East Lincoln 210 held an all out Mexican feast before their meeting in honor of Cinco de Mayo. From the lodge dining hall wafted tantalizing aromas of cilantro, onion, and lime. During the business meeting, WB Mark Reece shared a history of Cinco de Mayo, while highlighting the distinguished Mexican Freemasons who played a pivotal role in the Battle of Puebla. Then, discussion was held regarding East Lincoln 210's plethora of upcoming activities:

June 9 - Cigars and whiskey just outside of the lodge at 6:30 pm
July 3 - Fireworks and grill out at 6:30 pm
July 23 - Rummage sale, time TBA
August 13 - Picnic at Pioneers' Park 6:30 pm
September 15 - Fall feast with whiskey and cigar pairings 6:30 pm
October 4 - Annual spaghetti feed fundraiser 6:30 pm
November 19 - Birthday Bash with Steer Creek Band 6:30 pm
December 11 - Past Masters Dinner/Ladies at the Table/Bottle Auction at 6:30 pm

Brethren,

Our brother, Alfred Dunekacke, passed away on March 17, 2022 at the age of 93. He has been a member of East Lincoln Lodge No. 210 for 63 years. His Masonic Memorial Service was conducted Thursday, March 24, 2022 at Lincoln Memorial Funeral Home by WB Don Albrecht along with WB Monte Dietrick and WM Mark Reece.

Brother Al started working for Burlington Northern Railroad when he was just 16 years old, filling the coal in the steam engines. He eventually became an Engineer. He was a man of many stories and always had something to share with everyone he spoke to. Al was a spit-fire and had no problem telling anyone what was on his mind. He always remembered every conversation and everyone's names. Al was a big fan of western movies and was an avid collector of beer steins and trains. He is survived by family and friends and will be dearly missed.

Lincoln Lodge #19

Bruce Anderson

Summer temperatures have arrived and the Masonic activities have started to pick up. I do know that Lincoln Lodge No. 19 is planning a dinner in June to celebrate our Lodge's chartering. We will also have several year pins to pass out that night. The details will be forth coming.

Last month our Lodge was asked by the David City Lodge to help confer a Masters degree on one of their Brothers. MWB Reg Kuhn, WB's Virgil Meints, Mark Roper and myself went to David City and helped. There was good representation from David City, Omaha and several other cities in attendance. I personally hope we have the opportunity to help another Lodge in the future.

Worshipful Master Wes has been having a Study Hall for those Brothers who need help completing the proficiency in their degree. We have these sessions an hour before our business meeting. Those coming have been pleased with the help. Our most recent Entered Apprentice Cameron Ramsey has been working hard with Tyson McPhillips on his proficiency. At our May business meeting Cameron took his examination and was almost perfect. He has earned the right to take his Fellowcraft degree.

During this time of trouble in the Ukraine and many other places overseas, I have been wondering how Brothers have been treating Brothers on both sides of the line. Our Worshipful Master has added an education time at our Business Meetings. This last month our Senior Steward Neal Clayburn was the presenter. He found a book explaining how Brothers took care of Brothers on both sides of the line during the Civil War. I have added it to this month's news.

In "Better Angels of Our Nature Freemasonry in the Civil War" by Michael A. Hatteran the author used ordinary sources like

diaries, journals, letters, eyewitness accounts, and Lodge records to examine and document many examples of individual Masons living their concept of brotherhood during the war. In the authors own words, the book "...shows the particular ways in which individual Freemasons translated their Masonic experience from a peacetime social function to an indispensable resource in war. Masonic aid took many forms. In some cases, it preserved property from the unsparing hand of war by guarding a fellow Mason's house, safeguarding his personal possessions from looters or thieves, or protecting a Masonic lodge in a captured town. In other instances, Masons cared for the wounded, often unasked, but many times in response to a fraternal call for help. Masonic prisoners of war were beneficiaries of fraternal kindness, receiving food, clothing, and medicines from their warders who were also members of the Craft. In startling examples of Masonic interventions during actual combat, Masons more than once saved the lives of their brethren along the front lines. Despite the indecision of often-times powerlessness of the Grand Lodges in ameliorating the suffering and hardship of war, individual Masons took it upon themselves to inject their concept of brotherhood into the war..."

This book is an excellent, well-documented read for anyone interested in the history of Freemasonry and a view of the Civil War from a more human individual perspective. To quote the author again, "The object of this study is a simple one: to illustrate how the fraternal bonds of Freemasonry influenced men in the midst of America's greatest calamity..."

Hope all are doing well and look forward to seeing everyone in June.

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If you would like to see your Masonic organization featured here, please reach out to us at businessmanager@masonicnews.org

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George Washington Lodge #250

Mark Poston

George Washington Lodge #250 held their monthly meeting on the evening of May 3, 2022. W. M. David Sierks welcomed everyone; the Lodge business was conducted in a timely manner. We were very happy to welcome W. B. Darrell Beaman, W. B. Jack Johnson, and Bro. Marlin Krull from Comet Lodge #229 in Ceresco. These visiting Brethren are so willing to help with our meeting: W. B. Jack served as our Chaplain this evening. It's always nice to enjoy fellowship and friendship with Comet Lodge #229! We were happy to have Bro. Gary Jorgens, Jr. on the side-lines, too!

We are looking forward to the return of our monthly dinners prior to our Lodge meetings. Come and join us for some good food and fellowship on June 7, 2022, at 6:30 p.m. W. B. Mark Poston and W. B. John Kirby will be our meal hosts; we will also be having our Lodge Proficiency that evening!

Hope to see many of you there!

Important Information Regarding our Monthly Community Meals: It is with deep regret that we will not be able to sustain our Annual Fish Fries for 2022. The rapidly rising costs of raw fish and cooking oil has made these meals too costly to prepare as we try to keep the costs of our meals as low as we possibly can.

We now have a new sign for our Community Meals. We're excited to begin a different journey with our monthly, Second-Saturday meals. (See photo with this article) Save The Date of June 11th when we will be having our next Community Meal from 4:30 – 7:00. We will be serving Chicken Enchiladas, Mexican Rice, and a Salad as well as Coffee, Iced Tea, and Ice Water for \$12.00. This is a "Dine In" and/or "Drive Up" Meal. You can have a choice for the June meal!

We will be returning to our 50 cent Dessert Bar and Pop will be available for 50 cents. In addition, we will be offering some fun games to play for those that would like to stay and socialize!

So how does this all work? All you have to do is drive-up and someone will come right to your car, take your order, and bring out your food! You don't have to leave your car; you don't have to dress-up and you don't have to make a reservation!!! If you want to park your car and come inside for some great fellowship, we welcome you!! You can make the choice that works the best for your family!

We will continue to have a Community Meal on the Second Saturday of every month from 4:30 – 7:00 but the menu is going to change each month!! The food will be delicious and offer a variety of wonderful meals. Continue to read the Masonic News where

we'll share our menu for the next month!!

George Washington Trivia: George Washington was elected President of the Constitutional Convention in Philadelphia on May 25, 1787. The Convention met from May 14th to September 17th. While it was the intent of the delegates to meet and address some of the various problems that had arisen while the newly independent nation was operating under the Articles of Confederation, the result of this Convention was the crafting of the United States Constitution. It was from this Convention, that the

majority of the delegates voted for a single executive based on the knowledge that Washington would probably become the first President. As a result, the Presidency was written with Washington's honor and patriotism in mind and clearly defined the values and character, not only for the new nation, but for every President to follow.

In closing, we reflect on the words of Edwin Way Teale "All things seem possible in May"! Here's wishing all of you a month of great possibilities!



Lancaster Lodge #54

John Hansen

Every Friday this month there is something going on with our Lodge!
5/13 - Fellowcraft practice
5/20 - Master Mason practice
5/27 Past Masters night - so if you are a past master or know a past master, you are reminded to come and join in on the fun!
6/3 – June business meeting
6/10 - Master Mason

practice
May 30th is Memorial Day. Remember those in the military who made the ultimate sacrifice to preserve our freedoms. When on the second floor of our Temple, take a minute and look at the names on the memorials and read the names of our brethren and reflect for a moment on their sacrifice. I ask you to do this because normally in

our busyness, we rush past and don't even notice. Here are our Brothers who allow us to rush past, so slow down, if for just a moment.

If anyone happens to see Brother Steve Green on or around May 23rd, please wish him a happy birthday.

Nebraska's first Masonic Lodge was at a Bellevue trading post. In 1854

Illinois granted a dispensation to go to work. Their Charter was received in 1855. As the story goes the first ballot box was a pickle jar. The ballots were stones for a favorable vote and a bullet for a negative vote.

Last month members of our Lodge were recognized for their success in other Masonic bodies. I was reminded one member

was left out. John Hansen was selected as Cryptic Mason of the Year for Nebraska. This is a prestigious award, probably the most prestigious award in Nebraska. I hope to someday live up to this honor, presented to me by my peers.

North Star Lodge #227

Bob Tooker

The May 4th business meeting dinner was Val's pizza and salad ordered up by WB Steve Wetzel. Always enjoyed by all in attendance. The meeting was called to order by WM Steven as Master Masons at 7:30. The education portion of the meeting was provided by the WM with quotes from Bro. Ben Franklin. Ole Ben may have been a scamp, but his alleged shortcomings could be overlooked considering the wise and useful contributions he made to the forming of our country.

An EA Degree for Mr. John Helter is scheduled May 18 at 7:00. Please show up and watch your officers in action. The Lodge proficiency in the Master's Degree was held April 25th. Again, we were successful. I forget exactly how many years of continuous proficiency, but I know we are approaching 90 years.

MEMORIAL DAY

Some may tire of my frequent reminders of the importance of Memorial Day, formerly called Decoration Day. I do it to honor my great grandfather, Enoch Mathis. He was what was considered a gray beard; too old to fight, but possessed talents too valuable to waste. If you wish to visit him, he resides at the Greenwood Nebraska Cemetery, very near the GAR Monument.

The Memorial Day we

observe today is the result of a proclamation of General John A. Logan, Commander of the Grand Army of the Republic to commemorate the sacrifices of all Civil War soldiers. The Grand Army of the Republic was a fraternal order composed of veterans of the Union Army, US Navy, the Marines, and the Revenue Cutter Service that served during the Civil War. His orders were as follows.

"May 5th 1868
Headquarters, Grand Army of the Republic.
Adjutant Generals office
No 444, 14th Street
Washington, D.C.

General Orders No 11.

I. The 30th day of May 1868 is designate for the purpose of strewing with flowers or otherwise decorating the graves of comrades, who died in defense, of their country during the late rebellion, and whose bodies now lie in almost every City, Village, and hamlet, church yard in the land. In this observance no form of ceremony is prescribed, but Posts and comrades will in their own way arrange such fitting services and testimonials of respect as circumstances may permit.

We are organized, comrades, as our regulations tell us for the purpose, among other things ' of preserving and strengthening those kind and fraternal feelings,

which have bound together the soldiers, sailors and marines who united to suppress the late rebellion.' What can aid more to assure this result than by cherishing tenderly the memory of our heroic dead, who made their hearts a barricade between our country, and its foes, their soldier lives were the revile of freedom, to a race in chains, and their deaths the tattoo of rebellious tyranny in arms. We should guard their graves with sacred vigilance, all that the consecrated wealth and toils of the nation can add to their adornment and security, is but a fitting tribute to the memory of her slain defenders. Let no wanton foot tread rudely on such hallowed grounds. Let pleasant paths invite the coming and going of reverent visitors and fond mourners. Let no vandalism of avarice, or neglect, no ravages of time, testify to the present, or to the coming generations, that we have forgotten, as a people the cost of a free and undivided Republic.

If other eyes grow dull, and other hands black, and other hearts cold, in the solemn trust, ours shall keep it well as long as the light, and warmth, of life remain to us. Let us, then, at the time appointed gather around their sacred remains, and garland the passionless mounds above them with the choicest flowers of Springtime: let us raise above them the dear old

flag they saved from dishonor. Let us in this solemn presence renew our pledges to aid and assist those whom they have left among us, a sacred charge upon a nation's gratitude the soldiers and sailors widow and orphan.

II- It is the purpose of the commander in chief to inaugurate this observance with the hope that it will be kept up from year to year, while a survivor of the war remains, to honor the memory of his departed comrades. He earnestly desires the public press to call attention to this order and lend its friendly aid in bringing it to the notice of comrades in all parts of the country in time for simultaneous compliance therewith.

III- Department commanders will use every effort to make this order effective

By order of John A. Logan
Commander in Chief"

Also, to honor my grandfather Bro. EJ Cook who served in WWI with the 355th Infantry, 89th Division:

IN FLANDERS FIELD
By Lt Col John McCrae

In Flanders Field the poppies blow
Between the crosses, row on row,
That mark our place, and in the sky
The larks, still bravely sing,
fly
Scarce heard amid the

guns below.

We are the Dead. Short days ago.
We lived, felt dawn, saw the sunset glow,
Loved and were loved, and now we lie
In Flanders fields.

Take up our quarrel with the foe.
To you from falling hands we throw
The torch: be yours to hold it high,
If ye break faith with us who die
We shall not sleep, though poppies grow
In Flanders fields.

"We cherish too, the Poppy red.
That grows on fields where valor led,
It seems to signal to the skies
That blood of heroes never dies."

A LITTLE HUMOR
A highway patrolman pulled alongside a speeding car on I-80. Glancing at the car, he was astounded to see that the blonde behind the wheel was knitting! Seeing this infraction was a dangerous situation and realizing that she was oblivious to his flashing lights and siren, the trooper cranked down his window, turned on his bullhorn and yelled, 'PULL OVER!' 'NO!' the blonde yelled back, 'IT'S A SCARF!'

Till next time!

Martha Washington Chapter #153

Betty Kirby

By the time you are reading this article, another Grand Chapter of the Order of the Eastern Star will be concluded, and new officers for the Grand Chapter will have been installed for the upcoming 2022-2023 year. We wish those who have assumed these prestigious positions will be blessed with a year of safe travels, good health, and precious memories.

We met for our May meeting on the 5th of the month and the Worthy Matron, Sis. Julie Fowler dispensed with the business of the chapter in

her usual efficient manner. The resolutions that will be presented at the Grand Chapter session were reviewed and the credentials were distributed to the designated officers.

Also, by this time, our first summer community meal will be over. Be sure to notice our new sign for these dinners when you pass by our Masonic Center in Havelock. The Temple Board has put a lot of consideration in this sign and we are very proud of it.

In June, we will be having a Mexican fiesta night, complete with chicken enchiladas, spanish rice, etc. At 6 p.m. we will begin our games, so come early and stay for an evening of friendship and fun.

Martha Washington will be hosting the District V visitation with a noon luncheon on July 9. We are looking forward to the luncheon and an evening with the Salt Dogs. Be sure to contact your Worthy Matron for tickets to the ballgame or reservations for the luncheon. The luncheon will be \$10.00 and the ball game tickets are also \$10.00.

May birthdays for our Chapter members include: (2) J.R. Krenk; (8) Eldonna Bingham; (9) Sue Hedges; (22) Cindy Thompson.

Good friends walked beside us
On the trails we tried to keep;
Our burden seemed less heavy
And our hills were not so steep.
The weary miles passed swiftly,
Taken in joyous stride,
And all the world was brighter
Because they walked by our side.



Martha Washington #153
Scholarship Award for 2022

Pictured are W.P. Bro. John Kirby, Scholarship Recipient, Cael Malousek, and W.M. Sis. Julie Fowler

Bethel #5

Lauren & Sophia P

Bethel #5 started off this last month by attending the Naphis Temple Installation for Daughters of the Nile where we got to help with the reception. There were also some amazing desserts that we got to have!



This past weekend was super busy and super fun for our members! We started off supporting our Jobie sisters by attending Bethel #63's Fiesta Feed for HIKE on Saturday night! After that, we returned to the temple for a sleepover full of games and activities. We had 7 prospective members attend, and some of our members had a fun night with very little sleep. In the morning, we woke up to cheer on the Lincoln Marathon runners. Though it was early, we had a lot of fun and got a lot of smiles and laughs from the participants.



Later that Sunday, a few of our members attended Bethel #27's Friendship meeting. We had a lot of fun playing games and had some yummy snacks while we were there too!



Bethel #5 has a lot to Celebrate!

We will be celebrating Bethel #5's 100th birthday!
All past members are welcome to come!

We are also celebrating our Grand Bethel Officers for this year!

Lauren - Miss Nebraska Congeniality
Grace - Spirit Ambassador
Katrina - Grand Bethel Marshal
Sara - Grand Bethel Chaplain
Elizabeth, McKenna, Hailey, Sophie & Marie - Grand Bethel Representatives

SATURDAY | MAY 28TH
1635 L STREET
LINCOLN, NE 68508
1:00-3:00pm

Bethel #63

McKaylyn

Recently Bethel #63 has been having a lot of Grand practices. If you are unfamiliar with what Grand is, Grand is a Nebraska Job's Daughters conference where Job's Daughters from around the state come together to compete in many different competitions. Grand also includes our state business

meeting, and many fun, bonding activities. To prepare for Grand, our Bethel has been practicing sign language for our signing competition, singing for the choir competition, individuals have been practicing their own ritual work, and group ritual for our Jobie to Bee

ceremony, which we will be competing in as a Bethel at Grand in June in Kearney. If you have a daughter or know a girl between the ages of 8-20 that would be interested in learning more about this organization, you can contact us at info@bethel63.org.

Follow us on instagram @jdi_bethel63 and facebook @ Bethel 63 Lincoln, NE. Feel free to contact us with any questions.

Sisters, Brothers & Friends

Come Join Us For Dinner and Games

Second Saturday of Each Month

4:30 p.m. - 7:00 p.m.
\$12.00 per person

Havelock Masonic Temple
4430 No. 70th St.

Starcraft Chapter #307

Terri Sherman

Starcraft meet on May 4th for their regular scheduled meeting. Worthy Matron Sis. Terri Sherman and Worth Patron Bro. Dennis Brydl welcomed everyone to the meeting and opened with a butterfly quote: The butterfly doesn't complain about its days as a small caterpillar. It knows that struggle is worth it, to grow into its magnificent beauty.

We discussed the upcoming Grand Officer visit that will be on July 9th at Haymarket Park for a Dog Day's event. We

voted to send \$50 as seed money for the event. We will also be providing a couple of gift cards for the event, and of course who doesn't want cookies - we will provide 2 dozen of those as well.

Under good of the order we noted that Marsha Michaelson and family are doing better. Her foot is still bothering her and Bob is the chauffeur for all of them. Ilene Smith will be having knee replacement surgery later in May. Keep her in your thoughts for a speedy recovery.

Brother Dennis reported that he had thought he was retiring from helping at band camp, but will do it one more year. He said they still need people to assist if anyone can help.

Sis. Kristen Swisher reported that Bethel #5 will have an initiation in June for a new member. They are planning a reception for all of their Grand Bethel Officers on May 28th and will also be celebrating their 100th anniversary at the same time.

Following the meeting, we exchanged May Day baskets. Everyone was very creative in what they brought! Sis. Amy Eidenmiller shared a scrumptious chocolate cake.

May Birthdays
 May 3 Peg Genoways
 May 12 Jean Baker
 May 18 Rochelle Epp
 May 20 Angi Dasher
 May 21 Williamette Shafer
 May 23 Leoda Webb
 May 24 Leona Copley
 May 25 Tammy Fastenau
 May 31 Russel Brehm

Liberty Lodge #300

Lynn Friesen

Thursday, April 28th was a big day at Liberty. We were able to hear our EA's complete their full form proficiency and prove up to pass through the FC degree. After proving up we completed a dual FC degree. These Brothers are eager to learn and have a contagious energy to grow. It won't be long and we will be planning multiple MM degrees.

We are finishing the details for our Spring BBQ, Saturday, May 21st from 4-8pm at the Masonic Temple. It will be a great time for the family to enjoy some amazing BBQ ribs, music, games and fellowship. We look forward to seeing many of you there. If you can help out that day in the kitchen serving, prepping ahead of time or cleaning up during or after we would welcome the help.

For our June business meeting we will be changing things up a bit. We have the

opportunity to have our business meeting at Grand Lodge in the Grand Lodge library. The meeting will be Thursday, June 2nd and we will start at 7pm sharp. Following the meeting MWB Tom Hauder will be giving us a tour and sharing about many of the pieces in the library.

Later in June, we will finish the second quarter of the year with a backyard cookout at WB Andy Seachord's home. Thursday, June 30th plan on bringing your lawn chair and enjoy some amazing Masonic hospitality. More details to come!

Lastly I'll leave you with a poem from the Masonic education piece about the rough and perfect ashlar presented by Brother Keith Plummer at our recent business meeting. The piece is called Thimblefuls of Friendliness and was written by Mary Brooks Picken in 1924.

"Isn't it strange that Princes and Kings

And clowns that caper in sawdust rings,
 And just plain folks like you and me,
 Are builders for Eternity?

To each is given a bag

of tools,
 A shapeless mass and a book of rules,
 And each must make ere life is flown,
 A stumbling block, or a stepping stone."

The article finished with a challenge, "what will you decide to build with your working tools?"

BBQ Fundraiser and Fun Night

SATURDAY, MAY 21ST 4:00PM-8:00PM

Live Music - Steer Creek Band

Games Photo Booth

Gun Raffle Drawing

\$25 FULL RACK OF RIBS & 2 SIDES, 2 ROLLS

\$15 1/2 RACK OF RIBS & 2 SIDES, 1 ROLL

\$10 DINNER PLATE w/ 1 SIDE, 1 ROLL

(1/3 RACK OF RIBS OR 1/4 CHICKEN)




LIBERTY LODGE #300

1635 L ST

Put Down Your Phone (And Live Happily Ever After)

WB Darin A. Lahners, Midnight Freemason

May is Mental Health Awareness month. In my mind, one of the major causes of mental health issues is our dependence on technology, especially social media. I'm not pointing fingers at anyone here, I'm as guilty as everyone else when it comes to social media use. However, I wanted to begin with a story about being tethered to a phone.

I used to have a job that I was on call for all of the time. It didn't matter what time of the day the phone rang or when a text came in to join another conference call, the expectation was that I was on the call. I missed a lot of my kids growing up because of this. The job took a lot of time that I should have been spending with them from me. I wasted too many years of my life on a job that was toxic because I didn't know any better or I was afraid of losing income. When I left that job and got another at in a healthy non-toxic environment, my life changed for the better. I regained a lot of time that I was then able to reinvest into repairing my relationship with my children and Freemasonry.

I went to a baseball game last weekend, and it amazed me to look around to see so many people on their phones. Now given the result of the game not being in favor of the home team, that might be the cause of it, but I challenge you to look around at any sporting event, concert, or another public gathering and count the number of people on their phone, either to record the event or just to distract themselves. Given the amount of money that tickets to either a baseball game or concert cost, don't you think that you should be putting the phone down and just enjoying the moment that you paid so much money for? Don't even get me started about Lodge. Like I said, I can't say that I'm innocent of either. I have posts of videos taken at concerts on social media, and I have taken my phone out at lodge during a stated meeting to check my email, texts, or social media. So much for leaving the profane world behind.

When I start to personally examine these behaviors, I realize something that is so

hard to do at that moment. What I realize is that if I don't record the concert, somebody else is probably going to and put it on YouTube and that I should just enjoy the concert with the person or people that I'm with; because those are the moments that you can't get back. The same with the email or social media during the lodge meeting. The email, texts, and social media posts are going to be there after the meeting. But like I said, it's difficult to realize that at that moment. You probably have that feeling of ennui sneak in and you want so desperately to look at your phone even though you're really not bored. I'm having it right now, my brain is telling me to look at my phone, to check social media, and there's a conscious feeling of discomfort in my frontal lobe because I'm not doing it. It is akin to the feeling I used to get when I quit smoking cigarettes when I really wanted a cigarette and I had to power through that moment and resist the temptation.

While the American Psychiatric Association does not officially recognize the condition of phone addiction, I can tell you as an ex-smoker that I personally know what the symptoms of withdrawal are from something that you are addicted to, and that I have seen the symptoms in myself and others around me when they are unable to use their phones. Am I saying that I'm addicted to my phone? No, but I am saying that I see signs that I am probably using it too much. So in order to give it a name for the purposes of the article, I am going to call it addiction.

According to the addiction center, phone addiction may lead to the below:

- Sleep deficit
- Lower concentration
- Creativity blocks
- Aggravated ADD
- Anxiety
- Reduced cognition
- Stress
- Loneliness
- Insecurity
- Impaired relationships
- Poor grades
- Psychological disorders

Chronic phone use can also cause other physical dysfunctions, like GABA (a neurotransmitter in the brain) dysfunction and a loss of grey matter in the

brain, which are highly correlated to substance use disorders.

Chronic phone overuse is proven to change reward circuits in the brain chemically. One of the primary affected neurotransmitters is gabapentin (GABA). GABA is an inhibitory neurotransmitter that produces a calming or euphoric effect. It can even control fear and anxiety. The inhibitor plays a significant role in addiction by rewarding substance use and reinforcing addictive behaviors.

Grey matter in the brain is connected to the part of the central nervous system responsible for enabling individuals to control movement, memory, and emotions. A recent study scanned participants' brains with a phone addiction and discovered a change in their brain's grey matter. According to the researchers, the physical shape and size of their brains resembled that of drug users. Grey matter volume among people addicted to their phones diminished in critical areas, a condition similarly observed in people with a substance use disorder.

It is important to note that there has also been a rise in depression and suicide among teenagers in recent years correlated to phone addiction. Adolescent girls are particularly susceptible to the risk. According to the Centers for Disease Control and Prevention (CDC), between 2010-2015, the suicide rate rose by 65%. At the same time, the rate of severe depression among girls increased by 58%. Many researchers believe the rise in suicides is a direct reflection of the negative effects of phone addiction.

Bro. Manly P. Hall prophetically saw the danger coming from technology in the 1960s. In his lecture, "How to Turn Off the TV in One Easy Lesson and Live Happily Ever After". He stated when discussing watching television programming that: Nothing happens upstairs in ourselves, nothing is being developed as a factor in the growth of our own thinking. We are not thinking, actually, and if we are thinking, we aren't doing anything about it

because most of the thoughts are non-factual. So here we go, all through an entire lifetime surrounded by all types of information which we accept only through the eyes and ears and when the time comes we do very little to solve our own problems. A person whose mind is being used every day to find new values, accomplish new works, do new things that have not been done, improve the quality of living, solve the personal problems of his life – these are the things that help to exercise the mind, but to drift along from work to television to bed and then up and again the next day is not doing anything to make people, it is only continuing a humdrum which is only one step above animal existence. This means that in some respect we need creative programs. Now, a creative program is something that we do because, basically, we want to express ourselves. We do not wish merely to do what everyone else does, we want to do something that will satisfy our own inner impulses, but for the most part these impulses are not active enough to give us any positive directive. So it seems that one thing we have to do to get away from this "hypnosis of the tube" is to realize that we have faculties within ourselves that do not need to be subjected to this continual negative conditioning, that we are certainly capable of thinking rather than merely watching the antics of someone else.

In order to solve this problem and overcome the "hypnosis of the tube", He stated: Now, something has to happen to change our way of life from admiring the creations of others to the development of creative capacity in ourselves. So if we want to really have a great history, we can study our own inner lives, if we want great theatre, we can be both the audience and the cast, if we want any of the inner understandings which make for philosophy, mysticism and so forth, they are all available inside of ourselves. The only thing we have got to do is bring it out, and we bring it out by dedication, gaining strength in the inner life just as an athlete gains it by daily discipline; by the proper

mental emotional disciplines we can become healthy individuals in terms of our minds, our emotions, our hearts and our jobs. These are the things we've got to work for and if it means that we must do it, we can with one quick twist of the wrist get rid of most of the corruptions of society and face the fact that these are imaginary corruptions. We've got plenty of real ones; we don't have to build them up that way. What we have got to do is find out what corruptions are still lurking in us and correct them, and as soon as we correct the mistakes in ourselves, we begin to see better values in other people, because we see in others usually what we are ourselves focused upon. So, don't let the great Big Bad Tube get you (laugh), be very careful about it and when uncertain – TURN IT OFF (big laugh), and you will find as you turn it off to do something interesting, beautiful or wonderful, you will never miss it again. You cannot turn it off successfully, however, until there is something you want to be, or something you want to do, right then and there, that is more important than the tube. If you think it out that way, I think it will all work out alright in the end.

I want you to think about what Bro. Hall says above, and how it applies to us and our work as Freemasons to turn the rough ashlar into the perfect ashlar. While he is basing his observations on the television which was the 1960s was still in its infancy, his words can be taken and applied to anything with a screen. Is it possible that the rise in mental health issues we have seen in this country is due in part to the changes that take place in our brain chemically due to a bombardment from television, video games, computers, phones? I can't answer that question as I'm not a mental health professional, but I would venture to say that it probably is a contributing factor.

What I worry about is things like how social media maybe causing our attention spans to shorten, and if we are and have unintentionally giving ourselves Adult Attention Deficit Disorder. Again, I'm not a mental health (continued on page 8)

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 Lincoln, NE 68508-2315

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 Bruce Anderson, Sec. 435-0974
 job60@ix.netcom.com
 1st Tues. Reg. Communication 7:30 p.m.

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 1635 L St. 68508 476-3453
 Turner Cox, W.M. 419-4130
 trntc@gmail.com
 Adam Thayer, Sec. 314-6310
 adam.thayer@gmail.com
 1st Fri. Reg. Communication 7:00 p.m.

East Lincoln Lodge 210
 2700 S St. 68503 476-2412
 Jeff Buhrman, W.M. 703-732-4765
 jeff.buhrman@hotmail.com
 Thomas Michaelson, Sec., 423-1984
 901 Starview Lane 68512
 1st Thur. Reg. Communication 7:30 p.m.

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 2610 N. 48th St. 68504 466-2236
 Steven Flader, W.M. 217-4954
 4010 Woods Blvd, 68502
 nflader@neb.rr.com
 Steve Wetzel, Sec. 488-8198
 1518 Skyline Dr, 68506
 swetzel849@aol.com
 1518 Skyline Drive 68506
 1st Wed. Reg. Communication 7:30 p.m.

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 4430 N. 70th St. 68507
 John Kirby, W.M. 450-9900
 4501 Eagle Ridge Rd, 68516
 Dan Brunsen, Sec.-Treas. 432-2099
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Hickman Lodge 256
 4641 Cooper Ave., 68506
 1st Thur. Reg. Communication 7:00 p.m.

Cotner Lodge 297
 1542 No. 65th St. 68505 413-1332
 1st Mon. Reg. Communication 7:30 p.m.

Liberty Lodge 300
 1635 L St. 68508 476-3453
 Lynn Friesen, W.M. 314-6397
 lrfriesen70@gmail.com
 Mark Rossignol, Sec. 617-4150
 mark.rossignol@gmail.com
 1st Thur. Reg. Communication 7:00 p.m.

Craftsmen Lodge 314
 2645 B St. 68502 475-2820
 1st Tues. Reg. Communication 7:00 p.m.

College View Lodge 320
 4641 Cooper Ave. 68506
 1st Wed. Reg. Communication 7:30 p.m.

Tabula Rasa Lodge 332
 1635 L St. 68508 476-3453
 3rd Tue. Reg. Communication 6:00 p.m.

Lebanon Lodge 3
 Prince Hall Affiliation 430-7003
 1630 N. 24th St. 68503-1117
 2nd Tue. Reg. Communication 7:00 p.m.

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 Michael Lagueux
 Most Ill. Grand Master, Grand Council
 Edward Raper
 Rite Eminent Grand Commander, Grand Commandery
 Dennis Newman 490-1381
 Grand Secretary

Lincoln Chapter 6 R.A.M.
 1635 L St. 68508 476-3453
 Joseph Huskey, High Priest
 Tom Michaelson, Sec. 423-1984
 901 Starview Ln, 68512
 1st Wed.
 Covered-dish dinner 6:15 p.m.
 Business Meeting 7:00 p.m.

Lincoln Council 4 Cryptic Masons
 1635 L St. 68508 476-3453
 Bruce Anderson, Ill. Master 435-0974
 job60@ix.netcom.com
 Tom Michaelson, Recorder 423-1984
 1st Wed.
 Covered-dish dinner 6:15 p.m.
 Business Meeting 7:00 p.m.

Mount Moriah Commandery 4
 1635 L St. 68508 476-3453
 Adam Thayer, Cmdr. 314-6310
 adam.thayer@gmail.com
 David Bloomquist, Recorder 435-6049
 davidbloomquist@gmail.com
 1st Mon.
 Business meeting 7:00 p.m.

Scottish Rite

Scottish Rite Temple
 332 S. Centennial Mall 435-2144
 P.O. Box 95013 68509-5013
 Bruce Wood, Gen. Sec.
 Edward Boone, Venerable Master
 David Bloomquist, Wise Master
 Dennis Hecht, Commander
 Andy Seachord, Master of Kadosh
 3rd Wed. Bus. Meeting 6:00 p.m.

Shrine

Sesostris Temple
 1050 Saltillo Rd 474-6890
 Roca, Ne 68430
 Jerry Pigsley, Potentate 525-2116
 130 S. 91st St., 68520

Daughters of the Nile
 Naphis Temple No. 66
 Tonya Ngotel, Queen 239-1251
 1929 Washington St, 68502

Eastern Star

Eastern Star Grand Chapter of Nebraska

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 301 N. Cotner Blvd, Suite 200
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 nebraskaoes@msn.com
 402-937-7056
 1-844-309-6855

Electa Chapter 8
 1635 L St. 68508 476-3453
 Denise Lagueux, W.M. 450-1283
 deecelagueux@yahoo.com
 Michael Lagueux, W.P. 310-2118
 michael.lagueux1@yahoo.com
 Elizabeth Benson, Sec. 310-0416
 bazi16@msn.com
 2019 Harwood St. 68502
 1st Sat. Meeting 2:00 or 7:30 p.m.

Electa Chapter Kensington
 Susie Dunn, Sec. 890-6733
 4000 Garfield St. 68506
 2nd Thurs. 11:00 AM

Past Matrons Club
 Ilah Anderson, Courtesy Chair
 Dona Y. Hurst, Sec.-Treas. 421-1108

Myrtle Chapter 94
 2610 No. 48th St. 68504 466-2236
 Emily Schoenleber, W.M.
 emilyschoenleber@gmail.com
 Caid Bless, W.P.
 caidbless@gmail.com
 Deb Kendle, Sec. 617-3991
 dmkendle@gmail.com
 2nd and 4th Tues. 7:30 p.m.

Myrtle Club
 Connie Weir, Pres. 488-9040
 cdweir01@gmail.com
 Deb Kendle, V.P. 617-3991
 dmkendle@gmail.com
 Jeanne Bonnett, Sec 465-4817
 fjbonnett@twc.com
 Robyn Mason, Courtesy 484-5756
 robynkt@gmail.com

Martha Washington Chapter 153
 4430 N. 70th St. 68507
 Julie Fowler, W.M. 202-6450
 juliefowler68@gmail.com
 John Kirby, W.P. 421-2502
 jkirby9900@gmail.com
 Betty Kirby, Sec. 450-9137
 4501 Eagle Ridge Rd. 68516
 1st Thurs. 7:30 p.m.

Temple Chapter 271
 332 S. Centennial Mall 68508 435-2144
 Jean Crary, W.M. 309-9718
 4101 S 80th St., 68506
 Monte Dietrick, W.P. 423-2805
 1440 Stockwell St, 68502
 Melinda Brage, Sec. 488-0837
 620 Leavitt Ln 68510-2530
 1st Mon. Stated Meeting 7:30 p.m.

Past Matrons Club
 Marilyn Jepson, President 423-6049

Columbia Chapter 275
 1542 No. 65th St. 68505
 1st Tues. Stated Meeting 7:00 p.m.

Past Matrons & Past Patrons Club
 Trudy Thornburg, Pres. 430-2165
 Nancy Weers, Vice-Pres. 466-3750

Starcraft Chapter 307
 2645 B St. 68502 475-2820
 Terri Sherman, W.M. 525-6008
 12244 N. 84th St. 68521
 Dennis Brydl, WP, 423-6982
 2510 Kessler Blvd. 68502
 Cora Redwine, Sec. 438-9447
 4101 N.12th St., 68521
 1st Wed. Stated Meeting 7:30 p.m.

Youth Groups

DeMolay

Lincoln Chapter
 Ryan Binge, Master Councilor
 Katie Warwick, Chapter Sweetheart
 Brent Warwick, Chapter Dad 770-0693
 Meetings 2nd and 4th Wed. 7:00 p.m.
 332 Centennial Mall South
 Please send correspondence to:
 Brent Warwick 770-0693
 bwarwick@inebraska.com

Dr. Frederick Eiche Chapter

No Master Councilor
 No Chapter Sweetheart
 No Chapter Dad
 No Meetings

Job's Daughters

Bethel 5
 Please send all correspondence to:
 1635 L St. 68508-2510 476-3453
 Kristen Swisher, Guardian 202-7113
 416 N. 19th St., Beatrice, 68310
 Greg Prososki, ABG, 525-9243
 21040 NW 70th St, Agnew, 68428
 Deb Kendle, Sec. 617-3991
 1400 N 64th St, 68505
 Lauren Prososki, Honored Queen
 2nd and 4th Sat. 10:00 a.m. or 3:00 p.m.
 Dark July and August

Bethel 27
 2610 N. 48th St.
 Please send all correspondence to:
 Becky Bleess, BG
 Bethel27lincoln@gmail.com
 Dan Chesnut, ABG
 Bethel27abg@gmail.com
 Marissa Roesler, Sec. 432-5184
 7542 South St, 68506
 roeslerms3@gmail.com
 Elena Watts, Honored Queen
 1st & 3rd Sun. 1:30 p.m.

Bethel 63
 1542 No. 65th Street
 Beth Jacobson, Guardian 770-9814
 220 West G St, Elmwood, 68349
 laurabethjacobson@hotmail.com
 Eric Bahm, Assoc. Guardian 770-0693
 3710 LaSalle St, 68516
 ericdbahm@gmail.com
 Lisa Warwick, Sec. 440-0693
 2230 Trevor Court, 68512
 1st and 3rd Thurs. 7:00 p.m.

Rainbow for Girls

Lincoln Assembly 6
 332 S. Centennial Mall (Scottish Rite)
 Please send all correspondence to:
 Tiffany Westerholt, Mother Advisor
 618 W. Burt Dr. 68521 304-8238
 Laurie Sieg, Advisory Board Chair
 7600 Baldwin Ave 68507 464-2410
 lauriesieg@gmail.com
 Karli Young, Worthy Advisor
 1st and 3rd Tues. 7:00 p.m

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 Joe Huskey, Pres. 730-1158
 Mike Lagueux, Sec-Treas.310-2118
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 Denise Lagueux, Pres. 310-2118
 4th Weds. Board of Directors meeting
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 Michelle Smith, Pres.
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 Michelle Smith, Pres.
 601 West B St., Lincoln, Ne 68522

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All submissions may be edited for length and content. The Masonic News Board makes all final decisions.

Electa Chapter #8

Michael Lagueux

Last month, I told you I knew something I couldn't tell you yet, about an appointment to the Grand Star line. By the time you read this, our secretary, Beth Benson, has been appointed as Grand Adah! Congratulations Beth, what a great honor for you and Electa Chapter. I wish I could get you a picture but will have to try to get one in next month.

There is so much going on in our Chapter it's hard to figure out what to talk about first.

Thank you to all of you who have contributed to the blue barrel project. This month, 177 pounds of food, and

hygiene products were collected for distribution to those less fortunate in our society. As difficult as it is to imagine, there are people who would go hungry were it not for your generosity. Thank you so much for your caring of those you will probably never know what you have done for them.

The first few months have been bountiful for our chapter. New members have continued to join with us and share their lives and we have welcomed new members from a merger with friends from another Chapter. Our base is strong, we have some new traditions to solidify and old ones to uphold and we are

going forward. Life is good!

We have also awarded a scholarship to a young woman, Sister Susan Franson's niece. It is always good to help fulfill the dreams of our youth. "They are our future", right? I think we have to believe in them as being so, because it is more than just a euphemism, it's a reality.

I hope you have a wonderful month until we can talk again, filled with the good in our lives that God provides. Look for it, and keep those who are experiencing difficulties in your prayers. God bless you.

Put Down Your Phone

(cont from Page 6)

professional, but continually scrolling through social media, especially platforms like Tik Tok where the maximum video time is 3 minutes has to be having an impact on us. When I put on my tinfoil hat, I often tell Midnight Freemason Senior Contributor Greg Knott my belief that Tik Tok was socially engineered by the Chinese to dumb down our population and lower our attention spans. Of course, I have no proof of this being true, and there are some really good people and Brothers to follow on Tik Tok, like my co-editor (RJ Johnson). There's also a ton of garbage on there as well, and the app is designed to allow you to scroll through the garbage to get to the good stuff or to customize your feed by only viewing the people you follow, but the point still stands that the endless scrolling through Facebook, Tik Tok, Instagram, Reddit, or whatever your social media of choice is has to be having some effect. Or maybe I'm just a luddite.

What I wanted to do with this article is dispense some light and challenge the brethren that read the blog to do something radical. That challenge is to put your phone down and live happily ever after. Now given the nature of everything that our phones do for each of us in our modern society, I know it's difficult to even think about doing this, but I want you to do me a favor. I want you to look at your amount of screen time, or turn on the screen time monitoring on your device and go about

your normal business for a week. Then I want you to go back and look at how much time you are spending on your phone, especially on social media. After you do this, I want you to think about that 24-inch gauge we learn about in the First Degree. Are you managing your time wisely? Are you spending too much time looking at your phone?

If you answered yes to the last question above, I want you to do me a favor. I want you to put the phone down and do something that doesn't require you to look at a screen. Yes, maybe this is hypocritical from the IT worker that is writing an article for the Midnight Freemason blog at 7:20 pm the night before it's going to go live. I've been starting at a computer screen for about 10 hours today. I get it, how can you take me seriously when I'm asking you to stop looking at your phone. I guess you can't. But maybe because you're reading this, and hopefully enjoying it, you will see I'm creating something for you to enjoy and you can give me some grace and listen to me. Look at the picture at the top of the article and do one of those instead of looking at your phone, or to spin it Masonically, pick some ritual and learn it. Replace some of that time you're spending mindlessly scrolling through your phone to improve yourself as a man and a Mason.

My point is to take care of yourself and those around you. Time is our most precious commodity and the

sands in the hourglass are running. We don't know how much time we have left before we go to the lodge on high, so take the time to put your phone down more and really live life. Tell those people that you love that you love them as much as possible, and hug your kids, parents, pets, spouse or significant other as much as possible. Create opportunities to really connect with your family and friends, to have a face-to-face conversation. Declare the next family gathering you host a phone-free zone or your next family dinner. Make it a challenge or a game, and make those that look at their phone put a dollar in a jar every time they do it and donate that money to a charity. Whatever you're missing on social media, or in your email or texts will be there for you after you've lived your life unplugged for a few hours. Maybe you can turn that few hours into half a day, or maybe a whole day from time to time. Maybe you'll realize that you don't need it as much as you think you do. I want you to pay close attention to how you feel when you're away from your screen. As much as it might be hard to do at first, my guess is that it will become easier to do the more you practice doing it. I also suspect that the enjoyment of the other activities you're doing while not looking at your phone might help you to continue to do it. With practice, you might actually feel like you're living happily ever after, even if it's only for a few hours.

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