



## Wildey News Flash



WILDEY LODGE #2, I.O.O.F.

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*From the Desk  
of the  
Noble Grand  
for 2020  
John E. Bayer*

### Noble Grand Message

Greetings Brothers and Sisters;

As the summer draws to a close and the fall colors paint the trees, we must keep in mind the social issues that is now a part of all our lives.

The Corona Virus is a force of great pain and loss to all of us this year. It has had a devastating impact on our membership and has hurt our lodge. Many of the faces we have known are now gone. Empty seats now fill our lodge hall. This is a time that tries the spirit of the lodge to move forward.

But, move forward we shall do. Through bringing in new members to fill the empty seats that now dot our lodge hall. New members are the life's blood to keeping our endeavors of community service going.

That is why I am asking you to bring in a friend, neighbor, or family member to become part of our Odd Fellow Lodge. Because the only way we can continue our lodge is to fill the seats in it.

## September and October Birthdays



September 6 – Michael Mangiore

September 20 – John E. Bayer

September 30 – Gio Mangiore

October 7 – Ervin Drawing

October 7 – Alma Sneed

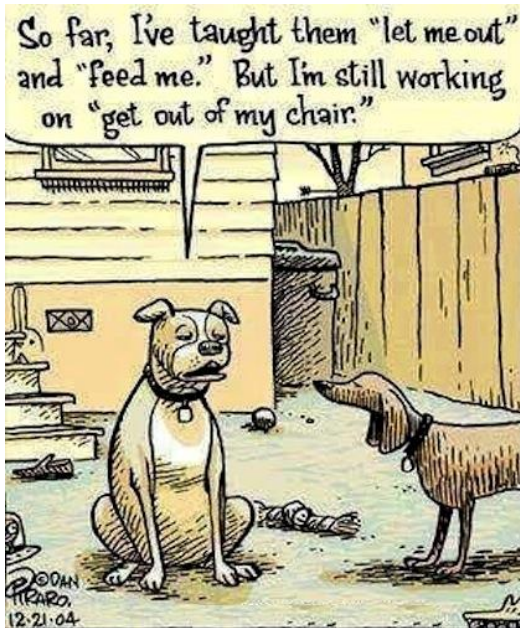
October 29 – Steven Buchholz

### Sickness & Distress

Members Unable to Attend Meetings Due to Illness or Injury

Ervin Drawing; Kenneth White

## DOG TRAINING



## Sign of our Times

### Never Regret a Day in Your Life.

Good days give you happiness, bad days give you experience,  
worst days give you lessons, and best days give you memories.

*Power of Positivity*

# Word Find



ACORN  
APPLE  
AUTUMN  
CHESTNUTS  
CHILLY  
CIDER  
COBWEB  
FALL  
FOOTBALL  
GOURD

HALLOWEEN  
HARVEST  
HAY BALE  
HAYRIDE  
LEAVES  
MAIZE  
NOVEMBER  
NUTS  
OCTOBER  
PUMPKIN

QUILT  
RAKE  
SCARECROW  
SEPTEMBER  
SLEET  
THANKSGIVING



# Headache Know How

## Headache Know-How

Headaches are common, but how much do you really know about them?

*by Eric Johnson*



**W**ho hasn't had a headache? These little — or large — pains can range from being a nuisance to debilitating. In many cases, treatment can be as simple as taking a pain reliever, but some headaches can be much more severe and wreak havoc on your daily life.

The first step to understanding

your headaches is to know what type you're suffering from. To do this, compare your symptoms to the ones listed in the chart below. Also note the timing and severity of your headaches.

Once you know the type, you can make proactive changes to lessen the pain, eliminate the causes and hopefully avoid headaches

altogether. You can also learn what treatment options may be available.

While the common headache typically poses no immediate cause for concern, there are rare cases when a headache could be a sign of an underlying health issue such as high blood pressure or a serious infection. Consult with your doctor if you have any concerns. \*

Type	Signs and Symptoms	Common Causes	Treatment Options
<b>Tension</b>	<ul style="list-style-type: none"> <li>▶ Mild or moderate pain throughout the head without any other symptoms</li> <li>▶ Pain frequency that varies and often lasts a few hours</li> </ul>	<ul style="list-style-type: none"> <li>▶ Stress</li> <li>▶ Lack of sleep</li> <li>▶ Hunger</li> <li>▶ Caffeine withdrawal</li> <li>▶ Medication changes</li> </ul>	<ul style="list-style-type: none"> <li>▶ Over-the-counter pain relievers</li> <li>▶ Applying heat or ice</li> <li>▶ Maintaining good posture</li> <li>▶ Massage</li> </ul>
<b>Sinus</b>	<ul style="list-style-type: none"> <li>▶ Pain near the bridge of the nose or in your face</li> <li>▶ Stuffy or runny nose</li> <li>▶ Worsening pain if you bend forward or lie down</li> </ul>	<ul style="list-style-type: none"> <li>▶ Sinus blockage</li> <li>▶ Viral upper respiratory infection</li> </ul>	<ul style="list-style-type: none"> <li>▶ Over-the-counter pain relievers</li> <li>▶ Vaporizer or inhaling steam</li> </ul>
<b>Migraine</b>	<ul style="list-style-type: none"> <li>▶ Moderate to severe, throbbing pain</li> <li>▶ Pain that lasts a couple of hours to days</li> <li>▶ Nausea or vomiting</li> <li>▶ Eyesight issues</li> </ul>	<p>The causes of migraines are often hard to identify, but some triggers include:</p> <ul style="list-style-type: none"> <li>▶ Stress</li> <li>▶ Sensory triggers such as strong smells or bright lights</li> <li>▶ Alcohol consumption</li> <li>▶ Lack of or too much sleep</li> </ul>	<ul style="list-style-type: none"> <li>▶ Pain-relieving medications</li> <li>▶ Good sleep and eating habits</li> <li>▶ Plenty of fluids</li> <li>▶ Exercise</li> <li>▶ Relaxation techniques</li> </ul>

## Quote of the Day...!

**“Be an encourager...! The world has plenty of critics already...!”**

## Find the Difference



## Story of our Times



As temperatures approached 90 degrees in New York City last July 4th, three police officers ducked into a Whole Foods Market to get something cold to drink. What they walked into was a heated human drama.

Once inside, the cops, Lt. Louis Sojo and Officers Esanidy Cuevas and Michael Rivera, were approached by a store security guard who asked for help with a suspected shoplifter. The woman in question didn't have the look of a career criminal. She was obviously scared, and her cheeks were wet with tears.

The cops peeked inside her bag. “All we saw was containers of food. We didn’t see anything else,” Cuevas told CBS New York.

“I’m hungry,” she explained quietly.

Caught red-handed, the woman no doubt expected to be cuffed and hauled off to jail for the crime of being hungry while poor. But the cops had other ideas. “We’ll pay for her food,” Sojo told the surprised security guard.

There’d been no discussion among the three men, no need to see whether they were all in. It went unsaid. Instead, they picked up the woman’s bag and escorted her to a cash register, where each chipped in \$10 to pay the tab. She would not be arrested today.

All the woman could do was weep in gratitude. Covering her face with a kerchief and drying her eyes, she repeated, “Thank you, thank you.”

She wasn’t the only one touched by this act of compassion. “It was a very beautiful, genuine moment,” says Paul Bozymowski, who was at the store. He was so taken by what he’d witnessed that he posted a photo on Twitter for all to see.

But attention was never what the officers sought. They were driven by a far more common emotion. As Sojo told CNN, “When you look at someone’s face and see that they need you and they’re actually hungry, it’s pretty difficult as a human being to walk away from something like this.