BIG Story Fest 2013
The BIG Story Fest and Liars Competition is April 11-14, 2013, at ARTworks and Beaufort Town Center in Beaufort SC. The festival and liars competition is headlined by Bil Lepp, a nationally renowned storyteller, a five time champion of the West Virginia Liars’ Contest and recipient of the Storytelling Circle of Excellence Award. The BIG Story Fest is an esteemed gathering of those who shoot the breeze with the greatest of ease, of the lying liars and the audiences who laugh with them, including workshops, children’s events, special theater events, concerts, and audience participation activities. Tickets range from $5 to $17. All-day and weekend passes are available. 843-379-2787, www.beaufortcountyarts.com/bigstoryfest.htm

SAVE THE DATE:
APRIL 11 THROUGH APRIL 14, 2013!

The Plastics Pioneers winter meeting will be held then at the Omni Hotel and Resort on Hilton Head Island, South Carolina.

A beautiful beach destination, the island is twelve miles long by five miles wide and is known as the gem of the Low Country for its breathtaking views and signature Southern Hospitality. The Hotel offers an eleven mile lagoon system ideal for kayaking and canoeing, bike trails, 25 tennis courts and three championship golf courses.

If enough interest is generated, a group fishing excursion will be arranged for Friday. It will be followed by a casual beach buffet on Friday night. The resort will have a newly renovated lounge and spa facility for those interested.

The Tanger Outlets are nearby, and a variety of unique local shops are very close to the resort with a complimentary shuttle service available to guests. April’s weather is typically a balmy 75 degrees, so mark your calendars and save the dates. Please contact Bill and Anne Humphrey if you have any questions or to inform of your attendance (864.322.9950) annebillh@gmail.com.

Click on the link to see more details of this fabulous resort and features: OMNI HOTEL & RESORT

Site Selection Committee Chair Chuck Thiele
President’s Message
By Dan McGuire

Our many thanks to Chuck Thiele and his Site Selection Committee for selecting the Williamsburg, Virginia site for our Fall 2012 meeting. The management and staff of the Colonial Williamsburg Inn went out of their way to make sure our accommodations were exactly what we needed—and the Inn was centrally located within walking distances to the many, many sites and activities available to all of us. Don and Marilyn Rainville, as our Host Couple, planned several spectacular events for our group, and we thank them for all their hard work. The group trip to visit Yorktown and Jamestown, and the Norfolk Naval Base tour were truly outstanding. The weather was perfect for the tours as well as for the golfers and folks who did other activities. This certainly gave us the opportunity to mix relaxation and friendship with a historical connection to the founding of our great country. The main complaint I heard was that we needed several more days to see and enjoy all the things the area had to offer.

Al Hodge and Tim Womer and their Membership Committee announced four new members. Three were present and were inducted into the PPA. We welcome them all, and know they will become very active and be a major asset to our Association.

During our Board of Governors meeting and our General Members meeting, all our Committee Chairmen gave reports as to what each of the Committees have been doing for the past six months, and what their plans are for the next six months. Many, many people are involved in activities to insure our Plastics Pioneers Association brings to our members what they want for the future. Please note all the many changes to our Board of Governors, Officers, and Committee Chairman listed elsewhere in this newsletter.

Chuck Thiele and Alan Woll have selected the Omni Hotels and Resorts, Hilton Head, South Carolina, as the location for our spring Annual Meeting April 10 thru 14, 2013. Bill and Ann Humphrey have graciously agreed to be our Host Couple. This is a superb location with a fantastic number of activities and events to surely please all our members. This is also the Annual Meeting in which we will be electing three new Board of Governors and new Officers. If you are interested in becoming an Officer or joining our Board of Governors, please let Vince Witherup or me know.

Please make your plans now to attend this special meeting. Our Association is growing and needs you to come and be involved in our many efforts to support the Plastics Industry that has provided so much to each of us. Darlene and I look forward to spending some quality fun time with each of you. Dan

Dan McGuire

From the Desk of the Editors
December 2012

By David & Rozann Caldwell, Editors

We hope you like this edition of the newsletter. With the welcome addition of John and Moira Fearncombe to our staff, we have been able to assemble the articles and pictures for this issue much faster. We are confident it will mean that we can publish future newsletters much sooner than in the past.

Also, with new help comes new ideas and in this addition you will see two new articles that are Moira’s ideas: a very interesting interview with a distinguished member entitled “Doing Good” and a page entitled “Bucket List”. Moira interviewed a host of members at Williamsburg to learn of places they would like to visit and also where each recommend she visits. I think you will find both articles interesting. Rozann and I are looking forward to more new ideas from Moira and John.

Finally, we would like to thank Jon Lawry for his contributions with the website (see page 22).
What a great weekend! Good weather, good friends and lots to do. Friday Morning started with a large group off to see Jamestown Settlement and then Yorktown Battlefield. The Jamestown Settlement features a very detailed and interesting museum as well as a replica Indian village, fort and ships that brought the settlers to America.

Friday night began with a cocktail party followed by dinner at a historic restaurant, the Kings Tavern. The décor was definitely unique and classic American with a Town Crier and a Piper. Even the table napkins had a 200 year old history.

Meanwhile, many Pioneers and spouses took advantage of the good weather to tour Williamsburg and sample the typical recipes from 200 or more years ago. There was a lot to see, re-enactors, restored homes and businesses as well as rebuilt government buildings.

As you can see, three of the Pioneers were forced to have lunch at Hooters.

Saturday was another tour, this time to Norfolk harbor and the largest US Naval base. The weather was excellent and seeing the might of the US Navy was inspiring. As you can see, three of the Pioneers were forced to have lunch at Hooters. In the afternoon, the group toured the Naval Museum featuring artifacts from the USS Monitor, one of the first armored US ships. Saturday evening saw the Pioneers induct three new members.

The PAL’s Committee held a 50-50 raffle with $802.00 brought in. Carolyn Reed Hodge and 95 year old John Busada awarded half, $401.00, to the winner Glenn Beall.

The evening ended with the award of the table center pieces to the guest whose birthday was closest to the meeting date.
FALL 2012 MEETING AT WILLIAMSBURG - SATURDAY
FALL 2012 MEETING AT WILLIAMSBURG - NORFOLK TOUR
And the Survey Says…
At the Williamsburg meeting, the roving reporter asked as many people as she could to answer two questions: (1) “If you could travel anywhere in the world, where would you go?” and (2) “Of all the places you’ve already been, where would you recommend that someone else visit?” The results are summarized in the table below.

The questions generated a lot of thought and were conversation starters, so this might be the first in a series of surveys. If you have suggestions for further topics, please let us know.

<table>
<thead>
<tr>
<th>Want to Visit Summary</th>
<th>General Location</th>
<th>Number</th>
<th>Specific Location</th>
</tr>
</thead>
<tbody>
<tr>
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<td>17</td>
<td>Italy (5), France (2), Russia (4)</td>
<td></td>
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<tr>
<td>United States</td>
<td>13</td>
<td>Alaska (7), Hawaii (3), Grand Canyon (2)</td>
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</tr>
<tr>
<td>Africa</td>
<td>5</td>
<td>Egypt (2)</td>
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<tr>
<td>Far East</td>
<td>5</td>
<td>China (4)</td>
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<tr>
<td>United Kingdom</td>
<td>5</td>
<td>Holy Land (3)</td>
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<tr>
<td>Australia/New Zealand</td>
<td>4</td>
<td>Antarctica (2)</td>
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<tr>
<td>Middle East</td>
<td>4</td>
<td>Tahiti (3)</td>
<td></td>
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<td>Miscellaneous</td>
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<tr>
<td>Polynesia</td>
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<tr>
<td>South America</td>
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<table>
<thead>
<tr>
<th>Would Recommend Summary</th>
<th>General Location</th>
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<th>Specific Location</th>
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Anonymously submitted list of favorites:
I’ve been in many places, but I’ve never been in Cahoots. Apparently, you can’t go alone. You must be in Cahoots with someone.

I’ve also never been in Cognito. I hear no one recognizes you there.

I have, however, been in Sane. They don’t have an airport; you have to be driven there. I have made several trips, thanks to my friends, family, and work.

I would like to go to Conclusions, but you have to jump, and I’m not too much on physical activity anymore. I have also been in Doubt. That is a sad place to go, and I try not to visit there too often.

I’ve been in Flexible, but only when it was important to stand firm.

Sometimes, I’m in Capable, and I go there more often as I get older.

One of my favorite places to be is in Suspense. It really gets the adrenalin flowing and pumps up the old heart. At my age, I need all the stimuli I can get!

I may have been in Continent and I don’t remember what country I was in. It’s an age thing
Russ Gould has given numerous, well-attended, medical lectures at Pioneers meetings. As a result of a serious prostate cancer diagnosis 12 years ago, Russ has transitioned from a plastics expert to a men’s health expert (In particular prostate cancer.) He is part of the $179 million dollar National Institute Of Health prostate SPORE (Special Programs of Research Excellence.) He is also currently Manager of Men’s Health Services at Wellness Place in Palatine, IL and many other initiatives in Men’s Health

Russ will provide continuing articles for the Pioneers newsletter. This article will list 4 ways you can become an empowered patient by keeping your medical records, learning about your options, risks, short and long term side effects, and remission rates. Future columns will address more detailed prostate problems and solutions.

YOU ARE IN CHARGE OF YOUR OWN HEALTH! – Monitoring health status, lab test results, and doctor’s suggested action plans are an absolute necessity. Consider joining a focused support group with knowledgeable patient advocates. Get all of the advice and counsel that you can, but keep in mind the decisions are ultimately yours to make.

PARTNER WITH YOUR DOCTOR – By far, the most important decision you will make will be to select an outstanding doctor who is experienced in the treatment area you require and who will communicate with you. To be a partnership, you need to fully understand your treatment plan, insurance issues and hospital system practices and work with them. Your responsibility is to follow the protocol, take medications on time, and keep good notes on your body’s reactions.

GETTING THE MOST OUT OF YOUR DOCTOR VISITS – We know your doctor’s time is valuable. Carefully plan for a productive visit. Summarize your test results and reactions since your last appointment. Bring a typed list of medications for the receptionist and a tape recorder for review later. Most important is to bring a typed list of your questions - and get them all answered.

YOUR RECORDKEEPING – Keep a personal log. Get a copy of all test results, scans, and doctors reports. Keep them organized in a 3-ring binder.

In conclusion, many recent lessons have taught us that we must take charge of our own health for better outcomes. If you partner with your doctor, become an empowered patient with knowledge, resolve to get better treatment, and associate with people who have won the battle, you can live a healthier, happier life.

Russ Gould is a patient advocate with the National Institute of Health, Scientific Programs of Research Excellence, (NIH SPORE). He is a prostate cancer specialist with Wellness Place, a cancer resource center located in Palatine, IL www.wellnessplace.org. Mr. Gould is an UsTOO International lecturer and chapter leader, www.UsTOO.org, and 12-year survivor of advanced prostate cancer. If you have questions for Mr. Gould, you may email him at Russ.Gould@wellnessplace.org or call 847-241-5976.
(PALS)PIONEER ACTION LEAGUE COMMITTEE REPORT
Contributed by: Carolyn Reid-Hodge and Rozanne Caldwell
PPA Fall Meeting at Colonial Williamsburg, VA

2012 ACTIVITIES

★ PALS worked closely with Hosts for the Orlando, FL NPE Meeting (Don and Ginnie Williams) and the Colonial Williamsburg, VA Meeting (Don and Marilyn Rainville) to help make guests feel welcome and to recognize VIP guests invited for the NPE-related dinner (including Hall of Fame members)
★ This begins with dividing the membership list and calling all PPA members to build attendance and registration for the meeting plus check on their conditions, interest levels, etc. This often gives us news of illnesses, deaths, gripes, health updates, etc. It is a big job that takes much commitment and perseverance.
★ Meeting prep activities relate to everything from logistics and meeting details to organizing new features such as:
  ★ a Welcome/Registration table (plus staffing for two days);
  ★ creating a seating chart for one dinner to encourage more introductions and mingling among members (especially new inductees with others);
  ★ finding and shipping theme-inspired centerpieces to give to special guests, creating something fun to complement the meal;
  ★ identifying key PPA leaders with nametag ribbons, also the PALS Committee to make it easy for newcomers to ask questions/get introduced.
★ NEW: A 50/50 raffle to raise funds for the PPA Education Fund to support scholarships
  ★ This was suggested in 2011 but with NPE was too hectic for the spring meeting; it was organized for this event by Helen Michael
  ★ Ticket sales will happen at cocktail hours with frequent reminders and announcements throughout the meeting
  ★ Everyone is encouraged to participate and support the new endeavor to help students study plastics. We will try to make this fun and interesting while putting the arm on people for contributions. Volunteers are welcome.
★ Ten-person PALs Committee has regular correspondence via email and occasional teleconferences to assign jobs, collect ideas
★ Chairman provides direction for the group and is the spokesperson with
  ★ The Host, the event coordinator at the facility, the Board of Governors and Cathy Connell, plus Membership Chair (for New Inductees), and later the Newsletter Editor (for articles).
  ★ This includes bringing ideas/concerns to the Board of Governors for action.
  ★ Chair also organizes the phone call efforts, reports news to Cathy Connell (for Directory updates) and to the President for distribution as he deems fit.
  ★ Chair coordinates efforts to support the Hosts, outlines action plans and guides implementation of plans. The goal is to assist members and encourage them to fraternize to build more rapport and interaction. (Please review Phone Survey results from 2011 for reminders – this relates to renewals and planning.)
★ A dedicated PALs team is making this successful. We are open to suggestions, assistance, and new ways to help facilitate the growth and sustainment of PPA.
PPA’S CHANGING DEMOGRAPHICS: Decline in participation is impacting membership, dues, and meeting attendance. Need to find ways to bring in new members and greater participation. Building relationships within the organization encourages this.

COSTS ARE A BIG CONCERN: Travel and lodging prices need to be considered when picking sites. Personal/family needs impacting attendance plus ability to travel due to health.

- Many willing to drive (to cut costs) if within reasonable range from their homes.
- Strong preference for hub airports to make travel easier, fewer connections, more affordable. Convenience a factor as well as price.
- Deciding price points seems to be $200 or less for rooms. A strong package/deal negotiator could help.
- Resorts and luxury places are not as critical as interesting local sites and reasonable trip costs. Retirees plus those still working feeling the economic pinch.

“DO THEY KNOW PEOPLE?” IS THE MOST-MENTIONED REASON FOR NOT ATTENDING EVENTS (PLUS HIGH COSTS). Group camaraderie and fun activities help build rapport.

- Greater efforts needed to introduce members, mingle at receptions, and get people involved in organization and at meetings. Group activities in which people can become better acquainted would help build relationships.
- Widows/widowers are a growing sector and they feel awkward attending alone. Perhaps a new policy and pricing are needed.
- Greeters and table chairs may help or ice-breaking activities to encourage interaction. Keep spouses/dates involved – they help determine attendance.

COMMUNICATION IMPORTANT. Outreach helps bridge gaps, keeps folks involved.

- Newsletter is valued among retirees and members spread throughout the USA.
- Website could be increasingly more valuable with greater content, updates, photos, and captions (again, not everyone knows other members). Promote PPA and web address to members and within the industry; have nomination forms attached for easy access.
- Have a table at industry events (manned by a BOG member) to build visibility plus encourage nominations for new, qualified members.
- Periodic phone calls by select committees (event he BOG) would help bridge info gaps, learn news, show interest/caring in members. This can help generate interest in meetings and encourage attendance and greater participation.

ACTIVITIES/PREFERENCES AT MEETINGS: “Learning and Doing” – especially as couples – preferred over golf, spas, tennis. Historical sites, learning about the region, tours, and points of interest mentioned as favorite activities vs. fancy/expensive resorts.

- People like to have activities planned in advance
- Guides, rangers, local experts make it more interesting to visit a locale
- Word-of-mouth and friendships help develop greater attendance and participation in conference events (again, appeal to spouses plus members). Exploring new places encouraged, even welcomed, as long as costs and proximity (travel) are considered. Survey revealed many new potential sites and locales to visit.
- You can’t please everyone all the time – do the best you can, encourage participation with well-planned events/meetings and have fun.

Presented to Board and Members Oct 13-14, 2011

If any member knows of other members who are ill, please, let a member of the PALS Committee know so we can send a card.
James A. Hemphill, Sr. of Madison, passed away on Friday, April 20, 2012, at Hospice Ministries in Ridgeland, MS. He attended Holmes Jr. College and served in the European Theater of the US Army during World War II. In the early 1950’s, he became interested in plastic processing which became a life-long pursuit and distinguished career. He is considered a Plastic Pioneer and was instrumental in bringing the plastics industry to Mississippi. During his business career, Mr. Hemphill was the owner of Hemphill Electric Company, Production Planning Supervisor at Vickers, Inc., Owner and President of R & H Manufacturing, President and Co-owner of Gulf Plastics, Inc., and President and Co-owner of Seagull, Inc. After his retirement in 1989, he remained a strong advocate for the plastics industry working with the Mississippi Band of Choctaw Indians, Mississippi State University, the University of Southern Mississippi and Holmes Community College on both research and development and job training and curriculum. He also served as the Interim and Associate Director of the Mississippi Polymer Institute.

Mr. Hemphill was the recipient of numerous awards and honors. He was a member of the Society of Plastic Engineers and, in 1985, founded the Society of Plastic Engineers, Section S88, in Jackson. He served as Chapter President and was named Senior Member Emeritus in 1991. Mr. Hemphill served on the Industrial Advisory Committee of the University of Southern Mississippi, Polymer Science School for a number of years. He was a former member of the Jackson Chamber of Commerce, Rankin County Chamber of Commerce and the Mississippi Manufacturers Association. In 1995, Mr. Hemphill had the prestigious honor of being inducted into the Plastic Pioneers Association of America.

Mr. Hemphill was a generous man who loved to talk to people from all walks of life. He was a member of Madison United Methodist Church. Mr. Hemphill is survived by his wife and business partner of 68 years, Rachel Roberson Hemphill, sons Bill (Sylvia) of Brandon, Jimmy (Mary) of Pelahatchie, and daughters Susan Littell (Eric) of Madison, Cathy Comish (Keith) of Ridgeland, grandchildren: Shelley (Dennis) Bock of Starkville, Buster (Vandana) Hemphill of Manhattan, NY, Renee (James) Barron of Terry, Karen (Al) Bruce of Mize, Todd Littell of Madison, Neil (Dana) Littell of Greenwood, and Clark and Kendall Comish of Ridgeland, 8 great grandchildren and numerous nieces and nephews.

Plastics Hall of Fame Member Irvin I. (Irv) Rubin died at his home in Brooklyn on June 25, 2012 at age 93.

Rubin received his BS in chemistry in 1938 from City College of New York and earned credits at Brooklyn College towards his Master’s. His career in plastics began in 1940 when he became technical director of the molding plant of Robinson Plastics Corp., owned by his uncle Sol Robinson. From 1942 to 1945 he was chief shift chemist at Montrose Chemical Co., in charge of producing tri-cresyl phosphate plasticizer for PVC cable for the war effort. From 1945 to 1946 he ran the manufacturing plant of Columbia Plastic Products, which fabricated acrylic items. He rejoined Robinson in 1946 and bought the company in 1967. He also started a second company, Irvin Rubin Plastics Corp., which made medical devices and equipment.

For more than sixty years Rubin was a successful manufacturer, entrepreneur, and innovator specializing in custom injection molding. In 2002 Rubin recorded an oral history for the Chemical Heritage Foundation in which he related many stories from the early days of injection molding, when on-site innovation and quick thinking often made the difference between failure and success. It was from these hands-on experiences and his frequent adaptation to new materials, processes and products that Rubin gained the experience that was valued by clients and which he distilled into his books and numerous presentations.

Rubin’s technical contributions to the industry include the development of vacuum metalizing on polystyrene as a commercial process for industrial lamp parts and the development of methods for the internal carving and coloring of fabricated acrylic parts. In the late 1960s he assisted in the production of the first injection-molded thoracic drainage system, dubbed the Pleur-evac, which is still manufactured and sold today.
As an author, Rubin literally wrote the book on injection molding. His Injection Molding, Theory and Practice, published in 1972, is a definitive book in the field and one of the best-selling books ever in the plastics industry. Rubin also edited and contributed to the Handbook of Plastics Materials and Technology, and published many book chapters and articles about molding. He was active for decades as a lecturer and seminar leader for the Society of Plastics Engineers (SPE) and other organizations. He was an SPE fellow, very active in SPE’s Injection Molding Division and New York Section.

Rubin, who was past chair of the Plastics History and Artifact Committee of the Plastics Pioneers Association, donated his extensive papers and collection of molded plastic items to the Plastics Collection at the Syracuse University Library in 2010. The Irvin I. Rubin Papers play an important role in documenting many aspects of the rise of injection molding in the post-World War II period, and the widespread success of American family-owned plastics manufacturing companies from 1945 to 1975.

Irv Rubin is survived by his wife, Laura, daughter Julie Reider, and son Jesse Rubin.

WE FONDLY REMEMBER . . .

ROBERT SHERMAN

By Frank Esposito  | PLASTICS NEWS STAFF

Robert Sherman, who worked for more than 40 years as a plastics engineer and industry trade official, died from natural causes on July 29, 2012. He was 82.

Sherman retired in 1992 after a 23-year career with the Society of the Plastics Industry Inc. During his SPI career, Sherman was instrumental in organizing the group’s Midwest office. At the time of his retirement, Sherman was SPI’s vice president of divisions, regions and membership. He also organized divisions for Moldmakers and Expanded Polystyrene while at SPI.

Prior to joining SPI, he worked in a variety of roles at materials maker Union Carbide Corp. for 20 years. Sherman’s accomplishments at Carbide included helping the company form a polyethylene supply contract with Tupperware that lasted for many years.

Sherman was still a student at Columbia University when he began working for Carbide as part of a work-study program in the late 1940s. His first job at Carbide was planning and scheduling the purchase and delivery of raw materials for the firm’s plant in Bound Brook, N.J.

Sherman served in 1966 as president of the Society of Plastics Engineers, a group that he had joined in 1958. He also was a member of the Plastic Pioneers Association, an industry group that recognizes accomplishment in the plastics industry. PPA inducted Sherman in 1995. He later served as PPA president and was recognized as its Member of the Year in 2002. In 1999, Sherman won PPA’s Much Traveled Shirt, an award named after a garish shirt a member wore to a meeting in 1954 that now recognizes the PPA member who typifies the spirit of the group.

In an interview now stored at The Plastics Collection at Syracuse University, Sherman credited his grandfather with helping him take the first step toward a career. “My grandfather got me interested in machinery,” he said. “He used to take me into the basement of his home and I was amazed at how he worked with machinery. He was a cabinetmaker and taught me at a very young age to understand and respect his art.”

Industry consultant Glenn Beall was a longtime friend of Sherman’s. When Beall went into business for himself in 1968, Sherman was one of the first people who referred business to him. “Bob was very instrumental in helping me get up and running,” Beall said in a July 31 phone interview. “He really helped me out. He was a good guy who really knew the industry, and he was a longtime supporter of plastics education.”

After retiring from SPI, Sherman worked as a consultant on a variety of projects for the metal working industry before retiring for good in 2002. Sherman looked back on his career in his interview in The Plastics Collection. “I have to conclude that being a novice at the beginning of the post-World War II industrial revolution, I am more than fortunate to have had the many experiences described here,” he said. “It has been a wonderful experience.”
What to Do with All Those Slides and Negatives?

By Matthew H. Naitove,
Executive Editor, Plastics Technology Magazine

Going digital in photography has been a welcome relief from the cost of film and processing, the wait to get film developed, and the need to physically store the results somewhere. I’m sure I’m not alone in having a closet-full of boxes of 35mm slides, color negatives, and even black-and-white negatives accumulated from decades of photography before I bought my first digital camera. My number-one hobby is travel photography, and after 37 years of vacation trips with my wife, not to mention some business trips to interesting parts of the world, I have a big stash of memories that I want to preserve from the inevitable deterioration of age. I also want a less cumbersome way to view and share them than setting up an old Kodak slide projector opposite a stretch of bare wall.

The thing with hobbies is that no true hobbyist wants to keep them to him/herself. So I am more than happy to share some of what I have learned about preserving and enhancing 35mm slides and film. I’ll discuss two topics: (1) scanning slides and film into a computer; and (2) organizing and editing software for improving your shots once they’re digitized in the computer.

Scanning slides: How to do it

First of all, why scan slides yourself? I experimented once with taking a handful of slides to a commercial photo processing shop for scanning onto a CD. The results were not satisfactory. Commercial outfits want to scan slides in batches with a single exposure setting for the whole batch. So some images come out okay and some don’t. At least that was my experience.

If you have access to a standard flatbed scanner for digitizing documents, you can use it to scan slides, too—but the results aren’t as good as you can obtain with a dedicated slide/film scanner. For a purist like me, nothing but the best! A scanner built expressly for scanning 35mm slides and film is a box measuring approximately 10 in. long x 4.5 in. wide x 4.5 in. high. It has a slot on the front or side into which you insert one slide at a time. In some models, you mount one or more slides into a holder, which is inserted into the slot in the scanner. You scan one slide, and then advance the holder one step forward to scan the next slide. This is also the way you handle film negatives. The scanner is connected to your PC or Mac, into which you have loaded the scanning software. The software leads through the scan steps, which usually involve making a pre-scan of the image; cropping and adjusting the image for light/dark exposure, and setting the image size, resolution, and format (jpeg, tif, etc.). You also indicate whether you are scanning a slide, color negative, or B/W negative. Then you make the actual scan, which can take 15-20 sec. What happens is that a light source and digital image sensor scan over the slide and record the information. The scanner is really a specialized digital camera. When the scan appears, you may be able to make some additional adjustments, and then you save it to the appropriate folder on your computer.

Depending on the quality of your original slide or negative, and how picky you are, the whole process can take 2 to 5 minutes. I prefer to do some basic adjustments in the scanner to get the image reasonably close to proper exposure before I save it to the computer. Final adjustments can be made better in photo editing software.
A bit of research on photography retailers’ websites—such as B&H Photo, Adorama, J&R, etc.—reveal that there are a number of brands and models of slide/film scanners, some of which cost well under $100. I confess that I am very conscious of the quality of my digital images, so I have experience only with higher-end scanners. You get what you pay for. One brand I have used, and which is highly recommended in Photo magazines, is Plustek OpticFilm. The lowest-priced current model appears to be the Plustek OpticFilm 8100, which I found on www.jr.com for $219.99. Part of what makes this a good buy is the software—Silverfast 8 from LaserSoft Imaging. This is very highly recommended software that allows all sorts of adjustments at the scanner, if you don’t have separate image editing software (see below). One of the valuable software features is for dust and scratch removal—it’s quite miraculous what it can do for scratched or dirty slides.

ORGANIZING AND EDITING PHOTOS IN THE COMPUTER

Once you have all those photos in your computer, you’re going to want two things—(1) software that can organize the chaos so you can find specific photos easily, and (2) software that can help you enhance your photos and make them as presentable as possible. I want every one of my images to “be the best it can be,” to paraphrase the old Army recruiting slogan. The “gold standard” is still Adobe Photoshop and its consumer-level version, Adobe Photoshop Elements, now in Version 11. Its list price from Adobe is $99.99, but I found it online at B&H Photo for $80.99 with a special “instant” discount taking it down to $46.99. That’s an amazing bargain for such a large toolkit of powerful and easy-to-use features.

Start with its Organizer. This lets you categorize your shots (and videos) under the headings People, Places, Events. Places even has a map view that lets you select all your photos of the Golden Gate Bridge by clicking on San Francisco on a map. You can also tag images with keywords to search for them by later. You can search for them by date, too, and you can designate your most and least favorite shots with one to five stars you can assign to each shot. Adobe Photoshop Elements 11 even has a new “Smart Tags” feature that automatically analyzes your photos and allows you to search for all images with faces, or just those that are in focus (the keepers) or that are blurry (so you can delete them).

For me, the most exciting part of Photoshop Elements is the extensive kit of photo correcting and editing—call it “optimizing”—tools. The capabilities of this program are so broad that it’s hard to know where to start, so I’ll focus on some of the more common tasks you might face. (Get the full story at www.adobe.com.) First off, you can crop and resize photos. Second, you can lighten or darken all or just parts of the photos—for example, if an outdoor scene is well lit but your subject’s face is in shadow, you can selectively lighten just that area. Then you can correct color—for example, remove a yellow, red, or green color cast that can be caused by indoor lighting or aging of the film. Sometimes outdoor photos have a blue cast that you can also remove or tone down. There are a lot of other quick and easy color fixes to selected areas of a photo—removing flash-induced red eye, whitening teeth, making skies bluer, grass greener, or skin tone more natural. Or, you can punch up the color saturation of all or parts of your photo, or increase contrast on a hazy, overcast day that creates no shadows. Changing the exposure, contrast, or color of a photo can be drop-dead simple: The program presents you with a number of variations of your photo and you click on the one you like.

If you take a lot of pictures of buildings, as I do, you will find many shots in which the sides of the building tilt together toward the top in a semi-triangular fashion. This is called “keystoning” and Adobe Photoshop Elements has an easy fix for this to make your buildings square again. If you use wide-angle lenses, you’ve probably noticed “barrel” or “pincushion” distortion, in which straight lines become curved at the sides, top, or bottom. Again, there’s an easy fix.

Fix scratches or remove dust specks from pictures? There’s a one-click tool for that. And if you want to get fancy, there’s a new way to merge elements from different pictures to get the best from each: For example, you try taking pictures of all your family, but somebody always blinks or yawns, or looks away. If you took several shots, you can combine them seamlessly so everybody is alert and smiling. What else can you do? You can sharpen photos to make them crisper. Alternatively, you can selectively blur the background to make your foreground subject stand out. There are also special-effects filters that can add a cartoon, sketch, watercolor, or mosaic quality to an image. And sometimes your color shots will look more dramatic in black and white, especially with higher contrast added. It’s a one-click conversion, and you can do it in a way that you can keep the color version, too. In fact, you can do all edits “non-destructively,” meaning that you can always undo something if you don’t like it and go back to the original photo.

I hope you have found this brief introduction useful. And if you have questions, please email me at mnaitove@ptonline.com.
PPA MEETING MINUTES  OCTOBER 20, 2012
WILLIAMSBURG VIRGINIA

Dan McGuire called the General Business to Order at 8:10AM. Dan asked for a moment of silence for PPA Members who passed since the Spring 2012 meeting Requested a motion be made to accept the Spring 2012 BOG meeting minutes Motion made – second – approved

Financial Report by Tony Mack
Tony made general comments about the proposed 2013 PPA Budget. Expect a $7,000.00 operating surplus. Discussed the Education Fund balance and the performance of the investment funds. The Fund has a current balance of $957,051.00

Education Report by Vivian Malpass
Vivian discussed the investment portfolio of the Education Fund in that the investments are conservative in nature The Education Committee has enacted the following measures: Increase PPA scholarships to eleven (11) at $3,000.00 each Will provide $5,000.00 IPEC – Teaching the Teachers $5,000.00 Vivian called upon Gail Bristol to update the membership on the PlastiVan. Gail explained that the Plastivan in now being directed by SPE. Discussed the teaching program of the Plastivan and the interest to have the program presented at an upcoming PPA meeting. Vivian informed that the Education Fund of PPA will provide a $5,000.00 grant to support the Plastivan and an additional $1,500.00 for signage and promotion. SPE will be granted $5,000.00 annually for the administration of the scholarships, $3,000.00 will be pledged to the University of Wisconsin, Stout for the Leon Abrams Scholarship Fund University of Syracuse will be supported with $2,000.00 from the Education Fund rather than from the Operation Fund

Plastics History and Artifacts Committee report by Glenn Beall
Glenn updated the membership on the activities being conducted at University of Syracuse. Web site is being re-organized to correct errors Plastics Pioneers Room will be ready for use by the spring of 2013. The committee continues to collect artifacts for display. A new curator is being recruited for the Plastics History Museum. PPA BOG donated $2,000.00 to the Plastics Collection at Syracuse

Membership Committee report by Al Hodge
Al informed the membership that there are currently six new members to be inducted into PPA. Three new members will be inducted at this meeting. Induction ceremony was explained to new inductees and their sponsors. Inductees are: Dan Cykana, Steve Sopher, and Roger Kipp. The committee has a goal of inducting ten new members a year. Current membership is estimated at 200. Al called upon Ashby Rice to discuss the Emeritus Committee – which is a subcommittee to the Membership Committee. Nominations for the next Emeritus Candidates are now being accepted. Emeritus awards will be presented at the Spring 2013 meeting

Site Selection Committee report by Alan Woll
Alan is the new chair for the committee replacing Chuck Thiel. Discussed upcoming PPA meeting sites and dates. Fall 2013 PPA meeting will be at Turning Stone Resort in Verona, NY. Planned dates are October 17, 18 & 19, 2013. Noted that these dates may change as they are in conflict with K Show 2013. This meeting location will provide the membership the opportunity to visit the Plastics History Museum at Syracuse University. Spring 2013 meeting will be held on Hilton Head Island at the Omni Hotel April 11, 12 & 13 2013. Looking for host couples for both 2013 meetings. Open for suggestions for sites to hold future PPA meetings. Request two additional members join the Site Selection Committee.

Web Site Committee report by Gordon Lawry
Informed the membership that the rework of the PPA web site has been completed. Who’s Who has been updated for all members up to those inducted in 2012. Gordon is stepping down as Chair of this committee and Tim Womer will become the new chair.

By-Laws Committee report by Gail Bristol
Dan informed the membership that Gail is the new chair of the committee - replacing Steve Hershfield. Discussed the two new by-law changes that had been approved at yesterday’s BOG meeting. ARTICLE I, Nature, Objectives. Section 3. Association Representation. The Association shall be represented only by the duly-elected President and/or Managing Direc-

continued on page 17
tor or the properly designated representatives thereof in all matters public or private. Individual members may present their views as individuals, but may not in any way claim to represent the Association.

**ARTICLE XV, Amendments.**

Section 1 When so directed by the President, the By-Laws Committee shall propose to the Board of Governors any alterations to these By-Laws deemed necessary by current exigencies, including, but not limited to, a complete revision of same, at any meeting of the Members of the Corporation. An affirmative vote of a majority of the Board of Governors, at any meeting where there is a quorum present, shall cause these changes to be adopted.

**Publicity and Public Relations Committee by Matt Naitove**

Matt discussed committee’s actions in supporting PPA by submitting press releases to the various industry trade journals. Will submit press releases on the scholarship award winners.

**Fund Raising Committee report by Harry Tenney**

Harry is the new chair of this committee. Discussed the committee’s three efforts for fund raising. The annual membership donation which is now separate from the PPA membership dues. The possible usage of consultants for fund raising. Contacting large corporations associated with the plastics industry. Requesting additional members for the committee.

**Pioneer Action League (PALS) Committee report by Carolyn Reed**

Reviewed the purpose of PALS and their efforts to support PPA. Contact the membership before meetings to encourage attendance. Welcoming additional members into PALS. Selling 50/50 tickets at the meeting to support the Education Fund

**Newsletter Committee report by David Caldwell**

Updated the membership on the activities of the Newsletter Committee. Newsletter is now available in a digital format. Controlling cost to budget for the publication of the newsletter. Next PPA newsletter will be in December 2013. Requested members send in general interest articles. Added two new members, John and Moira Fearncombe. Moira will create human interest type articles for the newsletter. Will feature the charity work of John Kretzchmar

**Nominating Committee report by Vince Witherup**

Vince informed that the committee will have three members to be recommended to BOG for joining the BOG at the Spring 2013 meeting.

**New Business by Dan McGuire**

- Dan expressed his appreciation to the committees and their contribution to PPA. Dinner tonight will be by assigned seating
- Table center pieces for tonight’s dinner provided by PALS
- Reviewed new PPA positions and new Committee Chairs
- Al Hodge now the Secretary
- Tim Womer new Chair for Web Site
- Alan Woll new Chair for Site Selection
- Steve Herchfield new President of PPA (Spring 2013)
- Gail Bristol new Chair for By Laws
- John Kretzchmar represents PPA for the Chemical Heritage
- Kurt Swogger new Managing Director
- Ashby Rice new Treasurer
- Dan thanked Marilyn and Dan Rainville for their efforts as Host Couple for this PPA meeting

With no further business discussions, Dan adjourned the General Business Meeting
30 YEARS AGO TODAY

David and Gloria

David went to a dentist and said, “How much will it cost to have teeth taken out?”

“$90,” said the dentist.

“That’s ridiculous,” said David.

The dentist replies, “I could lose the anesthetic and it would cost $60.”

“That’s still too expensive,” said David.

“If I don’t use any anesthesia I could knock the price down to $20.”

“Still too much,” said David. “Well one of my students can do it for $10, “said the dentist.

“Perfect,” said David “book Gloria for next Tuesday.”
Editor’s note: We have added a new column patterned after the late Chicago news commentator Paul Harvey’s “The Rest of the Story.” The stories behind major events in plastics will help make history a little more personal. Contact David Caldwell if you have a story you’d like to share.

Contributing writer: Robert Swain

“DAVID AND GOLIATH”

When Chroma was founded in 1967, we were active in supplying custom colors only in dry powder form. The industry called this “Dry Color” which was sold in a polyethylene-lined bag referred to as a 100-lb unit. (That’s because the bag contained sufficient color to pigment 100 pounds of natural plastic pellets.) In 1969, we had the opportunity to purchase a small used 2½-inch recycling line and enter the color concentrate business, offering a line of 10/1 masterbatches primarily for polystyrene, polyethylene, and polypropylenes.

Prior to forming Chroma, during my Enjay (forerunner of Exxon) years, I had been involved in the development of the Atlas polypropylene battery case with Bob Fritz. At that time, Enjay was making about 4,000,000 pounds of battery case colors formulated at a 10/1 let down ratio each year. To offer the industry a better economic value, Chroma introduced a line of higher performance concentrates formulated at a 20/1 let down ratio. A user could color the same amount of natural resin by buying 50% less masterbatch.

The Richardson Company, of Melrose Park, IL, was the largest supplier of automobile batteries to the “after market”. They were the first company to approve Chroma’s new high performance masterbatch.

Following Chroma’s initial shipment of masterbatch to Richardson’s New Brunswick, NJ plant, Chroma had a phone call from Enjay (Exxon) advising that we had no business playing in the huge battery case business – that it would inundate our small operation. By the time Enjay (Goliath) had developed a competitive 20/1 masterbatch to regain its supply position, Chroma (David) was already selling 33/1 masterbatch which reduced the market size by another 40%! Within 24 months, Enjay’s total 4,000,000 pound market had been reduced by 75% by a very small fast moving new business. A few years later, the Enjay color compounding operation in Illinois was sold, but 40 years later Chroma continues innovative formulation in high performance color technology. History does repeat itself and once again “David” was the victor!
NEW MEMBER INDUCTION

We are proud to welcome the following new members into the PPA. The membership is limited to 250 active members who must have 25 or more years of experience in the industry to be considered. In addition, an existing PPA member must sponsor the nominee who is judged on their contributions made to the advancement of the plastics industry.

Daniel Cykana

When you think of profile extrusion, one of the first names that comes to mind is Dan Cykana. If it doesn’t, it should. Dan has spent 48 years in the field, during which time the process evolved from art to science. And Dan was there every step of the way, often leading the way by developing new methods and techniques to improve the process.

From 1978 until 2010, Dan worked for Bemis Mfg. Co. in Sheboygan Falls, Wis., most recently as director of engineering. For the 15 years that preceded that, Dan was director of manufacturing for Northland Plastics Inc. Dan currently owns his own plastics consulting firm, Extrusion Solutions LLC.

Dan has been an SPE Member for 35 years; an SPE Senior Member for 27 years. He has served on the SPE’s Extrusion Board of Directors for 15 years, during which he has been chairman, technical program chairman, international chairman and seminars chairman. During his time at SPE he has received both the Distinguished Service Award, and the Honored Service Award.

Dan is the co-holder of 13 patents in the field of extrusion. He has given presentations on profile extrusion technology all over the world, and is the contributing author to The SPE Guide of Extrusion Technology. Dan is also a member of the Sheboygan Softball Hall of Fame, elected in 2010; and was voted and Jean live in Hinghman, Wis. and he was nominated for membership to the PPA by Al Hodge and Tim Womer.

Roger Kipp

Roger Kipp’s career in plastics processing and tooling extends 47 years. He is currently the vice president of marketing and engineering at McClarin Plastics Inc., Hanover, Pa. McClarin is a premier manufacturer of large thermoformed plastic and fiberglass-reinforced plastic components.

Roger was named SPE’s Thermoformer of the Year in 2010, has held many executive positions within the SPE throughout in career. Roger was recognized for his service to the SPE by virtue of his election as an Honored Service Member in 2008, a grade of membership restricted to a small percentage of SPE members who have demonstrated long-term, outstanding service to, and support of, the SPE and its objectives. In 2002 he received the SPE’s Outstanding Achievement Award; a year later he was recognized by the SPE’s Thermoforming Division with its Life Achievement Award.
Roger is a tireless advocate where education is concerned. He was a driving force in the establishment of a thermoforming program at Penn College of Technology—and was instrumental in the donation of a thermoforming machine to the program to enable students to put the knowledge they gained in the classroom into practical experience.

Before joining McClarin, Roger was Tooling & Plastics Division Manager for Reliable Castings Corp. of Cincinnati. He also worked in tooling design and development for Model Pattern & Foundry Co., also of Cincinnati. Roger earned a BS in Manufacturing Engineering from Miami University and his graduate degree from the University of Cincinnati. Roger and his wife Sandra reside in Hanover.

Roger was nominated for membership to the PPA by Al Hodge, Donna Davis and Tim Womer.

Steve Sopher’s career in plastics began in 1986 when he started with Raytheon, in Quincy and Andover, Mass. as an engineering intern, where he worked on composite RTM process and provided design and process engineering support to the radome and missile design group. After graduating, he stayed on with Raytheon as a process engineer, working on plastic and composite missile and aviation components for the company’s Military Division.

Steve has also worked in process engineering positions for DOW-UT (Dow Chemical and United Technology Joint Venture), and Arco before joining JSP International (owned by Mitsubishi Gas Chemical), based in Monaca and Butler, Pa., in 1994. At JSP, Steve has held positions of product manager, director of application technology & engineering, and is currently technical director, where he is responsible for all technology (material selection, design, development, and performance testing, etc.) for expanded polyolefin foam products.

Steve is a member of the Society of Automotive Engineers (SAE), having served in 1998 as Local Section Chair. For more than 25 years he has been a member of the American Society of Mechanical Engineers (ASME). Steve is also a member of Society of Plastics Engineers and American Society for Quality.

Steve has been the recipient of many awards in his career. Perhaps the most prestigious of these is 2003 SPE Hall of Fame Award 2003 (shared award with JSP Automotive Development Group and GM Mid-Size Design Group) for 10 year continuous use of expanded polypropylene dual-density bumper energy absorber technology in a vehicle application.

Steve graduated Northeastern University, Boston, in 1987 with a BS in Mechanical Engineering. He earned a MS in Engineering Management from Northeastern in 1989, and did post-graduate work at Pennsylvania State University, where he earned the Certificate of Leadership in 2002.

Steve and his wife Jeanne reside in Pittsburgh. Steve was nominated for PPA membership by Al Hodge.
PPA: WELCOME (AGAIN) TO THE WWW
We’ve had a website for several years, but it had fallen so far behind the times that it was starting to weep, which we all know happens when the degradation products in a plastics website migrate to the surface. So we decided to migrate to a new design and threw in some added functionality. We also thought that since over 90% of the members in the PPA now have an active email address, it’s a good indication that we ought to do a little catch up to the Joneses. So here is a list of what’s improved. You can go to http://www.plasticspioneers.org to see for yourself. If you click on the Members Log-In button to your right, your user name and password are your Last Name and First Initial. (Note from the editors: be sure to capitalize both the first letter in your last name and your first initial). You can then change your password on the next screen.

NEW AND IMPROVED WEB PRESENCE
www.plasticspioneers.org has undergone a total facelift in appearance and functionality. We’re still working on improving some of the content, so give us some time. We’re trying to keep things updated with news and information about the PPA - to be of more interest to the general World Wide Web. This will also help people find us more easily in Google searches.

CONTACT PAGE
A new contact page has been added where visitors can ask questions to get more information on the PPA. If they fill out the form, it sends an email to the PPA email box, which will be forwarded to the webmaster.

MEMBERS-ONLY SECTION
There’s a new secure members-only section with information on committees and a member roster where you can search for members, get their contact information, or send an email. There is also an archive for past and present Much Traveled Sheets.

UPDATED PPA WHO’S WHO
The result of a team effort, the new Who's Who is now online. You can download the PDF document and read, search, or print any of the 349 profiles of past and present PPA members. We have also set up a page in the Members section where you can change or add information for your profile.

THINGS TO COME
As the PPA becomes more "electronic," there are several items being discussed by the Website Committee that will improve communication and reduce costs:
Sending most communications via email - saving stamps and trees
Publicizing events online - with the option of signing up and making reservations online
Using the internet to promote the organization
Making payments for member dues, contributions, events, etc. online
Setting up an online forum for exchanging ideas and information
Setting up a photo gallery where members can upload and view photos from recent events

Have an idea for improvement or if you are having problems, all you have to do is send an email to email@plasticspioneers.org.
John Kretzschmar’s career started with Spencer Chemical’s new Industrial Plastics Products division in Kansas City and continued with Rexall Drug & Chemical, later Rexene Polymers. He founded Blako Industries, Dumbridge, OH, in 1970 and grew it from two extrusion lines to eight before retiring in 1996.

Throughout a career as a plastics salesman, founder and president of a blown film manufacturing company, and an industry consultant, John Kretzschmar found time to devote to extensive service in many of the industry’s institutions and organizations. John has served as

- President, Society of Plastics Engineers
- President, Plastic Pioneers Association
- Chairman, the Plastics Academy
- Director, Society of the Plastics Industry
- Director, National Plastics Center & Museum
- Director, SPE Foundation
- Instrumental in launching the Ohio Plastics Summit

Some PPA members know John only as the guy whose love of golf is evidenced by the plus fours he wears to dinner on Saturday nights at the meetings, but few know of his philanthropic work with the Chick Evans Scholarship Foundation. John has been a member of PPA since 1987 and the Plastics Hall of Fame since 2003, but he has been active with the Evans Scholarship program since 1982.

Charles (Chick) Evans began caddying at Edgewater Golf Club (near Chicago) at age 8 and eventually became the nation’s top amateur golfer. He earned his greatest fame in 1916 when he won both the U.S. Open and U.S. Amateur. At the time, a golfer could remain an amateur, even as he won/made money, so, at the urging of his mother, Lena, Evans placed his earnings in an escrow fund. Evans knew there were many worthy young caddies who showed academic promise, but whose families could not afford the costs of college so the money was used to establish a golf scholarship fund for caddies. (He had attended Northwestern University as a freshman, but had to drop out of school.) In 1928, Evans persuaded the Western Golf Association to oversee the trust fund, and in 1930, the first two Evans Scholars enrolled at Northwestern University.

Chick Evans’ golfing career lasted six decades and he competed in a record 50 consecutive U.S. Amateur Championships. Yet, when Chick died in 1979, his biggest thrill from the game of golf was not any of his 54 victories or numerous honors. It was the success of the Evans Scholars Foundation and the young people who were able to benefit from his dream.

John was the oldest of six boys and worked as a caddy as a child. He worked three jobs to get through college and graduate as a chemical engineer, so this charity is dear to his heart. He served as President of the Evans Scholarship Foundation 2000-2001 and is currently a Trustee of the Foundation. The Evans Scholarship program is the most successful privately-funded scholarship connected with any sport.

Although it doesn’t include the cost of food, the Chick Evans Caddie Scholarship is a full tuition and housing college scholarship for golf caddies and is renewable for up to four years. The Foundation is overseen by the Western Golf Association, which also runs three prestigious golf tournaments, including the BMW Championship.

Since 1930, when the first two Evans Scholars enrolled at Northwestern University, more than 10,000 outstanding young men and women have been awarded Evans Scholarships. Each year, more than 800 deserving caddies attend college on continued on page 24
full tuition and housing grants from the Evans Scholars Foundation. In 2012, tuition and housing costs were over twelve million dollars. Currently about 20% of scholarship recipients are female and the number increases yearly.

To qualify, caddies must be nominated by their club and meet four requirements: strong caddie record, excellent academics, demonstrated financial need, and outstanding character. Most recipients attend one of the 14 universities across the nation where the Evans Scholars Foundation owns and operates a Scholarship House (similar to a fraternity or sorority house). Students must live in the house and must attend mandatory study halls. Each House elects its own officers, runs social and service activities, and participates in campus programs. The Evans Scholars Chapters have earned a reputation on each campus for scholastic achievement and excellence in community service. They rank at, or near the top, in academics and community service when compared with other campus organizations. 93% of scholarship recipients graduate in four years in diverse fields such as medicine, law, and engineering, but only 1-2% become professional golfers.

Living and working together provides Evans Scholars an opportunity to develop leadership capabilities and strong communication skills. An Evans Scholar is asked to fulfill four requirements: maintain a strong academic record, be actively involved in house and campus affairs, respect their fellow Scholars, and perform assigned house duties.

The majority of money for scholarships comes from alumni, some from word of mouth, and other monies from Pro-Am tournament entry fees. If you’re interested in contributing to this fund, go to http://www.wgaesf.org/site/c.dwJTKi00Jg18G/b.6021425/k.9416/Ways_to_Give.htm for multiple options.

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Monitor Your Cancer Cell Population

**DYNAMIC CELL REPRODUCTION**

*by Dr. Knover E. Little*

One must marvel at the dynamic cell reproduction taking place within our bodies on a daily basis. Are you aware that in the course of the year your body will generate about 50% of your body weight to replace the 50% of the cells getting rid of?

Are you aware that your cancer cell population is in a constant state of flux?...That in your lifetime you will have 6-10 periods of high cancer cell population. During these times the body will generate natural killer cells to eat the cancer cells, explore and pass through the lymph system for regular disposal. These N-K cells are generated in the lymph nodes, the brain and bone marrow. It is the body’s way of dealing with periods of high cancer cell population to restore them to a normal level.

There is a test to monitor the cancer cell population in blood stream on a regular basis. It can help you and your doctor to track the normal cycling of the body. This test is called AMAS TEST and measures serum levels of AMA.

Keep in mind that when used alone a mammogram, the PAP smear, CAT scans, ultra sound and PSA testing provides you and your doctor with only a single snapshot. Is your normal cancer cycle on an upswing or downswing portion of the cycle? If on a down swing cycle is treatment still necessary?

Dr. Knover E. Little
P.S. Questions for Dr. Little may be directed to: David Caldwell, Editor, PPAW327S6754 Westgate Dr., Mukwonago, WI 53149
Email: dcaldwell@wi.rr.com
WHAT’S NEW WITH YOU?

Let us know what’s new and/or exciting in your life, or that of any other of our Pioneer friends.
No foolin’, your friends want to know!

Write, phone, fax or email to:
The Much Traveled Sheet
W327 S6754 Westgate Drive
Mukwonago, WI 53149
Phone 262-392-2678
email: dcaldwell@wi.rr.com

Keep the letters coming in!

Write, phone, fax or email to:
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Mukwonago, WI 53149
Phone 262-392-2678
email: dcaldwell@wi.rr.com

Please feel free to view or download this or past versions of the newsletter at
http://plasticspioneers.org