October

October has two dates of interest. The first is Columbus Day on October 9. Our offices are open all day.

The second is October 31, Halloween. This year we are anticipating a revival of the challenge to Andrea Slove for best Halloween costume. Now that her recovery from a serious auto accident has progressed to the point that she can once again use her costume talents, perhaps we will have good competition.
Bits and Pieces

A study presented at the European Society of Cardiology congress in Spain found that adults who drank four or more cups of coffee per day had a 64% lower risk of dying during the 10-year follow-up, compared with those who rarely or never drank coffee.

A study in the Journal of Behavioral Decision Making found that concentrating on emotions related to failure in a certain task made people more likely to try harder in the future than those who thought only about the details of their mistakes in the task.

Research in Scientific Reports found that in autopsies of four corpses with tattoos, nanoparticles of titanium dioxide—a possibly carcinogenic ingredient found in tattoo pigments—had appeared in the lymph nodes. But more research is needed to assess possible dangers.

A study in JAMA Otolaryngology-Head & Neck Surgery found that eating a Mediterranean diet with alkaline water was just as effective as proton-pump inhibitors, the strongest form of acid-reflux medicine, in alleviating symptoms for a type of reflux that affects the upper throat.

Research in the International Journal of Environmental Research and Public Health found people are motivated to walk dogs when they believe it makes their pets happy, which in turn makes the owners happy.
The ELCO Golf Tournament

September 14 was a beautiful Thursday of bright sunshine and light breezes at the challenging Lake Bluff Golf Course. It was a perfect setting for the first W.D. Bruce Invitational Tournament.

Pictures from the event pretty much speak for themselves. However, it is worthy to note that the various contests winners were almost exclusively our guests. The first of two long drives was won by Dwight Cloutier, just a little under 300 yards. The second was won by Dave O’Brien, which also was just under 300 yards. The longest putt belonged to Stuart Otto. No measurement was made, but it must have been at least 75 feet, at least according to Stuart. One closest-to-the-pin winner was Carol Swiden while the other winner was ELCO’s own James Huitt.

Other contestants meriting honorable mention were Christine Lesser, Gary Swiden, Zach Hammel, Rebekah Oestreich, Joe Rinaldi, Tony Layson, Terry Layson and Peter Wilson. We expect to see all these happy golfers returning to our 2018 challenge. We hope that they will be joined by many others.

Distance to Lake Bluff did not seem to be a deterrent as we had the Laysons visit us from Georgia, the Swidens, Zach Hammel, Rebekah Oestrich, from Wisconsin, plus Iowans Dave O’Brien and Joe Rinaldi, along with Dwight Cloutier and Christine Lesser from Michigan.

Thanks to the Marketing Department and other staff members for their combined efforts in making the event a success.
Franklin Flies a Kite

As it turns out, Benjamin Franklin did not discover electricity. What’s more, the kite he famously flew in 1752 while conducting an experiment was not struck by lightning. If it had been, Franklin would be remembered as a colonial publisher and assemblyman killed by his own curiosity.

Our Roads Are Improving

Steve Ballmer is the former CEO of Microsoft and the owner of the Los Angeles Clippers, who along with his wife, Connie, are the co-creators of USAFacts. One of his recent observations is, “From what I’ve read, I assumed that despite the money we spend on infrastructure, we still have lots of roads, bridges and facilities that are outdated and/or in disrepair. Yet in 2014, just 3.3% of the nation’s interstate highways were in unsatisfactory condition, and the percentage of bridges that are structurally deficient has declined from 24.1% in 1990 to 9.6% in 2015. Though whether the quality is good enough remains a legitimate question.”

October Birthdays

5 Aaron Kempen
5 Ann L. Lackie
8 Richard B. Payne
11 Mackenzie E. Bruce
11 Steven Rudy
12 Gloria Payne
13 Robert Earl Bruce
15 Collins Leach
23 Ralph Gonzalez
27 Scott L. Lackie