



The Rite *Light*

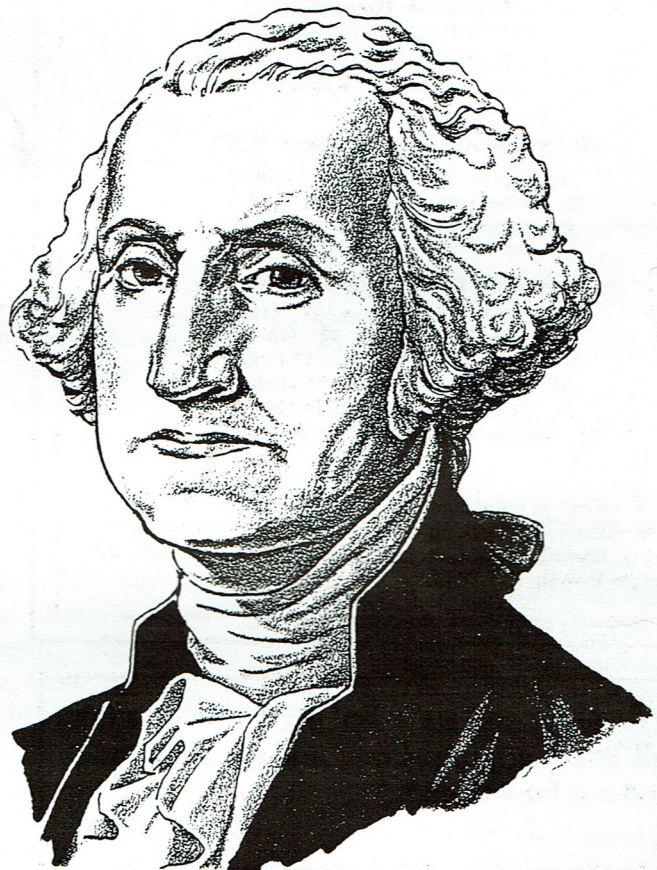
ANCIENT ACCEPTED SCOTTISH RITE OF FREEMASONRY, N.M.J., U.S.A.
VALLEY OF ALBANY, N.Y.

Vol. XIV

February/March 1993

No. 3

SPRING REUNION Saturday, April 17, 1993

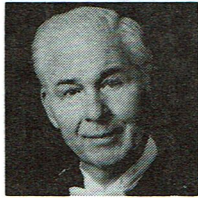


SHRINE CEREMONIAL
Scheduled Same Day At 7:00 PM
GET THOSE PETITIONS NOW!
JUST ASK.

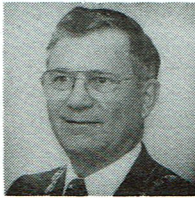
SEE DETAILS INSIDE

Allegiance

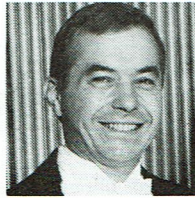
The Bodies of Scottish Rite, sitting in the Valley of Albany, State of New York acknowledge and yield allegiance to the Supreme Council, 33°, Ancient Accepted Scottish Rite of Freemasonry for the Northern Masonic Jurisdiction of the United States of America, and whose Officers are:



III. Francis G. Paul, 33°
Sovereign Grand
Commander



III. Bruce W. Widger, 33°
Deputy for the
State of New York



III. Richard H. Welkley, 33°
Active for Area 4

III. Alfred E. Rice, 33°
Grand Lieutenant Commander

III. John W. McNaughton, 33°
Grand Minister of State

III. Norman R. Buecker, 33°
Grand Treasurer General

III. Philip L. Hall, 33°
Grand Secretary General

Active Members for New York

III. Harold F. Dates, 33° (1986)
III. Richard H. Welkley, 33° (1991)
III. Harold L. Aldrich, 33° (1992)

Active Emeriti Members

III. John H. Van Gorden, 33° (1974)
III. Raymond C. Ellis, 33° (1979)
III. Ralph M. Tompkins, 33° (1981)
III. Alfred M. Kramer, 33° (1982)
III. James F. Niehoff, 33° (1991)
III. Carlton A. Winchester, 33° (1992)

The RITE LIGHT is published quarterly by Scottish Rite Bodies, Valley of Albany, 67 Corning Place, Albany, NY 12207-1999.
Richard G. Barrell, 33° - Editor, 869-0684; Ronald H. Noll, 32° - Associate Editor, 783-1898.

"Whenever you are asked if you can do a job, tell 'em, 'Certainly, I can!' and get busy and find out how to do it."

—Theodore Roosevelt

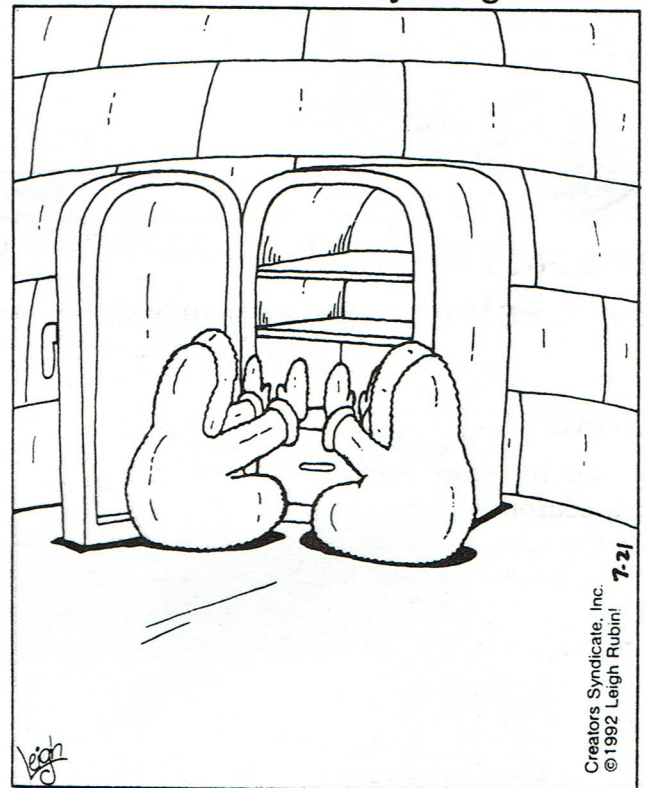
Help Us Replace Our Costumes
Send Your Contribution Today

To: Richard G. Barrell, Secretary
AASR, Valley of Albany
Masonic Temple
67 Corning Place
Albany, NY 12207

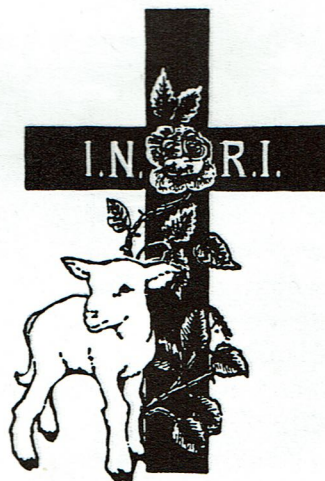
Make checks payable to "AASR, Valley of Albany" and note "Costume Replacement" in lower left corner of check.

Rubes®

By Leigh Rubin



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ALBANY

The Albany Sovereign Chapter of Rose Croix
will present, in public, a
symbolic celebration of the
Feast of the Paschal Lamb
on **Palm Sunday, April 4, 1993**
at the **Albany Masonic Temple**
67 Corning Place, Albany, New York
at **8:00 P.M.**
Dinner: 6:30 P.M.



Thoughts From The Thrice Potent Master

FELLOWSHIP

By the time this arrives the holiday season will have long past. Hopefully, your wishes came true and the New Year will be brighter than ever.

In terms of the New Year, I know there isn't a Mason who wouldn't love to see 1993 and the years to come, to be known as the revival years for all of the Masonic Bodies. Much has already been suggested, tried and somethings are still being implemented to try to get this to happen. But, has anyone tried or stressed "fellowship"?

On October 31, 1992, Dick Welkley, Dick Mills, Alan Lewis and myself went to Portsmouth, New Hampshire to celebrate the 150th anniversary of their Lodge of Perfection which our Lodge chartered. While we were there, one couldn't help but comment on how many they had in their cast. Furthermore, it didn't surprise us when we learned that they rehearse five times a year, because their work showed it. As someone in our group said, try something like this in Albany. What is their secret? By deduction, I am saying it is fellowship.

Has anyone ever asked "why so many in the past gave so much of their time to Masonry?" It must have been for the fact that they enjoyed the fellowship of those they were involved with.

One must remember that Masonry is a voluntary organization. The only reason why anyone will ever come and be involved is if they enjoy what they are doing and the people they are with. People will strive to improve themselves in the Craft only if there is someone whom they look up to and want to have fellowship with.

Unfortunately, I am afraid that this is too easy a solution and instead of this being pursued, other things will be stressed and implemented.

TO THE LADIES

I would first of like to congratulate the Valley Secretary and Editor Dick Barrell, upon being elected and installed Potentate of Cyprus Temple Shrine. His new position will not only be a milestone of great things to come for the Shrine, but will be an equal asset for the Scottish Rite Bodies as well. Also, congratulations are most certainly in order for Dick's wife, Lady Barbara, who will be playing an active role in the upcoming events.

In trying to decide what to write in this second half of my message, I decided to write about *all* the ladies like Barbara, who have given so much so that their husbands were able to get to where they are now. How many women would wittingly stay home to take care of a growing family, so their husbands could be out almost every night, working for the benefit of the craft? How many could give up what they might want or where they would like to go in order to do what their husbands want, or go where they want to go? How many women would willingly take on the outside as well as the inside work, as their husbands are too busy with other things? Bad enough they have to take messages for their husbands

when they are not home, but when they have a precious private moment together, someone like me is ringing the doorbell or calling on the phone. Yes, Barbara, ladies like you are owed something the Craft will never be able to afford to pay you for what all you have sacrificed for the benefit of the Craft. Many thanks from me and others who realize what all you have done for Masonry. For without you, your husbands would not have been able to contribute all that they have.

Douglas C. Hays, 32°
Thrice Potent Master

"The institution of marriage is just formalizing an emotion, an attempt to make it seem permanent. The emotion will last or it won't last; nothing can guarantee it. But as society becomes more and more unstable, as traditions break up, there will have to be a small unit of faithfulness, at least one person upon whom another person can depend, or society may disintegrate into madness."
—Joyce Carol Oates

Venison Dinner — Super Success!

This is the second time we've had over 100 people. The good thing about this time is we didn't have to make any phone calls. Friends are telling friends and it seems we need to have no other entertainment because the fellowship is at its peak; and others went on to meetings. However, there was a video provided on fishing.

There is always a lot of work put into anything worthwhile. A BIG "Thank You" to our dedicated kitchen staff: Dick Barrell, Ron Noll, Harold Clark, Steve King, Bob Murphy, Al Krueger, Bob Little and, several ladies in the wings; Doreen Page, Mary Murphy, Harriet Springer and all the people who got up and helped. Also, this couldn't have happened without the help of my Family!!

Jim Fuller

YOU'RE INVITED

To:

an All-Day Event

SATURDAY, APRIL 17, 1993

8:00 AM

ALBANY MASONIC TEMPLE

At long last, an opportunity sought by many Blue Lodge Brothers, is finally falling into place. . .A ONE DAY JUBILEE!!! whereby a prospective candidate for Scottish Rite desirous of joining the Shrine, can do so in ONE DAY.

Your candidate will receive the 14th, 16th, 17th, 18th, 20th, 26th and 32nd degrees of Scottish Rite in the morning and afternoon preceding the Shrine Ceremonial in the evening (if he so wishes).

Enclosed with this issue of the Rite Lite is a combined petition for this special event. The \$200 fee includes a continental breakfast, lunch and dinner. The first year's dues in both organizations will be waived. Those candidates not joining the Shrine, naturally will be included in this Spring Reunion and at a special initiation fee of \$110. This cost would not include the evening dinner.

Reservations for this extravaganza are limited, so please get those petitions in EARLY.

DEADLINE FOR PETITIONS IS APRIL 8, 1993.

The
Illustrious Richard G. Barrell, 33°
Class Reunion

FEATURING

Washington

20°



Lincoln

26°



The Illustrious Richard G. Barrell, 33° Class Reunion is named in Honor of our Valley Secretary, III..Richard G. Barrell, 33° who served as Thrice Potent Master of The Ineffable & Sublime Grand Lodge of Perfection in 1981-1982. He was coronetted an honorary member of the Supreme Council, 33° in Cincinnati, Ohio in 1986 and has been Secretary of the Valley of Albany since 1983. He is also the current Potentate of Cyprus Temple Shrine in Albany.

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(Benevolent Fund, Education/Charity Fund, Museum and Library Funds and Masonic Renewal)
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In Memory of:
Warren Heath



Well Done, Good and Faithful Brother



Comments From The Commander-In-Chief

Dear Sublime Princes:

How time flies — our Scottish Rite year is fast coming to a close, with two-thirds of the year completed. However, there is still a major event to be held — our Spring Reunion will be on April 17th starting at 8:00 am. This Reunion will be named in honor of our secretary, Ill. Richard G. Barrell, who is also Potentate of Cyprus Temple. The day will be a joint venture with Cyprus Temple holding a Ceremonial in the evening following dinner. It will cost only \$200 to join both Scottish Rite (Valley of Albany) and Shrine (Cyprus Temple). Let's get those candidates and make this the biggest class in years. Petitions are available from our secretary. Join us on April 17th and help show our secretary that we appreciate all that he does for us and our Valley.

We still need your help with the Reunion lunch. We had seventeen volunteers at our last Reunion and our thanks is extended to each of you. We can use all of you again on April 17th. Please call Rusty LaGrange at 438-7128 or me at 439-3931 and volunteer to help — we especially need someone to run the dishwasher — and always need help to serve and to clean-up.

Activities since October include regular meetings of the Chapter on November 5 (Antique/Art presentation by Charles Semowich) and the Consistory on December 3 (Slides by Rev. Walter Collins on

his pilgrimage to the Holy Land). Our annual Ladies Night was enjoyed by 80 members and Ladies on December 4th. On January 7th the Lodge held an Italian Night and our Annual Sportsman's Dinner and judging of the Posters was held on February 4th with over 100 in attendance. Our thanks to all who planned and participated in these events.

Have you made your contribution to the "Costume Replacement Fund"? Many of our costumes are in dire need of repair. This is being worked on — but some of the costumes cannot be repaired. They need to be replaced and the cost of doing so is not cheap. We need your financial help — please make a contribution to our "Costume Replacement Fund" by sending your check to our secretary.

By now you should have received your Blue Envelope and sent in your contribution. Remember — participation is more important than the amount given. There is still time for you to participate in this annual appeal for contributions to our Supreme Council Charities.

Abbott Scottish Rite Scholarship Applications must be sent to the secretary by March 15th. These scholarships are available to children or grandchildren of Scottish Rite members or members of the Masonic sponsored Youth Groups who are high school graduates. Application forms are available from the secretary.

The last meeting of the Consistory will be on April 1st at 8:00 pm. The program following the meeting (at about 8:30) will be slides of the "Oberammergau Passion Play".

Other scheduled meetings are: March 4th — Chapter; April 4th — Feast of the Paschal Lamb; April 8th a joint meeting of all Bodies to ballot on candidates for the April 17th Reunion; May 6th the

Annual meeting of each Body held consecutively. Installation of Officers will be held on May 8th. We hope to greet many of you at these meetings.

Alan C. Lewis, C-I-C

Remember — YOU MAKE IT HAPPEN WHEN YOU SUPPORT YOUR VALLEY ACTIVITIES.

WHAT'S THE PROBLEM?

Sometimes, the more you discuss a problem the more complex it seems to become. One way to keep a meeting focused on the issue at hand is to take a break and ask each participant to think about how to reduce the problem into one sentence. The top priorities will come to the surface, and you'll quickly know whether everyone is working on the same problem.

A Secretary's Prayer

Dear Lord, help me to do my work well, to have the memory of an elephant, and by some miracle be able to accomplish five things at once—answer four telephone calls while typing a letter that "must go out today." When the letter doesn't get signed until tomorrow, please give me the strength to keep my mouth shut.

Dear Lord, never let me lose my patience, even when the boss has me searching files for hours for the report he later discovers on his desk. Help me to read his mind, his handwriting, and carry out all instructions without explanation. Let me always know exactly where my boss is and when he'll be back, even though he never tells me these things.

And Lord, when the year ends, please give me the foresight not to throw out records that will be asked for a few days later—even when told to pitch them.

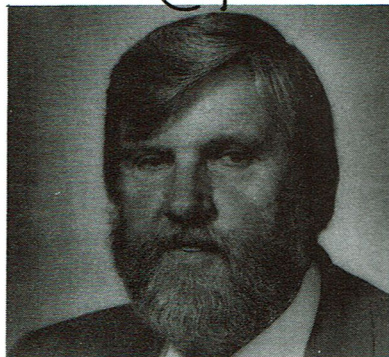
I ask these blessings, dear Lord, in the name of secretaries everywhere.

—Author Unknown

Secretaries Day: April 21

TO ALL KNIGHTS ROSE CROIX VALLEY OF ALBANY

Feast of the Paschal Lamb



Albany Sovereign Chapter of Rose Croix

Frederick J. Parker
Most Wise Master

Passover
April 6

H.A.P.P.Y. EASTER
April 4



PALM/SUNDAY
APRIL 4, 1993

The Albany Masonic Temple
67 Corning Place, Albany NY

Roast Beef Dinner ----- 6:30 PM

Ceremony ----- 8:00 PM

Refreshments to follow -----

Cost----- \$9.50 per person

"It is the solemn duty of every Perfect Knight of the Albany Sovereign Chapter of Rose Croix to attend each annual observance of the SOLEMN CEREMONY OF THE FEAST OF THE PASCHAL LAMB!"

The Albany Sovereign Chapter of Rose Croix invites all Perfect Knights, their ladies and guests, to attend the Observance of the Solemn Ceremony of The Feast of The Paschal Lamb and Relighting of The Lights.

A very fine program has been planned.

Our guest speaker this evening will be the M.:W.:Sheldon K Blank, Grand Master of Masons in the State of New York.

Once again, we are pleased to see the return of the Capital District Community Choir who will favor us with appropriate music for the event.

Reservations for dinner are by check payable to AASR and together with the completed form below, mailed to the Valley Secretary.

-----CLIP-----

MAIL TO: Valley Secretary, AASR, 67 Corning Place, Albany NY 12207

Enclosed is \$_____for_____dinner reservation, April 4, 1993 at 6:30 PM preceding the Solemn Ceremony of the Feast of The Paschal Lamb.

Name

Ancient Accepted Scottish Rite

NORTHERN MASONIC JURISDICTION, U.S.A.
VALLEY OF ALBANY, N.Y.

MASONIC TEMPLE, 67 CORNING PLACE, ALBANY, N.Y. 12207

COMPLETE BOTH
SIDES OF
PETITION

PETITION FOR DEGREES / AFFILIATION (Cross Out One)

To the Officers and Members of

INEFFABLE AND SUBLIME GRAND LODGE OF PERFECTION 14°
GRAND COUNCIL PRINCES OF JERUSALEM 16°
ALBANY SOVEREIGN CHAPTER OF ROSE CROIX 18°
ALBANY SOVEREIGN CONSISTORY S. P. R. S. 32°

I, _____, the undersigned hereof, respectfully show that I am desirous of being admitted as a member of your honorable body, and request that I may be received among you, and I will ever pray for the prosperity and glory of the Fraternity and the welfare of the Brethren.

In making this application, I promise on my word of honor that, should I be elected and become a member of your honorable body, I will bear true faith, allegiance and fealty to the Supreme Council of Sovereign Grand Inspectors General of the Thirty-third and last Degree, of the Ancient Body is now holden, and will support and abide by its Constitutions, Orders and Decrees; that I will hold allegiance and be loyal to the said Supreme Council as the Supreme Power of the said Rite within the Northern Masonic Jurisdiction of the United States; that I will hold as illegal and spurious every other Body of whatever degree claiming to be of the said Rite, that may be established within its Jurisdiction, that is not holden mediately or immediately under its authority and will hold communication whatever in Scottish Rite Freemasonry with any member of the same, nor allow him to visit any body of the said Rite and which I may be a member; and should I violate any part of this promise I consent to be expelled from Scottish Rite Freemasonry and to forfeit all my rights therein, and in any Body of the Rite, and be denounced to every body thereof in the world as a traitor and forsworn. "And may God aid me to keep and perform the same. Amen."

Name in Full (Print) _____
First Name Middle Name Last Name (NO INITIALS)

Date of Birth _____
Month Day Year

Place of Birth _____
Town State or County

Residence _____
Street and Number City Zip Code

Your Mailing Address (If different than Residence) _____
Street Number City Zone No.

Have resided in above place since _____

Have resided in New York State since _____

Occupation _____

Business Address (or Employer) _____

Telephone No. _____
(Home) (Work)

Were you ever a member of the Order of DeMolay? _____

I have _____ before petitioned for the degrees of the Rite; and was _____

I am a member of _____ Lodge, No. _____ Located at _____

I am a member of _____ Lodge of Perfection _____ Council, P. of J.

_____ Chapter of Rose Croix _____ Consistory; located at _____

Date _____ Candidate's Signature _____

Recommended By _____ Signature _____
(Please Print)

	Lodge	Council	Chapter	Consistory	Total
* Initiation	\$35.00	\$25.00	\$25.00	\$50.00	\$135.00
Dues	\$ 9.00	\$ 4.00	\$ 5.00	\$ 9.00	\$ 27.00
Assessment	\$ 4.00				\$ 4.00

NOTE: Rules and Regulations— Article 1, Section 20. An accepted petitioner must be present himself for the degrees within one year of his election, or the election shall lapse, unless the time is extended by unanimous vote of the body by ballot. Each extension by vote shall be for one year.

* At least \$50.00 must accompany petition.

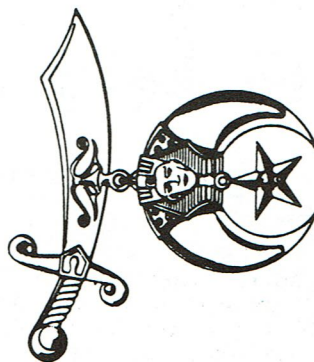
NOTE: →

COMBINED SPECIAL INITIATION FEE OF \$200 MUST ACCOMPANY PETITION

presented by

**CYPRUS
TEMPLE**

A.A.O.N.M.S.

**The Shrine Needs You!**

Cyprus Temple,
Ancient Arabic Order,
Nobles of the Mystic Shrine
c/o Masonic Temple
67 Maiden Lane
Albany, New York 12207
518-436-7892

NOTE: →

COMPLETE BOTH SIDES OF PETITION

COMBINED FEE OF \$200 MUST ACCOMPANY PETITION

Cyprus Temple, Ancient Arabic Order Nobles of the Mystic Shrine

To the Illustrious Potentate, Officers and Members, of Cyprus Temple, Situated at Albany, N.Y.

I, the undersigned, hereby declare that I am a Knight Templar in good standing
in Commandery No. situated
at State of or, a 32° A. & A.
Scottish Rite Mason, in good standing in ..ALBANY.. SOVEREIGN.....
Consistory of VALLEY OF ALBANY, AASR.....

Furthermore, I do not now, and I never will hold membership in, or allegiance to, any body claiming to be Masonic that has been declared clandestine by the Supreme Council 33° for the Northern or the Southern Jurisdiction of the United States of America, that I have resided within the jurisdiction of your Temple or in unoccupied territory, not less than six months, as required by the Constitution of the Imperial Council, and that I am not under suspension or expulsion, in either of the bodies prerequisite to this Order, and respectfully pray that I may be made a Noble of the Mystic Shrine, and become a member of your Temple.

I furthermore represent, that I have never previously applied for said order, nor have I, to my knowledge, been rejected by any other Temple. If I be found worthy, and my request granted, I promise to conform to all the Ceremonies, Engagements, Constitutions, Regulations and Edicts of the Imperial Council; together with those of your Temple.

Birthplace Date of Birth: Month Day Year

Member of Lodge No. F. & A. M., located at

Member of Chapter No. R. A. M., located at

Profession or Occupation

Residence No. Street, City

Send mail No. Street, City

Print Name Date

Signature (Full Name) Hat Size

Wife's Name Were you ever a Member of Demolay

Recommended and Vouched for on the honor of { Noble
Noble

Fee, One Hundred Dollars (\$100.00), of which \$25.00 must accompany the Petition

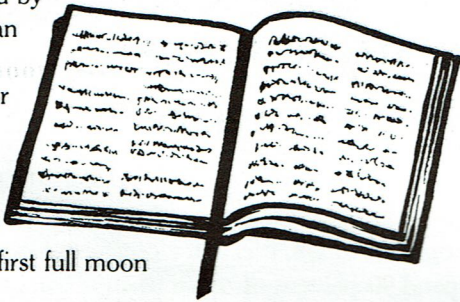
Shrine No.

A Time for Remembering

Pesach (Passover)

Pesach is a joyous holiday—a festival of independence celebrating the emancipation of the Israelites from bondage under Pharaoh in Egypt in ancient times. Moses, under God's instructions, led the Jews out of Egypt and on a 40-year journey to the Promised Land, the land of Canaan. Pesach is also called the "Feast of Unleavened Bread," since the Jews' departure was so hasty, there was no time to let bread rise.

This year Pesach begins at sundown April 5 and lasts through April 13 (on the Hebrew calendar: Nisan 15-22, 5753). Celebrated by Jews for more than three thousand years, Pesach—or the Feast of the Passover—is one of the oldest festivals in history, opening after the first full moon each spring.



"Passover" is the English term—derived from the legend that God Almighty "passed over" the houses of the Israelites when condemning the firstborn children of Egypt.

Family reunions, a thorough house cleaning and a feast called a Seder are all traditional to the Passover celebration. Seders follow a set ritual: the reading of the *Haggadah*, then the meal, followed by prayers and songs. A place is set at the table for the prophet Elijah, should he decide to attend.

Seders are held not only to renew the story of the Exodus for adults, but also to arouse in youngsters an interest in the history of the Jewish people. Very young children are active participants in the Seder, asking the traditional questions and hunting for the *afikomen*, a piece of matzoh (unleavened bread) that is hidden as part of the ceremony.

"The quality of a person's life is in direct proportion to his commitment to excellence, regardless of his chosen field of endeavor."

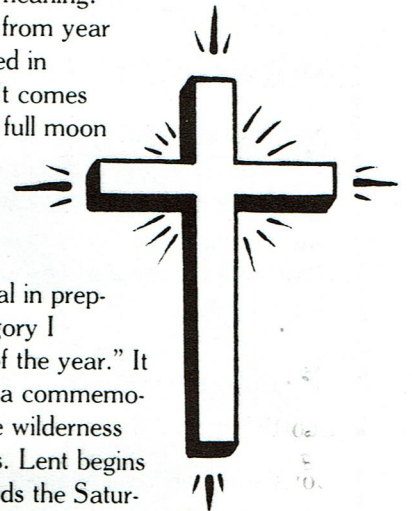
—Football Coach Vince Lombardi

Easter

Easter Sunday is the culmination of Holy Week—the holiest of all Christian observances. Easter celebrates the resurrection of Jesus Christ, the cornerstone of the Christian faith. Without it, Christmas would have no meaning.

The date for Easter varies from year to year ... sometimes observed in March, other times in April. It comes the first Sunday after the first full moon following the spring equinox.

Easter season actually begins with Ash Wednesday, the start of Lent, which is a period of special self-denial in preparation for Easter. Pope Gregory I called it "the spiritual tithing of the year." It is believed to have started as a commemoration of Christ's fasting in the wilderness for forty days and forty nights. Lent begins 46 days before Easter and ends the Saturday before Easter Sunday. (The Lenten fast does not include Sundays.) The Sunday before Easter Sunday is Palm Sunday, commemorating Jesus's triumphal entry into Jerusalem. The Thursday of Holy Week, Maundy Thursday, is a time to recall the Last Supper, the final meal of Christ with his 12 disciples. Good Friday is a somber remembrance of the Crucifixion, with Easter Sunday the joyous celebration of the Resurrection.



For some, including many children, Easter has become more of a secular holiday, a time for decorating, hiding and hunting for eggs; dressing in new clothing and receiving baskets of candy from the Easter Bunny. It is believed that in the early days of the Christian Church, people were not allowed to eat eggs during Lent, hence they became popular fare on Easter Sunday. For Christians, eggs symbolize new life. The Easter Bunny is believed to have originated in Egypt, where the "hare" is a symbol of fertility and the renewal of life.

"If the Lord had meant us to pay income taxes, he'd have made us smart enough to prepare the return."

—Kirk Kirkpatrick

001 287004894 0293
WILLIAM B LEADBITTER
59 BENEDICT ST
CASTLETON, NY 12033

Safety Shorts

KEYS HELP CAR THIEVES

Out of the 212,000 vehicles reported stolen in 1991, one out of seven was left with the keys in the ignition at the time of the theft, reports the National Automobile Theft Bureau. It's sometimes easy to forget the keys while hopping out to mail a letter or pay for gas. But the wise policy is **NEVER LEAVE YOUR KEYS IN THE CAR**, even for a moment!

SNOW: IT'S HEAVIER THAN IT LOOKS

A heavy snowfall can be picturesque. Powdery, delicate-looking flakes covering homes, trees, driveways and sidewalks can be beautiful. But such looks can be deceiving. Snow is wet and very heavy. Many fatal heart attacks occur after the first heavy snowfall of the season, when optimistic shovelers take on more than they can handle.



The National Safety Council recommends that individuals over the age of 40, or anyone who is relatively inactive, be especially careful when shoveling. If you have a

history of heart disease, get your doctor's approval before starting, and never shovel snow immediately after eating or while smoking. (The combination of smoking and cold air causes constriction of blood vessels, which can be deadly.)

Lifting a full shovel is like lifting any heavy object. Use your legs to lift, not your back. Don't shovel to the point of exhaustion or fatigue. Instead, take frequent breaks. If you feel tightness in your chest, stop shoveling immediately and seek medical attention.

WATCH FOR SLIPPERY ICE

Did you know that ice at 32 degrees Fahrenheit is more slippery than ice at 10 degrees Fahrenheit? It's true. Ice at 32 degrees has a thin layer of water covering it, making it prime for slipping. Be sure to wear shoes with good tread or ribbed soles for better traction. Keeping feet shoulder width apart, take short steps or shuffle. Lean forward and always put each foot down flat.

DON'T NEGLECT YOUR NECK!

Be sure to give your neck, nose and toes extra protection from the cold this winter, advises the National Safety Council. The head and neck areas lose heat more rapidly than any other part of the body. A turtleneck sweater or a scarf will keep your neck warm. Wear a wool hat and cover your face with a scarf or knit ski mask to protect cheeks, ears and nose from frostbite. Mittens provide the best protection for your hands, because gloves expose more surface area to the cold. Wool socks and waterproof boots will keep feet warm and dry. If you wear an extra pair of socks, be sure they fit loosely, so layers of warm air can circulate.

ON THE HOME FRONT

The average American house is home to between 100 and 200 different airborne contaminants, some of which may be carcinogenic. Although the odds of developing cancer from airborne contaminants in your home are small, it is still a concern, since many of us spend 90 percent of our time indoors, especially in the winter.

So what's a homebody to do? Give your house a "health makeover"—it shouldn't cost a lot of money and you'll gain a little breathing room. Just follow these simple steps:

- Use moth crystals and solid home deodorizers very sparingly.
- Ban smokers from your home—or direct them to a well ventilated room.
- Air out your freshly dry-cleaned clothes before you wear them.
- Let your house "breathe." Use exhaust fans in your kitchen and bathroom.
- Make sure all gas appliances are vented to the outside.
- Back the old Buick out of the garage before you warm it up.
- Wash new permanent press clothes before you wear them. This will help reduce the amount of formaldehyde you come in contact with when you purchase new clothes.
- Keep your air conditioning system clean.
- Keep your humidifier clean.
- Fill your rooms with live greenery.
- Wash your bedding at least once a week in hot water to get rid of any dust mites.