

Congratulations
To

Jack Neumann

for attaining
the rank of

Ruby

Life Master





Congratulations
Dan Stockwell
for attaining
the rank of
Silver
Life Master



France honors Stanley Marcus with the Croix de Guerre

Stanley is a Jewish war veteran in the U.S. Army and has received many other medals for his service and heroism during World War II in Belgium, France, Holland, and Germany including:

- The Bronze Star for the Battle of the Bulge in Belgium
- He was a liberator of three concentration camps: Buchenweld, Flosenberg, and Nuremberg, plus a liberator of Pilsen-Czechoslovakia.
- He was also treated like royalty in the Honor Flight of Southern New Mexico and El Paso, Texas





Stay fit. Learn from Fitness Guru, Lorraine O'Donnell

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Stay in shape for Motivational Monday: 70-year-old El Paso exercise instructor offers tips

María Cortés González, El Paso Times Published 8:00 a.m. MT Jan. 28, 2019

Motivational Monday: 70-year-old exercise instructor knows how to find a workout María Cortés González, El Paso Times

The El Paso Times wants to help you meet your goals in 2019, so we're running a regular feature for Motivational Monday. This week's goal: exercising for better health.



Lorraine O'Donnell has some advice for those wanting to lose weight through exercise.

"People are trying to do better and work off those pounds they gained over the holidays. Not all students stay with it," O'Donnell said. "And usually it is because there isn't a good match between the exercise and the exerciser."

O'Donnell, 70, knows. As a fitness instructor for more than 35 years, she has pretty much taught all the trends of exercise — aerobics, Pilates, Jazzercise, step-aerobics, spin and kick-boxing.

But what she has always loved — and what she still does to this day — is dance.

Lorraine O'Donnell, 70, is an inspiration for anyone who wants to exercise. She has been dancing since she was in college. (Photo: By Maria Cortes Gonzalez/El Paso Times)

"I used to take ballet, in private studios and also at UTEP. I became a trim and tone dancer years ago with Cindy LeBleu and it was all choreography and dance. And I thought, this is for me," she said. "What motivates me is great music and movement to music."

O'Donnell teaches Salsa Seniors on Mondays and Wednesdays at the YWCA on Brown Street. The class incorporates dance steps to music including merengue, cha cha, rumba, cumbia and bachata. "There is a lot of research to show that certain songs can make people get an enhanced workout," she said.

Fitness instructor Lorraine O'Donnell incorporates different types of dance into her class at the YWCA in Central El Paso. (Photo: By Maria Cortes Gonzalez/El Paso Times)

O'Donnell said it is important to find an instructor with a national certification, such as by ACE, American Council of Education, so that students do not get hurt while exercising.

The instructor, who used to be an educator and principal for many years, said she's usually the oldest instructor when she takes training classes.

"It makes me feel good because they look and say, 'I can do this for a long time if I take care of myself,' " she said. "Safety is first."



O'Donnell is especially concerned for seniors exercising. She wants to make sure the music is not so loud it hurts their ears, that they are instructed properly on doing squats and not jumping, which is not good for older generations.

Lorraine O'Donnell includes weights in her exercise class at the Central El Paso YWCA. (Photo: By Maria Cortes Gonzalez/El Paso Times)

The longtime instructor credits her regular exercise for her stamina and energy. She often started her day at 5 a.m. to teach a fitness class and then would change to be the first one at Clint High School as the principal in the late '90s. She stayed up late working on her doctorate.

With people now living much longer, O'Donnell finds it even more pressing to motivate adults to think about their lifestyles.

"It is very possible you're going to live to 100. It used to be rare to see people in their 90s. I go play bridge at the bridge center and it is filled with 90-year-olds," she said. "What kind of life do you want to have in your 90's You have to think about that today."

Workout tips: Stay motivated, rested

Here are her tips for staying motivated in exercise to have more energy and sleep better:

- **Think about food:** Don't obsess but reduce the amount of food. "One of the things I do is say, box up half and bring in half," in restaurants, she said. "If they put it in front of me, I'm going to start talking with my friends and then it's gone."
- **Tune in during exercise:** Listen to your favorite music or a book. Then you won't think about how hard you're breathing, because you're listening to the music or story.
- **Exercise with goals:** If you are walking, walk a little faster or longer. Get in the habit of setting goals but don't compete with the star in the gym. Every three months, try to do better.
- **Schedule it:** You can't just say I will go when I get out of work. Find a time that works for you and preserve it. Don't let anything interfere with that. And even better, do it with a friend for support and accountability.
- **For quality of life,** you need range of motion: If you can't get your arms up or get down to pick up your grandbaby, that speaks to stretching. And stretching at the end of exercise is more important than at the beginning when your muscles are cold.
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Message from the Master of Kadosh



Season's Greetings Brethren:

This is my first time addressing you as a group and I am not quite sure what to contribute, so I would like to share this with you. A couple of months ago I paid a visit to Wallace Hughston Lodge No. 1393 and as they were short a Brother that night, I was asked to be the Tiler and I gladly accepted. As I was sitting outside the door, I saw a small poster on the wall that I thought was great. As I recall it said: "Watch your thoughts for they become words. Watch your words for they become actions. Watch your actions for they become habits. Watch your habits for they become character. Watch your character for it becomes your destiny."

I want to thank everyone for allowing me the opportunity to serve as Master of Kadosh for the El Paso Consistory this year. Our Valley had a great year and I want to wish the upcoming new Officers for 2019 much success and everyone a healthy and happy New Year.

W. Gordon Mahon, Jr.