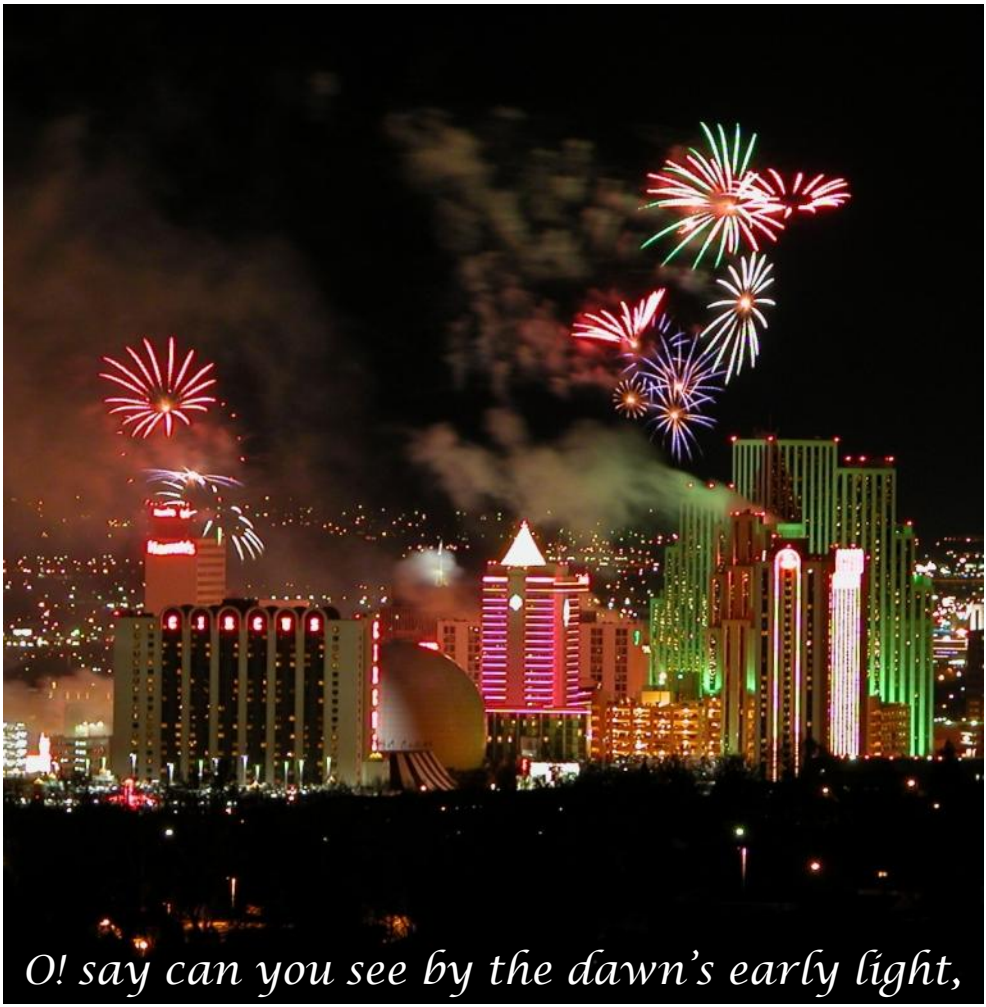
NEVA-MIND

Northern Nevada Mensa

Volume 35, Issue 7, July 2011



O! say can you see by the dawn's early light,

Northern Nevada Mensa Volunteers

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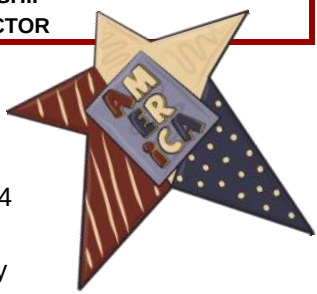
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UNR PROCTOR

O! say can you see
by the dawn's early light,

Defence of Fort McHenry, a poem written in 1814
by the 35-year-old lawyer and amateur poet:
Francis Scott Key



Cover Credits

by Bill Kositzky



On Moraine Way, North of McCarran and West of North Virginia St. there is a high place that overlooks Rancho San Rafeal park and downtown Reno. It's a nice spot for photographing the balloon races and the occasional fireworks display over the casinos. Happy 4th of July. It's my favorite holiday.

— Bill Kositzky

From the Editor

by Anna Wright



Welcome to July!

Here's hoping that your summer is exploding with fun. By the time you receive this, Ken and I will be at the Mensa Annual Gathering (AG) in Portland, OR. There's nothing like a group of 2,000 curious Mensans and an outstanding location to bring up the excitement level.

Page 5: I'm so very proud to announce the recognition that our contributors have received from the Mensa national Publication Recognition Program (PRP). Although every contribution made has been outstanding and greatly appreciated, these folks have been singled out for excellence. Congratulations!

Page 6: Even if you've never ever visited Virginia City, Ken's story about a particular 4th of July outing there should bring you a chuckle.

Page 10: The last of the Harry Potter films is scheduled to be released in July. How much of his world have you learned? This puzzle is for trivia buffs!

Page 12: Our master of puzzles, Travis McCord, is back with a new twist on magazine titles. How much do you recognize from the newsstand?

Page 16: Please check out our Local Events pages. Many of your Mensa friends are performing in or presenting an event in July. Get out and support them! You're sure to have a good time too. (PS: Are you participating in an organization, event, or performance that we can help support? Email me and I'll include it. editor@northernnevada.us.mensa.org)

Page 20: Mensa for Kids! is back again with puzzles for you.

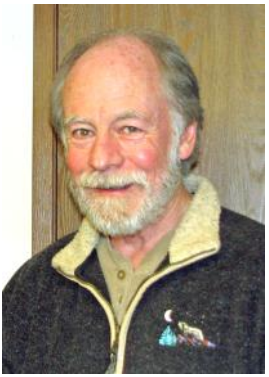
Page 22: Our own Don MacGregor has been doing some nutritional research and shares his findings with you.

Page 24: Lastly, we have our RVC column from Debra Reiger reminding you to watch for the bigger regional items of interest.

Have a great summer! ■

From the LocSec

by Bob McAllister



This month, I proudly will be in attendance at the graduation commencements at UCLA to witness my last (youngest) be presented with her BS.

Happy Birthday, USA. ■

(Congratulations! We look forward to your column returning next month. — Anna)

Notes From Your ExComm



- Present were Annemarie McTaggart, First Vice-Secretary, and Anna Wright, *Neva-Mind* editor.
- Having no quorum, the ExComm did not formally meet.
- First (ever?) trivia banquet awarded its tasty first prize (shown at right) to Arthur Chenin, Becky Smith, and Ken Wright, known as "The Knights who formerly said Ni" team. Bravo; well played!



You <u>should</u> be seeing this issue in COLOR!

Ask for your free e-version issue. It comes as a pdf attachment email.

Email: editor@northernnevada.us.mensa.org **It's easy!**

What else is happening? Join the Conversation.

Northern Nevada Mensa E-List can be found on Google! Join us there for the latest news and last-minute invitations: northern-nevada-mensa@googlegroups.com

Hurray for Us!

Hearty congratulations to Northern Nevada Mensa from your grateful newsletter editor! The Mensa Publications Recognition Program (PRP) has chosen our group to receive 10 nominations this year! All of these nominations are due to the outstanding contributions to the *Neva-Mind* by the folks below. Their time and hard work are not only appreciated by me (the Simon Legree who pushed many of them into this) but by everyone. Kudos and my thanks to all!

2010 Nominees by PRP:

OVERALL ENTERTAINMENT:

Neva-Mind, **Anna Wright**, Editor

OUTSTANDING NEWSLETTER (SMALL GROUP):

Neva-Mind, **Anna Wright**, Editor

NON-FICTION (MENSA-RELATED):

Jeeks Rajagopal,
"Venimus, Vidimus, Vicimus, Vamanos"
Neva-Mind, May 2010

Sandra "Sam" Beckerman,
"San Diego Mind Games 2010"
Neva-Mind, June 2010

HUMOR:

Ken Wright, "Juiced…"
Neva-Mind, August 2010

PUZZLES AND GAMES:

Anna M. Wright,
"It Just Doesn't Belong!"
Neva-Mind, August 2010

Joe Kisenwether, "Ghoti"
Neva-Mind, October 2010

Travis McCord, "Cracked"
Neva-Mind, November 2010

CONTINUING ITEM:

Bob McAllister,

"From The LocSec" *Neva-Mind*, April, May and December 2010

Maurice Pollack & Anna Wright,
"Mensa for Kids! (and Kids at Heart)"
Neva-Mind, April, May and June 2010

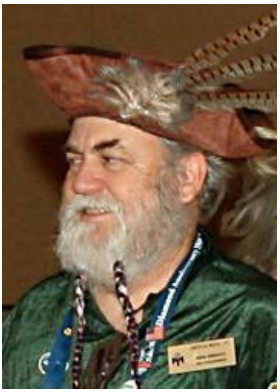


Whether or not we bring home any awards, just being nominated is great honor. Your contributors were competing against all of the other 132 American Mensa groups across the country. Only five nominees are selected in each category for the final award. Here's wishing the best of luck to everyone in those final selections. (Keep your fingers crossed for us. We'll find out the results at the Portland AG over the 4th of July holidays.)

Anna ■

Rockets' Red Glare

by Ken Wright



While in the U.S. Navy stationed at Fallon, N.A.S., I had occasion to play host and tour guide to a couple newly assigned to our base. This is usual and customary in the military and a method of making the frequent moves less painful.

The service member, Tim (name changed to protect the guilty), was a member of the elite Explosive Ordinance Disposal (EOD) detachment and at six foot four and two hundred and eighty pounds, looked like a blonde GI Joe doll with a flat top haircut and arms which were bigger around than my legs. The fact that he giggled like a girl when things were funny was a bit image busting, but he was cool. His wife Katie was also a full sized human being at five foot eight with an athletic build and what she called "dirty blonde" hair, but looked light brown to me. She laughed from the bottom of her guts, and when things got funny around these guys you could hear it a long way off.

It was the Fourth of July, and I had been telling these New Jersey city kids how much fun it was to go to Virginia City for the parade, then wander the multiple cemeteries and finally watch the incredible fireworks display. Katie was really excited about wandering the graveyards, and Tim kept asking if they would let him blow something up.

The seven of us, four adults and my three kids, loaded up in my car and made the trip up the mountain, arriving in time to find a parking spot below "C" Street, right where the fireworks would be launched. This is prime real estate, and within minutes of parking, there were no more spots. Timing is everything here.

I told my friends that it would be hot and sunny and to dress accordingly. Tim had a tank top, board shorts, and sandals made from tires and surgical tubing, no hat, and white sunglasses that Sir Elton John would have been proud of. Being blonde and fair skinned I warned him about the power of the sun at 6,000 feet. He just laughed and reminded me that he was "EOD." Katie was wearing a sundress that had a stretchy elastic top and barely covered her rear, but had frilly shorts on underneath. On her feet were flip-flops and toe rings on each toe. I didn't think too many people would notice her toes though. Katie was what I had heard described as "amply endowed on top" and they were unrestrained. It was a very good thing that Tim was not a jealous person as heads continuously snapped around as Katie walked down that uneven wooden sidewalk along the main drag. I thought that it was hilarious. They were definitely an "Oh Wow!" couple.

We walked the length of the main street and back again. When Katie couldn't stand waiting any more, we headed for "Boot Hill." There are seven cemeteries on the hill, and we walked around all of them. I believe that we might have read

every tombstone; our girl was definitely enthralled. The kids ran up and down the paths and stopped to read and stare at the grave of every child they found. I believe that they learned an important lesson about how hard life was in the “old days,” and how many people lost children to childbirth and diseases that we now brush off as not serious.

As we wandered either my wife or I reapplied sunscreen to our children and warned our friends of sunburn. Both laughed at us and insisted that they were fine. After lunch we stopped in the park to rest and listen to music being played there. Lots of kids running and playing, plenty of beer being consumed and still a lot of hours to go until the fireworks happened. Tim got wrapped up watching some guys lifting obscene amounts of weight on a bench and before we knew it he had his shirt and shoes off and was on his back lifting with them. Katie decided that she would lie down on our blanket and get more sun. She hiked her sundress up, exposing her belly and legs and fell asleep. I was sent off after bottles of cold water and hiked up the hill. The rest found a spot in the shade and plopped down to wait.

I took my time and stopped off in the Delta Saloon to use their clean bathroom and popped in to visit with my friends Paul and Marilyn who ran the Indian Outpost Store. I knew that I had time to kill and nearly forgot that I was on a mission to get water. Waking up from my thoughts of Hopi Pueblos and Kachinas, I hurriedly bought bottles of water and walked back to where I left everyone in the park.

Tim was now drinking beer with his muscle-bound buddies and everyone else was asleep, except my daughter who was putting sunscreen on Katie’s face. Katie had assumed a position with the soles of her feet together and pulled up closer to her body. This position caused her inner thighs to be exposed to a very brutal July sun which had burned those white legs to a bright pink and promised to be painful. I woke her and the rest of the sleepyheads up and distributed water to them and made everyone drink it on the spot. Tim had a cold beer in his hand but I got him to drink the water anyway. Alcohol dehydrates you faster than anything; and even though your stomach is full of liquid, it isn’t helping your body fight off the heat.

We walked back up the hill and ate at the Palace and wandered through the stores again, but much more slowly as we were trying to stall until the sun dropped. As expected the sunburn our young guests got deepened to a lobster red and became even more painful. Tim removed his sunglasses and it looked like they were still on. The same white shape was there against a face that looked like it has been too close to a bomb blast, which was going to cause him no end of grief when he went to work. Katie was in pain as she tried to walk. Her inner thighs touched each other, and her toes were burned and swollen so that she struggled to get those toe rings off. I had honestly never seen anyone stick an ice

(Continued on page 8)

(Continued from page 7)

cream cone on her feet before that day, but she did it.

Finally it was time to go grab a spot by the car, which we had strategically positioned at the beginning of this very long day. It took a little shuffling around but we got the blankets situated and everyone parked comfortably on them. The laughing and teasing continued as we discussed the upcoming fireworks show and the dry ground and houses below the hill.

As the light faded Tim kept saying that he wished he could be right in there with the professional miners who were setting up the rockets about one hundred feet away from us. As the Chinese proverb says, “Be careful what you wish for; you just might get it.”

The fire trucks were in position all around the small valley where Virginia City is located, with the majority below the hill where the rockets were about to be ignited. There were wooden crates with wet sand in them linked together and leaned against an embankment at just the right angle for optimum trajectory. In this long line of boxes were placed rocket after rocket waiting to be lit. The line of rockets was longer than three fire trucks end to end. The stage was set and the man in charge gave the command to light the fuses. I think that was the last moment of quiet and calm that night.

When the master fuse lighter put his glowing road flare to the combined fuse line to start the ignition series, something got bumped and that connected line of crates tipped backwards. Wait, backwards? Yep, towards all of us with great seats and the bomb disposal guy who wanted to be “right in there” with the fuse lighter.

Rockets red glare took on a whole new meaning as whistling balls of red, white and green shot past our heads. The boys were asleep inside of the car; they didn’t care. My daughter thought it was so very cool and was laughing. We were scrambling to get behind the car so it could block the blast. I looked for Tim and Katie and saw them as they went up the hill. Tim had Katie tucked under his arm like a cardboard cutout, and her flip-flops were flapping as he ran which had me laughing like a crazy person.

Rockets’ red glare took on a whole new meaning ...

No one got hurt, not even the guy lighting the fuses who got knocked over backwards. His fire department turnout coat and face shield on his helmet protected him. Some grass was ignited on the hillside above us and was quickly extinguished. The crowd scattered just like you would expect, but came right back clapping and cheering for more. The crew set up again and the show went on. Hey, it *is* Nevada!

The moral of the story:

When you see the bomb guy running, do your best to keep up. ■

Happy Birthday!

3	**Edward Martinez**	Virginia City
4	**Eli Ganska**	Sparks
4	**John Preisach**	V.C. Highlands
7	**Peter Onorato**	Minden
9	**William Kositzky**	Reno
13	**Mary Griswold**	Reno
15	**Dr. Thomas Sharpton**	Reno
16	**Jonathan Isbell**	Reno
18	**William Immers**	Reno
22	**Anne-Marie Cuneo**	Carson City
27	**Tyler Aas**	Reno
31	**Cookie Bakke**	Las Vegas

July

Birthstone: ruby

Flower: larkspur, water lily

Astrological Signs:

Cancer: June 21 - July 22,

Leo: July 23 - August 22





Welcome!

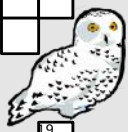
Corwin Joy, Zephyr Cove

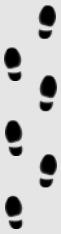
Willkommen, Bienvenidos, Chaire,
Irashaimasu, Dobro pozhalovat', Bienvenue

Basic Potter

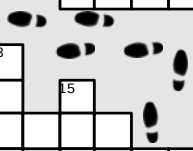
by Anna Wright











ACROSS

1 Peter Pettigrew, secret name
4 Pub in London and access to the shopping district
10 A non-magical person
11 Sirius Black, secret name
12 A horcrux destroyed by 26-across
14 Handy item to help locate anyone at school
16 Name of Ron's home
18 Miss Lovegood
20 The first challenge of the tournament
22 Disarming spell
23 Messenger for Harry Potter
25 A horcrux accidentally destroyed by Vincent Crabbe
26 A giant of a friend
28 Container which produces the list of challengers at the Triwizard tournament
30 Ms. Mcgonnagal
33 The half-blood prince
35 Incapacitating condition of Remus
37 One of the unforgivable curses: torture
39 Killed by Harry using the sword of his house
40 One who can change from human to animal and back at will, like Sirius Black
42 She moans, oh how she moans.
43 Secret location protected by an aggressive tree
44 Remus Lupin, secret name
48 Headmaster
50 Pub order favorite for young wizards and witches
54 Wizarding's favorite wand shop
55 A letter that actually yells at it's receiver
57 Lucius or Draco
58 Horcrux that nearly destroyed Ginny
60 Item of clothing that assigns children to their houses
61 Occupation of one catches dark wizards
62 The golden orb in quidditch
63 Favorite house Elf
64 One of the deathly hallows: but you probably won't see it.

DOWN

2 One of the unforgivable curses: death
3 Charm effective against 21-down
5 Prison
6 Ms. Lestrange
7 One of the unforgivable curses: complete control
8 Harry's aunt
9 Neville
13 County where Harry's muggle relatives live
14 Governmental body for the wizarding world
15 A transporter disguised as an ordinary item
17 Boarding school for young wizards and witches
19 House (at school) of Harry and friends
21 Prison guard
23 Village just outside the school
24 Harry's cousin
26 Miss Granger
27 One of the deathly hallows: returns life to the dead
29 Ron's position on the quidditch team
31 Wizarding bank in London
32 Potion that forces consumer to tell the truth
34 Harry's position on the quidditch team
36 A horcrux destroyed by 48-across
38 He who must not be named
41 A stone basin used for holding memories
45 Shopping district for witches and wizards in London
46 A derisive term for a magical person not born from pure magical lineage
47 Follower of 38-down
49 One of the deathly hallows: requested by the eldest brother
51 Madeye
52 Seemingly cursed teaching position
53 Harry's dad, secret name
56 A horcrux destroyed by Ron
59 Living horcrux destroyed by Neville
60 A non-magical person born of magical parents

Answers on page 26

Puzzle Page

by Travis McCord

As part of our ongoing Mensa Outreach Program (Motto: "Thinking things through so you don't have to!") we occasionally help out someone outside of the group. This month we have a request for help from someone just out of the magazine business:

“So, for the last few months I've been working for one of those magazine subscription companies. (Yeah, yeah, I know, but it was a paycheck.) As the new guy, of course, they tended to throw me the complainers. It seems that one of the things that I had to deal with was people who subscribed to something based solely on the magazine's title. Now, in some cases I can believe, say, somebody thinking Rolling Stone was about geography. But some of these just confuse me... can you tell me what magazine these guys were thinking of?”

1. There was one older lady who was looking for "a nice little journal of good news and nice parts of the day", and was surprised to find puzzles and stories aimed at kids.

2. Then there was that one guy who was looking for a magazine about really high-rise apartments, and got, well, naked women. (I think he kept that one, though...)

3. Another guy was a scientific type who was looking for a journal about "lead, cesium, osmium, *et cetera*" and got, well, drawings of naked women. In fantasy and sci-fi stories. (He may have kept that one as well...)

4. One guy was looking for a journal of "aphorisms, sayings, and statements of principles" and got pop culture entertainment, and, uh, half-naked women. (Kept that one too. Starting to sense a pattern.)

5. One gruff sounding guy complained, "I was looking for something that would help me put wood together better for building and I got some prissy girl's beauty magazine!" Maybe he should have got the naked women magazines…

6. There was the materials technician who was looking for information on “solid contaminants of precision machinery” and got "this thing on how to be a redneck."

7. One really irritated guy was complaining of "the worst case of writer's block in the history of creativity," and apparently what we sent him was "aimed at TWEENS!"





8. Then there was one guy... really weird voice... claimed the magazine about him and those like him was filled with silly jokes and parodies. Then he went on about the government sending agents to replace his teeth.

9. I had one older lady who was looking for "ways to compete without prejudice, and outside of that whole 'winning' and 'losing' division among people" (then what's the point?!) and got "those horrible violent technical things!"

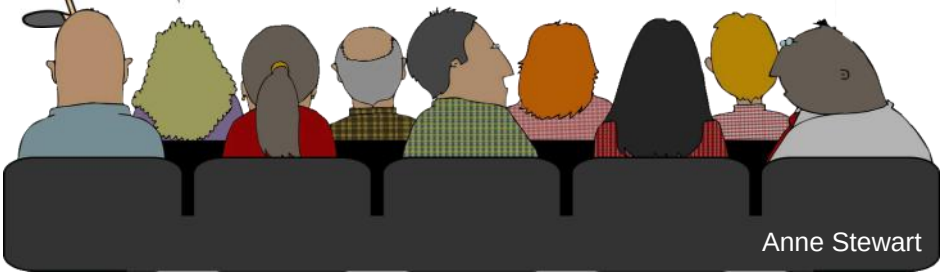
10. And finally there was the one guy with the eastern European accent who I think was looking for something about struggling classes and got a bourgeois (his word) fashion magazine.

Answers on page 26



Q: How many Mensans does it take to change a light bulb?

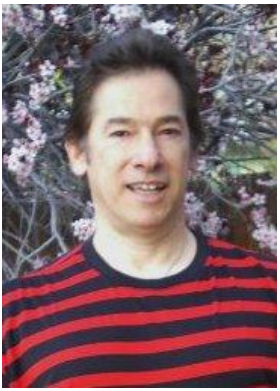
A: Cannot be done. A group of 2 or more Mensans will immediately start haggling about the correct procedure, the proper tools to use, alternative energy sources, and personal past experiences with a similar or totally unrelated scenario. i.e., they stay in the dark.



Anne Stewart

Program Listing

by Richard Arbib



July Monthly Meeting, Saturday, July 16

Pot Luck. Arrive after 6 p.m. Speaker at 7 p.m.
Speaker: Gideon For-mukwai returns
Topic: Using social media to promote your business and increase your social contacts.
Location: At the home of Gerry Lockhart 3349 Cortez St., Carson City



Directions: Phone: (775) 882-0868

From Reno (north):

Follow U.S. 395 S. till it ends at Fairview drive (exit 38.) You are now 1.5 miles from my house.
Turn right/west to traffic light at Saliman Rd.
Turn left/south, go about 0.7mi. to stop sign at Sonoma.
Turn right/west go 2 blocks to stop sign at Cortez.
Turn left/south, go 3 blocks to 3349 Cortez St.(S.E. corner of Cortez and Calico.) (White house, black chain link fence)

From south:

Highway 395:Turn right/east at Koontz lane traffic light (Raley's center.)
Go 0.7mi. to stop sign at Hillview/Saliman.
Turn left/north, go 1 block to Kingsley and turn left/west on Kingsley.
Go 2 blocks and turn right/north on Cortez St.
Go 2 blocks to 3349 Cortez (and Calico.)

From east: Take Highway 50W. to either U.S. 395S. or intersection with Saliman Rd. (go left/south.) Continue as if from north.

August Meeting:

Diane Underwood will speak about how to reverse aging naturally. Meeting will be held at her center, Reverse Aging Naturally, on Wells Avenue in Reno.

Picnic in the Park: Come join us at the Snowflake pavilion in Idlewild Park, Reno, on Sunday July 31. Time 11:30 a.m. until? with fun and camaraderie in the shade or sun. Frisbees welcome! See more details on page 18.

Mensa Admissions Testing: Saturday Aug 6. 10:00 a.m. until noon. **Grassroots Book Store**, 660 East Grove Street, Reno, (775) 828-2665. For information contact Mindy Hsu mindyhsu2002@yahoo.com.



July 2011



Sun	Mon	Tue	We	Thu	Fri	Sat
Game Night at Joe's Place: No Game Night in July, but Game Night returns on Saturday Aug 6. Potluck. 4:30 until 8:30 p.m. 1047 Table Mountain Court, Sparks. Contact: Joe (775) 338-6521or joe_kisenwether@hotmail.com.					1 Canada Day **2011 AG Portland**	2
3 **2011 AG Portland**	4 **Fourth of July**	5	6	7	8	9
10	11	12	13	14	15	16 **Mensa Meeting**
17	18	19 **Supper Club**	20	21	22	23
24	25	26 **Lunch Bunch**	27	28	29	30
31 **Picnic in the Park at Idlewild Park**	Aug 1	Aug 2	Aug 3	Aug 4	Aug 5	Aug 6 **Testing & Game Night at Joe's**

Lunch Bunch: On Tuesday, July 26, at 11:45 a.m., meet us at **Mel's Diner**. It *IS* the place to go for July! They have a great menu and play those 50s songs — definitely All-American. It is located in the Sands Casino with an entrance to the parking lot from Arlington and also W. 4th Street. You'll find Mel's at the entrance nearest 4th Street on the ground floor. Need more info? Contact Don or Laura: (775) 826-5904.

Supper Club: Looking for a hot time in July? What could be hotter than **Men Wielding Fire?** Sorry girls, it's not a floor show! Men Wielding Fire is a new restaurant, the site for our July Supper Club. Tuesday, July 19, 6 p.m. Pulled pork, steaks, barbecue, fish and more. Located at the corner of 1st and Lake Streets. Free parking in the Cal Neva, one block away.
For more info: maytheroad@gmail.com



The Whole SheBang!
July 8, 9, 15, & 16

Location: The Studio on 4th

Bohemian Burlesque presents:
The Whole SheBANG!

Doors open at 7:30, show at 8:30 p.m.

Tickets $15 presale, $20 at the door.
Available at Prism Magic and Melting Pot



Artistic Director,
Chelsea Chen

An Invitation to Attend

by Arthur Chenin



Renovation

The 69th World Science Fiction Convention
Reno, Nevada USA ★ August 17–21, 2011

http://www.renovationsf.org/





Hey, folks:
I'm now hosting an acoustic

Open Mic on Thursday Nights

between 8 and 11 p.m. at Pizza Baron, which is in Keystone Plaza at Fourth and Keystone.

Roger Scimé
www.rogerscime.com

It would be great if you were there!

What's happening?

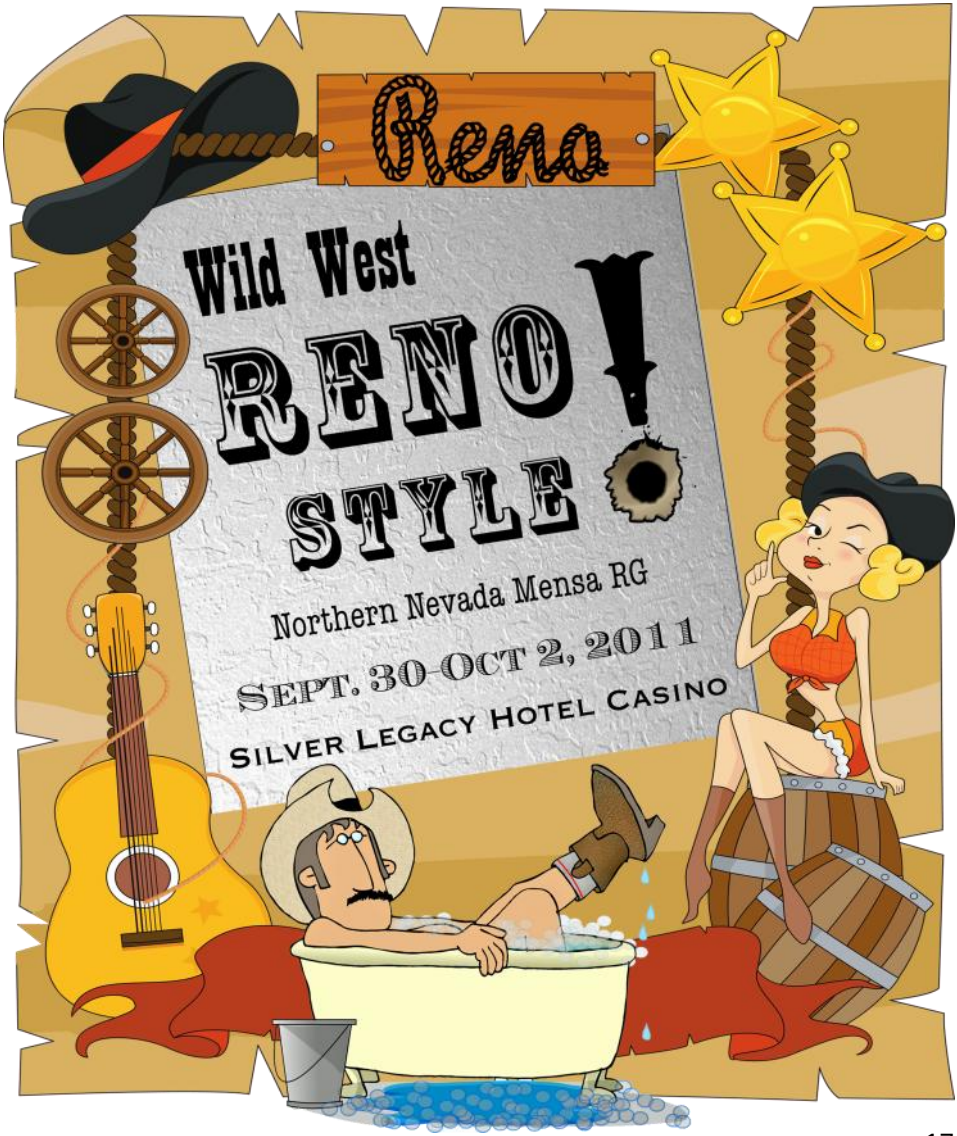
Are you working on an event that we could help publicize?

Email: editor@northernnevada.us.mena.org

Let us help!



Northern Nevada Mensa 2011 Regional Gathering



Register now! **http://www.northernnevada.us.mensa.org**

Third Annual Picnic in the Park

Do you know someone who would like to join Mensa? Gather your family and friends and enjoy the day in Reno's beautiful Idlewild Park. Part picnic/part pot luck: bring your food and a dish to share. Lots to do and see, or just bring a chair and chill out! We'll meet at 11:30 a.m. near the Snowflake Pavilion, which is a large gazebo visible from Idlewild Drive. Please bring your own drinks, plates, utensils, chairs, etc.



Catch a Falling Star

AUGUST PERSEID METEOR SHOWER CAMP OUT.



Bill Kositzky will again host a picnic and camp out at Pyramid Lake Tamaracks Beach. We will start in the early afternoon on Saturday, August 13, and end at 11 a.m. on Sunday morning, August 14.

During the day we will roast hot dogs and marshmallows, swim, and play Frisbee. After dark we will watch the night skies for shooting stars. Bring whatever you like to eat and drink for as long as you would like to stay. Bring a tent and sleeping bag if you want to stay overnight on the beach. More comfortable lodging is available about 4 miles from our beach at the Crosby Lodge in Sutcliff.

http://crosbylodgepyramidlake.com/lodging_accomodations.html

For reservations and availability there call (775) 476-0400. Directions and some more information in the August issue.

— Bill Kositzky

Mensa National Election Results:

Survey and Ballot Systems, our election house for the 2011 board election and amendments, reported the following certified results this afternoon. These results include 5,966 returned ballots from 45,043 eligible members with a final participation rate of 13.25%. It is also worth noting that 2,317 ballots were submitted via Web voting and 3,649 paper ballots were returned via regular mail.

Chair:

Elissa Rudolph 4,159
Lee Berkovits 1,670
Elissa Rudolph is declared elected.

First Vice Chairman:

Round 1
Dan Burg 2781 47.8%
Cookie Bakke 1791 30.8%
Robin Crawford 1245 21.4%
Round 2
Dan Burg 3560 61.6%
Cookie Bakke 2215 38.4%
Dan Burg is declared elected

2nd Vice Chair:

John Recht 3,426
Lori Norris 2,271
John Recht is declared elected.

Secretary:

Heather Poirier 3,453
Jared Levine 2,283
Heather Poirier is declared elected.

Treasurer:

First Round
Nick Sanford 2165 38.0%
Cary Chilson 2110 37.%
Guy Conti 1426 25.%
Second Round
Nick Sanford 2966 52.9%
Cary Chilson 2640 47.1%
Nick Sanford is declared elected.

The following bylaw amendment was put before the membership. It required 2/3 of the voting membership to pass. You can find full text of this amendment online at http://www.us.mensa.org/election.

Bylaw Amendment 1

For 3,008
Against 2,478
Bylaw Amendment 1 fails.

Best regards to all,
Maggie Truelove, Election Chair
ElectionChair@us.mensa.org



Anna Wright

Mensa for Kids! *(and kids at heart)*

by Maurice Pollack and Anna Wright



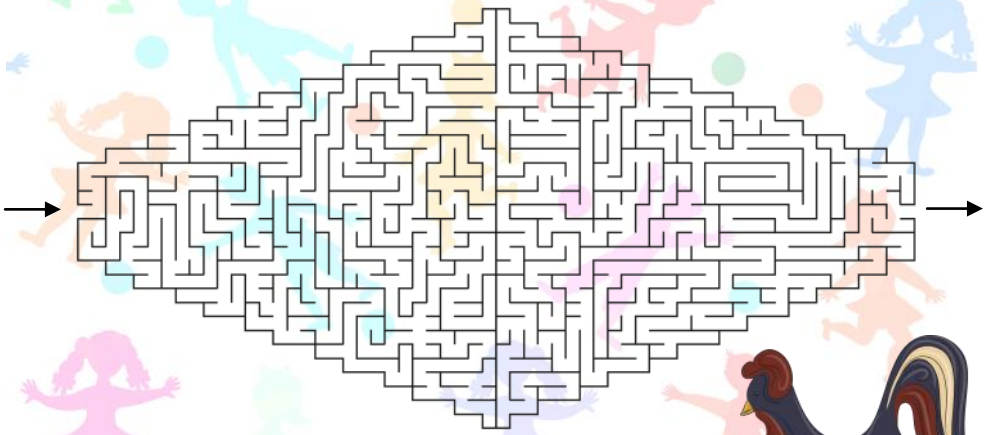
Geronimo Jones wants you to place none or one or several of the following symbols where the "?" are so that the equation is true.

? 1 ? 2 ? 3 ? 4 ? 5 ? = 5

The symbols are "add," "subtract," "multiply," "divide," "parentheses," and "blank."

Scrambled Tiles: One of the most stirring passages from the Declaration of Independence is written on the scrambled tiles below. Rearrange the tiles so that the show the original text as written by Thomas Jefferson.

, t	We	e n t	e n	h o l	h a t	a r e	f - e
e q u	a l ,	h e s	b e	e d	l m	t o	d t
e a t	s e l	e t	v i d	r u t	h s	a l	c r





Answers on page 26 and 27

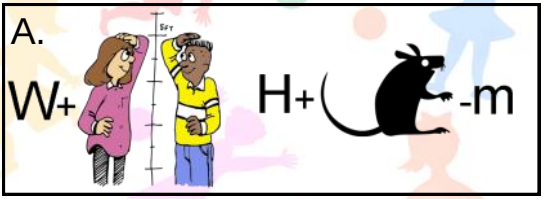
Famous People — Famous Homes

Match these pictograms of famous “people” to their pictogram homes.

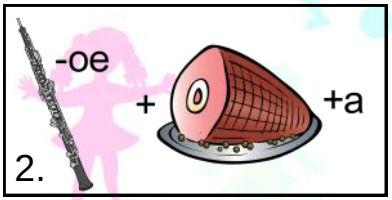
1.



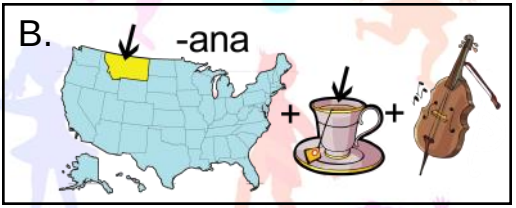
A.



2.



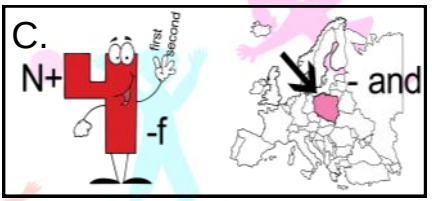
B.



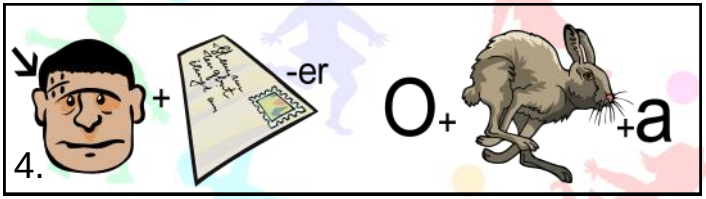
3.



C.



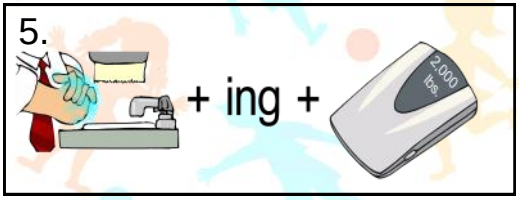
4.



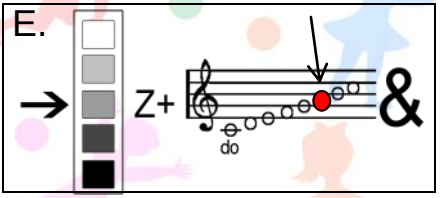
D.



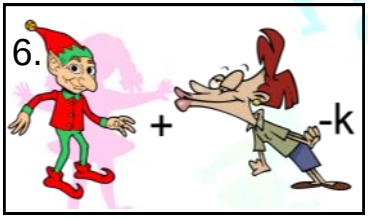
5.



E.



6.



F.



Health 101 for Everyone

A new column *by Don MacGregor*

"We have met the enemy and he is us" - Pogo by Walt Kelly

Please come with me on this new adventure! Today's Subject: Lectins.

I have been a student of health for some time, and as a "self-homeschooled graduate," I now know a lot that is scientifically grounded that many of my doctors, present, past, and deceased, do or did not understand. Our individual health condition is often of our own making. Health problems can arise when there is a lack of important information. My desire to "be all you can be" has helped me, health wise, as I march through my 80's. I have learned that eating better will continue that march, hopefully including mentally, for a long time (as will not stepping in front of a train!). The younger (obviously right now) that you know of and follow the best paths to health, the better.

Until recently I had not heard of *lectins,* and I've added them to my post-graduate studies. Perhaps, if we all understand what lectins are, we can be healthier. *Lectinology* is relatively new; the first known use of the word dates to 1954. Now I know that most are plant proteins, some good, some bad, some useful, some harmful, some necessary, and some disruptive.

The bad ones, for some of us and maybe for all of us, to some extent even if we never know it, include the nightshades and gluten.

Nightshades comprise over 800 species of plants including potatoes, tomatoes, sweet and hot peppers, eggplant, pimentos, paprika, cayenne, tobacco, and the lovely morning glory. They contain alkaloids that can impact digestive functions and nerve-muscle functions, and compromise joint function including inflammation and altered mineral status. Solanine, a steroid alkaloid, and one of the most notable, is likely active with osteoarthritis, rheumatoid arthritis or gout. A 3- or 4-week elimination diet may help to determine if nightshades contribute to these problems, or to nerve-muscle problems. Cooking reduces the alkaloid content of nightshades by about 50%.

Gluten in our diet is from various grass-related grains, primarily wheat, barley and rye, and is involved in gut interactions. Gluten composes about 80% of the protein in wheat seed. Thousands of years of selective breeding of wheat for larger quantities of protein has increased the lectins concentration in wheat, especially "whole wheat."

Gluten-free diets are not for everyone; few humans exhibit gluten intolerance. However, a gluten-free trial may reveal something. Symptoms of gluten intolerance mimic many diseases and afflictions. There are doctors who, when unable to diagnose specific problems, will prescribe such a diet. Sometimes a serious or debilitating, and possibly lifelong, problem will get better or disappear within a short time.

Although many conditions are hard to relate to lectins, such as asthma, atherosclerosos, hypertension, senile dementia, fibromyalgia, chronic fatigue, adult onset diabetes, schizophrenia, congestive heart failure, cancer, and obesity, medical research has linked these and others to diets high in lectins.

Our friendly plants developed toxins over millions of years only to protect themselves and their reproduction. Mark Sisson writing in “Mark’s Daily Apple,” says: "A plant's gotta protect itself!"

More thoughtful information is available at these sites:

First, read *"Introduction to the Paleolithic Diet"* by Dr. Ben Balzer at http://www.earth360.com/diet_paleodiet_balzer.html

Next, Google search: Lectin or Lectins. Then, read these:

- Extremely informative, and also the most recent, May 13,2011, "THE LECTIN STORY" by Krispin Sullivan (of Incline Village NV), at www.krispin.com/lectin
- Review, http://en.wikipedia.org/wiki/Lectin
- As Mark Sisson says in his THE LOWDOWN ON LECTINS, "Little known to the public at large. Little understood by the health community. Omnipresent in our conventional food culture. Proven to be at least mildly detrimental for everyone and downright destructive for the more sensitive. We're talking lectins today: common natural agents on the one hand, cloaked thugs of the anti-nutrient underworld on the other. Our popular health media, if they've heard of lectins, certainly never make mention of them. Famous health gurus never deign to speak of them. In short, lectins thrive in the American diet basically unfettered, unscrutinized. Make no mistake, however, they're a menacing power to be reckoned with." See www.marksdailyapple.com/lectins/ and see www.marksdailyapple.com/nightshades/.

Also, click on these:

- www.owenfoundation.com/Health_Science/Lectins_in_foods
- www.naturaltherapypages.com.au/article/Lectins
- www.totalhealthbreakthroughs.com/.../lectins-a-little-known-troublemaker
- www.vrp.com/.../lectins-their-damaging-role-in-intestinal-health-rheumatoid-arthritis-and-weight-loss
- See also this site by Heidi Stevenson, 30 June 2009. (Part 1 and Part 2 of "Foods That Heal, Foods That Kill-.....") www.gaia-health.com/articles51/000059-Lectins1.shtml

This information may have errors, as well as conflicting content. It is what it is. Feel free to send information or comments to donlaura@sbcglobal.net or call (775) 826-5904. Thank you for reading this. For now:

"That's all I have to say about that." - Forrest Gump, (Paramount Pictures) ■

From the RVC

by Debra Reiger



Three things this month:

1. Remember to set your newsletter delivery preferences. This is especially important if you prefer a printed and mailed newsletter in groups where electronic newsletters are also available. On September 1, the default will be "electronic" for everyone who has not expressed a preference. Whether you start getting electronic newsletters at that time depends on your local group's newsletter practices. Anyway, it's worthwhile to document your preference. If you have set up a member login on our national web site, just use this link to update your profile https://www.us.mensa.org/my-mensa/profile-update/ or you can call staff at the Mensa National Office for help. 1-800-66MENSA.

2. This is so exciting! Congratulations to the four Region 8 groups that have received nominations for American Mensa's annual Publication Recognition Program (PRP) awards. The awards are for newsletter and website excellence. There are many categories and a very long list of nominees, so I'll summarize. We are well represented! Alphabetically, these are the groups whose editors (and past editors) and/or contributors are nominated:
   - Northern Nevada Mensa (*NevaMind*), Anna Wright, editor
   - Oregon Mensa (*OMEN*), Sandra Wood, editor
   - Redwood Empire Mensa (*Redwood Mpire News*), Nancy Flack, editor
   - San Francisco Regional Mensa (*Intelligencer*), Jessica Jackoby, former editor

   The winners will be announced at the Annual Gathering during the July 1 awards luncheon. You can check the national web site for details of who has been nominated for what. Congratulations to all of the nominees! You help our region shine.

3. More Regional Gatherings (RGs), and soon!
   - July 29-31, San Francisco Regional Mensa's RG will be in Visalia, CA, near Sequoia National Park. In addition to the RG fun, a side trip to this spectacular park will be available. See you there? This is a new and different venue and sounds like a great time for everyone. For more information contact Steve Pastis at rgchair2011@sfmensa.org or stevepastis@yahoo.com.

- September 30 - August 2, Northern Nevada Mensa's annual RG, Wild West Reno Style. Great hotel, wonderful entertainment, and a general good time. Don't miss it! For further information, visit www.northernnevada.us.mensa.org

Well, another AMC term is about to begin. It is a pleasure and an honor to represent Region 8 on the AMC. Have a great month. ■

Giant Sequoia RG Set for July 29-31

The Giant Sequoia Regional Gathering, the 2011 San Francisco Regional Mensa RG, offers an exciting, inexpensive midsummer weekend in beautiful surroundings.

If you like the outdoors, the RG gives you the opportunity to take the Sequoia Shuttle from right outside the hotel to Sequoia National Park where you can stroll around the largest living things in the world (by volume), the Giant Sequoia.

If you like the indoors, the Giant Sequoia RG features an eclectic program of speakers, a warm & fuzzy Hospitality Suite, and a chance to meet friends in the beautiful Visalia Marriott.

Tulare County Supervisor Phil Cox will kick off the Saturday schedule with a presentation about the county, focusing on the challenges it faces, including unemployment and gangs. Other Saturday presentations will cover national parks, space exploration, drug cartels, meditation, baseball, the Wild West, jokes, and older women/younger men relationships. The Tulare County BBQ Buffet Lunch at noon is included in registration.

Anna Campbell of Extreme Visalia Paranormal will lead a Saturday Night Paranormal Investigation, using state-of-the-art tools and techniques to make contact with ghosts in an "active" area near the hotel.

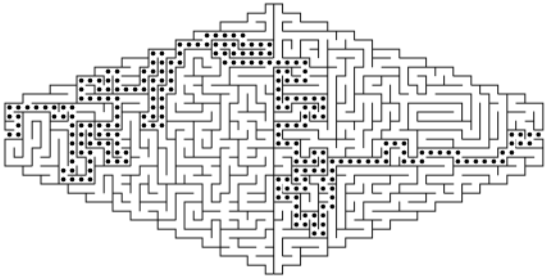


The Giant Sequoia RG, the first RG ever in the South Central Valley, will be held July 29-31 in Visalia. More information about the event (including a program schedule, registration forms, and hotel and Sequoia Shuttle reservation information) is posted at www.sfmensa.org. You can also send questions to rgchair2011@sfmensa.org. ■

Puzzle Page answers:

1. *Highlights*
2. *Penthouse*
3. *Heavy Metal*
4. *Maxim*
5. *NailPro*
6. *Grit*
7. *Muse*
8. *Mad Magazine*
9. *PC Gamer* (obviously she thought it meant "Politically Correct")
10. *Redbook* (which is not about communism)

Mensa for Kids! Maze answer:



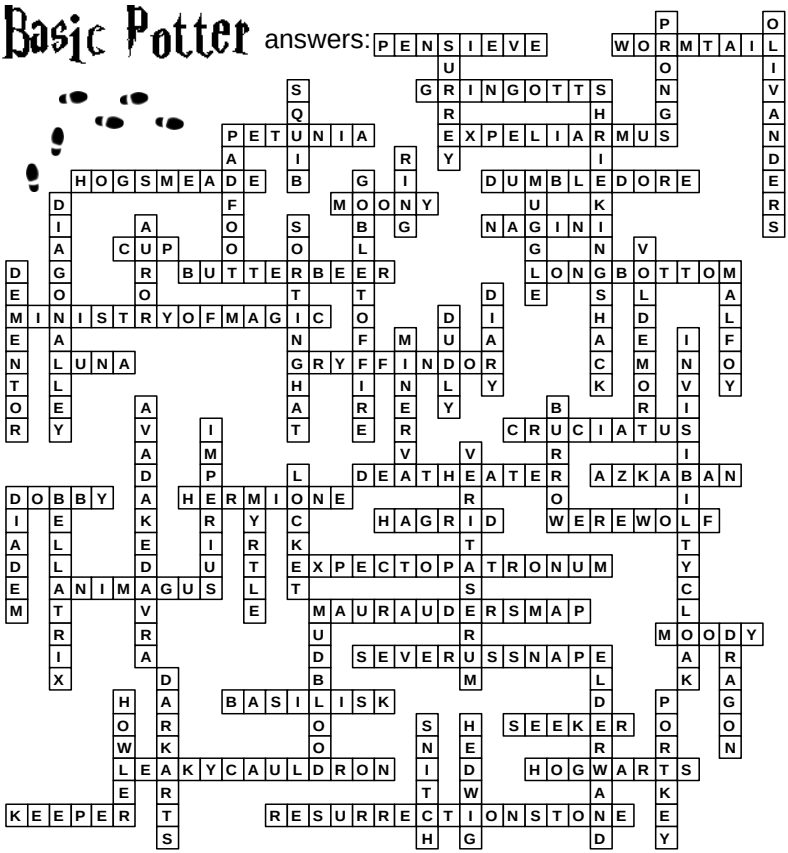
Geronimo Jones answer:

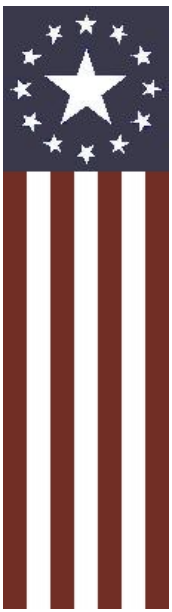
One answer is (1 - 2) X (3 - 4) X 5 = 5
But there are several others also.

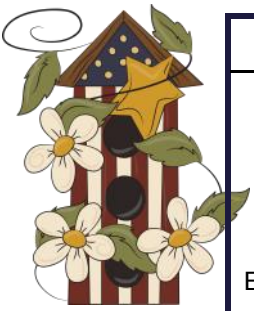
Scrambled Tiles: answers

We	hold	t	hes	e	t	rut	hs	to
be	sel	f-e	vid	ent	,	t	hat	al
l	m	en	are	cr	eat	ed	equ	al,

Basic Potter answers:







Mensa-Speak *What are we saying?*	
AG	Annual Gathering (Conference)
AMC	American Mensa Committee (National Elected or Appointed Officers)
AML	American Mensa Ltd. (National Office Employees)
ExComm	Executive Committee (Local Elected Officers)
LDW	Leadership Development Workshop
LocSec	Local Secretary (Local President)
M/Ms	Mensans
MERF	Mensa Education & Research Foundation
MIL	Mensa International Ltd.
NNM	Northern Nevada Mensa
PRP	Publication Recognition Program
RG	Regional Gathering (Conference)
RVC	Regional Vice-Chair
SIG	Special Interest Group
SIGHT	Service of Information, Guidance and Hospitality to Travelers
WG	World Gathering (Conference)

Famous People answers:

1. Santa Claus — C. North Pole
2. Obama — A. White House
3. Jefferson — B. Monticello
4. Scarlett O'Hara — D. Tara
5. Washington — F. Mount Vernon
6. Elvis — E. Graceland



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