NEVA MIND



Neva-Mind, **Northern Nevada Mensa**

Volume 37, Issue 7, July 2013

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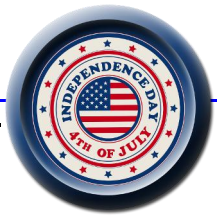
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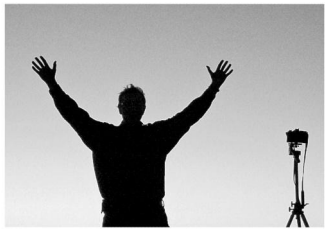
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"Don't fire unless fired upon, but if they mean to have a war, let it begin here." — (A?), 1775

Cover Credits: *Bill Kositzky*



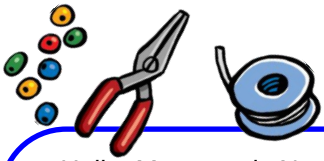
Praying mantises are considered by gardeners as a beneficial insect. Gardener Bill Kositzky recently hatched and released a plethora of these insects in his backyard. This mantis, backlit by an LED flash-light, is three days old and about as long as two grains of rice. A praying mantis egg case will hatch from 50 to 200 tiny insects. I ordered mine from Amazon.com. — Bill

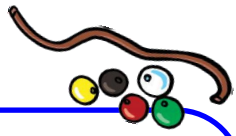
(Be sure to check out Bill's other photo "shoot" on page 16. — Editor)

We Need Your Input!



August's get-together is an Internet video show-and-tell! Share your favorite Internet video — it can be funny, inspiring, beautiful, amazing. And in sharing, we'll learn something about you too! Submit your favorite video link to Mindy at Testing@northernnevada.us.mensa.org. Please limit videos to 5 minutes.
If you don't have a favorite video, come and see some of the wonders of the Internet... you'll leave with a video to show your friends who didn't make it.



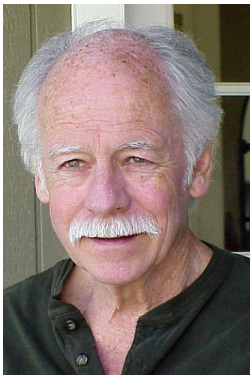


Hello. My name is Nancy Heinrich, and I am considering starting a Special Interest Group called **M Beaders** — for those of us who make jewelry — as a place for us to share ideas, tips, resources, encouragement, etc. The national office is giving me this opportunity to contact you about helping me begin this SIG. Would you be interested in joining? I have a group set up in Yahoo groups. I am thinking of not having a newsletter, but rather of having members just post on the group page. There would be no dues.

You can apply at http://groups.yahoo.com/group/MBeaders/ and please give your membership number too.

For more information contact Nancy Heinrich at flcyclist@gmail.com.

From the LocSec



by Bob McAllister

CATS

A little about cats. The Cenozoic Era began about 66 million years ago. There are divisions called Epochs within Eras. An early Cenozoic Epoch called the Paleogene lasted until 24 million years ago. Before then the progenitor that gave rise both to dogs and cats occurred. We had dire wolves and saber-toothed cats (not tigers). Actually, nature tried the notion of saber-toothed cats more than once, indicating that the animals weren't necessarily genetically related. There is an explanatory process in biology that covers this, though the exact term eludes me at the moment. Basically, if nature sees value in an advantageous development, it will happen in disparate locations at unrelated times. Apparently, the idea ultimately failed more than once. The last saber-toothed cat was gone by the end of the last Ice Age. Paleontological remains of hominids in Africa show a telltale double puncture on the crest of the prey's skull, indicative of their likely waiting in trees in ambush, pouncing from behind and killing with their lethal canine fangs.

Cats and humans didn't come together until after the end of the ice ages, around the time agriculture came into being. It's thought that the collection of food and garbage by humans attracted rodents which, in turn, were an attractive food source for felines. Many people still keep domestic cats around as "barn cats," intended to keep the human living area and food repositories rodent free. Others maintain cat presence for the purpose of having them as pets with the added benefit of being mousers. The notion of pets may have a therapeutic basis through the sensual interaction of stroking incurring purring.

A way of classifying cats is how or whether they roar. Lions, leopards (Africa), tigers (Asia) and jaguars (the Americas) roar. They have a flexible cartridge at the base of their tongue that gives a strong loud effect, a roar. Cougars, cheetahs, lynx and domestic cats do not roar.

Cat skeletons are very flexible. Their spines aren't held together by ligaments, as are those of other mammals. Rather, their spines are held together by muscle tissue. Their front legs are attached directly to their shoulder blades. Cat physiology allows them to be very agile and flexible.

Domestic cats, *felis catus*, can be observed stalking a toy or inconsequential scrap of material. They'll pounce, capture and play with the object. It's not unusual to see a domestic cat bat and chase a ping pong ball through the maze of table and chair legs, unerringly avoiding stumbling into the obstacles while constantly tracking the seemingly unpredictable route of their prey. They seem to have good imaginations and very accurate reflexes. This play becomes well-honed hunting

skills at maturity. A sometime synonym for *felis catus* is *felis sylvestris* which actually is also the nomenclature for African wild cat and the likely source of the name of the well-known cartoon character, Sylvester the Cat. Domestic cats are regarded as a subspecies of wild cat.

Though lions live and work in cooperative groups, prides, most cats are solitary and meet only to mate. Yet, groups of domestic cats can live together if there is a common food source.

The metabolism of cats is extraordinary. Their kidneys are efficient enough for them to live merely on meat, forgoing water, if need be. They do have a critical need of the amino acids taurine and arginine, the lack of which can prove to be fatal. Metabolically, cats have no circadian rhythm. Their body temperature remains relatively the same night or day. Domestic cats have developed unusual visual prowess. They have a membrane behind the retina of their eyes called *tapetum lucidum*. It reflects light a second time through their retina, enabling them to see in near total darkness. Smaller cats and domestics are active at any time of the day because of their elliptical pupils, which shield them from over exposure to light during the day and make for excellent hunters at night time, as their pupils can open wide, letting in light under very dark conditions.

Cats have a structure in the roof of their mouth, Jacobsen's Organ, whereby they are able simultaneously to taste and to smell whatever they may have managed to get into their mouth. Cats are very sensitive to pheromones, one of which is similar to mercaptan, a substance with which we are familiar that exists in asparagus — hence the strong odor of cat urine. Cats are also affected by plants that contain nepetalactone, such as silver vine, valerian and, of course, catnip. These substances stimulate a response they have to certain pheromones. They transfer these pheromones in different ways. One is by rubbing a facial gland against their object of appreciation.

Their whiskers are called *vibrissae*. With them they sense objects in the dark, sense air currents and reflexively blink from danger.

Left on their own, cats can quickly become feral and in certain circumstances, they will join colonies. Rome, in the area of the Coliseum, is famous (or maybe infamous) both for its packs of feral canines and for its colonies of feral cats.

I recall my sister's husband once gathering their four cats in the kitchen. He "trained" them to respond to a tossed ball. He got them to bat it in a predictable fashion and direction. He got them to face off, two against two, and bat in competition at a set of two targets (goals) and ultimately could induce them to play soccer against one another. He didn't "make" them do this. He "got" them to do it.

So, all of this trivia is for the sake of addressing an oft used expression in Mensa — "gathering cooperation amongst Mensans is like herding cats." ■

Meet a Mensan

by Ashley Cullins

Meet **Louise Lang**, a Mensa Member since: 2012.



Louise Lang

Favorite quote: "It takes all kinds to make a world."

What talent would you most like to have?

I would dearly love to open my mouth and have beautiful songs come out. That would be heaven. As it is, I just can't sing on key, ever.

If you could live anywhere in the world, where would it be?

San Diego. Current circumstances prevent it, but I have spent time there and loved it.

What is always in your refrigerator?

Vanilla soy milk.

If you were stranded on a deserted island, what's the one thing you would bring?

A solar-powered wi-fi ipad for book-reading, connection to the world, and general entertainment. I could use it to be rescued.

If you could change one thing about the world, what would it be?

I would permanently eliminate all religions. How many billions of people have been tortured and killed because of religious beliefs? And this is still happening!

If you could change one thing about yourself, what would it be?

I would become a very much calmer person. ■

Northern Nevada Mensa wishes to thank

Grassroots Books

660 East Grove Street
Reno, NV 89502
(775) 828-2665

For donating their space for Mensa Admissions Testing.

Thanks!

Show this paragraph for a free unstickered book. More than 10,000 to choose from, any genre. Limit one/person from any promotion in a calendar year.



GrassrootsBOOKS

Happy Birthday!

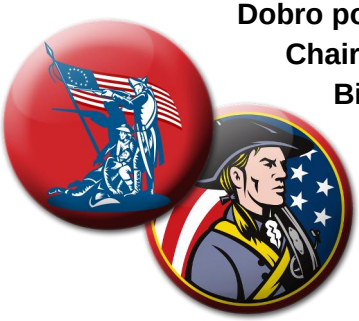
July

3	**Edward Martinez**	Virginia City
4	**John Preisach**	VC Highlands
5	**Lena Green**	Reno
7	**Peter Onorato**	Minden
9	**William Kositzky**	Reno
9	**Henry Sosnowski**	Sparks
10	**Kevin Kankel**	South Lake Tahoe
13	**Mary Griswold**	Reno
15	**Dr. Thomas Sharpton**	Reno
18	**William Immers**	Reno
18	**Alan Lattanner**	Truckee
22	**Anne-Marie Cuneo**	Carson City
25	**Rose Strickland**	Reno
26	**J. Carl Cooper**	Incline Village
28	**Maria Nucci**	Sparks
31	**Cookie Bakke**	Las Vegas





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



Welcome and Welcome Back!

Minnis Alderman	Ely
Sandra Delehanty	Reno
Edward Hanley	Reno
Ellen Hendricks	Reno
Sam Kumar	Reno
Craig Ozer	Reno
John Ramsey	Carson City
Timothy Stoffel	Reno

"One of the most essential branches of English liberty is the freedom of one's house. A man's house is his castle." — (B?), 1761



Ask the Doctor *by Dr. Howard Chen*

Question: What causes "sleep apnea?" Is that the same thing as snoring? Is it dangerous?

"Sleep apnea" is a complex, multifactorial disease, which at its most basic definition involves temporary abnormal cessation of breathing during sleep. In adults, the most common form is termed Obstructive Sleep Apnea (OSA), where the upper airway collapses repeatedly during sleep causing apnea or hypopnea (shallow or abnormally slow breathing). Symptoms of OSA include excessive daytime sleepiness and fatigue, especially in boring or passively active situations, such as watching TV or driving. In addition, symptoms such as insomnia with frequent awakenings, waking during the night with a sensation of choking or breathlessness, and morning headaches may also be suggestive of OSA. Symptoms reported by bed partners can include loud and regular snoring, gasping, snorting, or abnormal interruptions in breathing during sleep.

The severity of OSA is gauged by the Apnea Hypopnea Index (AHI), which is defined as the number of apneas and hypopneas per hour of sleep. Another related measure is known as the Respiratory Disturbance Index (RDI). At an AHI of 5 incidences per hour, the prevalence of OSA is 20% of the adult population, with a male predominance.

The gold-standard diagnostic study for OSA is an attended, full or partial night in-laboratory polysomnography (sleep study), although in-home portable monitoring may be an option for those individuals who are believed to be at high risk for moderate to severe OSA (AHI >15). Diagnosis of OSA is based on the AHI or the RDI, with a threshold value of 5 events/hour for a diagnosis of mild OSA.

Risk factors for the development of OSA include obesity (especially those individuals with a large neck and/or waist circumference), physical abnormalities of the head and face which result in a narrowed airway, current smokers, alcohol use, nasal congestion, increasing age, African American race, male gender, and diabetes or insulin resistance.

There are, unfortunately, multiple sequelae of untreated severe OSA — increased risk of mortality from any cause, increased rate of heart failure in men with severe OSA, increased rate of cardiac death at night, increased rate of motor vehicle crashes due to fatigue, increased rate of perioperative complications, hypertension and other cardiovascular morbidities, and pulmonary hypertension.

The gold-standard therapy for management of sleep apnea is a positive airway pressure machine, such as CPAP. However, there are certainly other op-

tions for treatment. Oral appliances fitted by a dentist can help to keep the airway open at night by repositioning the jaw or retaining the tongue. Surgical treatment of physiologically narrowed airways is also a viable option. However, there is currently no effective pharmacological therapy. Concurrent behavior modification therapy is also a must — weight loss (for those individuals with obesity), changing of sleep position from back to side sleeping, aerobic and resistance training exercise, avoidance of alcohol use, and avoiding medications that affect the brain and central nervous system, such as sleeping medications, anxiety medications, antihistamines, and narcotic medications, have all shown benefit.

In summary, sleep apnea is a “big brother” of snoring, which can have some serious consequences if left untreated.

Ask the Doctor yourself: Email editor@northennevada.us.mensa.org

*Dr. Chen is board certified by the American Board of Family Medicine, a fellow of the American Academy of Medical Acupuncture, and the Supervising Physician of Wound Care and Hyperbaric Medicine at Renown, Reno. ■

Our Readers Contribute. Thanks!

Dojo Song by Gloria Dondero Pedro

Copyright 2013

Bullets through an open summer window
Take no life yet

The sanctity of the dojo
And the semi-rapist sensei
Encompass
Providing no protection

She departs
Leavening sadness
With an open vow ■

Graying Heart
by Gloria Dondero Pedro

Copyright 2013

Her lightning words
Did not fail to select
Twin targets

Obscure timing
Of the yearned-for attack
Led to several optimal worlds
All honed with bright scythes
And yawing approaches
Where love finds not
A graying heart ■



"They that can give up essential liberty to purchase a little temporary safety, deserve neither liberty nor safety." — (C?), 1759

Puzzle Page *by Travis McCord*

There's a danger when you rely too much on computers--they do exactly what you tell them. Which means you need to know what you're telling them to do.

Case in point: I was working on a few famous texts trying to get them formatted properly when I hit … *something* … that caused my machine to sort and count the words. The following is the result... a list of the words, with counts after them if it's more than one.

So... can you tell what the original texts were?

#1 (History): a 7 above add advanced ago all altogether and 6 any are 3 as battlefield be 2 before birth brave brought but 2 by can 5 cause civil come conceived 2 consecrate consecrated continent created dead 3 dedicate 2 dedicated 4 detract devotion 2 did died do earth endure engaged equal far 2 fathers field final fitting for 5 forget forth fought four freedom from 2 full gave 2 god government great 3 ground hallow have 5 here 8 highly honored in 4 increased is 3 it 5 larger last liberty little live lives living 2 long 2 measure men 2 met might nation 5 never new 2 nobly nor not 5 note now of 5 on 2 or 2 our 2 people 3 perish place poor portion power proper proposition rather 2 remaining remember resolve resting say score sense seven shall 3 should so 3 struggled take task testing that 13 the 11 their these 2 they 3 this 4 those thus to 8 under unfinished us 3 vain war 2 we 10 what 2 whether which 2 who 3 will work world years

#2 (Music--with 2 of the words blanked out to make it more of a challenge): a 7 and 4 answer appear as at away back boat bridge by calls cellophane climb clouds _____ 9 down drift eat everyone eyes 3 flowers 2 follow for fountain girl 3 glass gone 2 green grow head 2 her 2 high horse in 15 incredibly is kaleidoscope 2 look looking ____ 9 marmalade marshmallow newspaper of on 2 over past people picture 2 pies plasticine porters quite river rocking she's shore skies sky 9 slowly smiles so somebody someone station suddenly sun take tangerine taxis that the 17 there ties to 2 towering train trees turnstile waiting where with 16 yellow you 4 you're your 2 yourself 2

#3 (Literature): a 5 action after against all 2 and 12 arms arrows awry aye bare be 4 bear 3 bodkin bourn but by 2 calamity cast coil come conscience consummation contumely country cowards currents death 2 delay despised devoutly die 2 does dread dream dreams end 2 enterprises fair fardels flesh fly for 2 fortune from give great grunt have 2 he heartache heir himself his hue ills in 3 insolence is 3 know law life 2 long lose love make 2 makes 2 man's may merit might mind moment more mortal must my name native natural no 2 nobler not 2 now nymph o'er of 15 off office _____ opposing oppressor's or 2 orisons others outrageous pale pangs patient pause perchance pith

proud puzzles question quietus rather regard remembered resolution respect returns rub s say scorns sea shocks shuffled sicklied sins sleep 5 slings so soft something spurns suffer sweat take takes than that 7 the 22 their them there's 2 this 2 those thought thousand thus 2 thy time 'tis 2 to 15 traveller troubles turn under undiscovered unworthy us 3 we 4 weary what when 2 whether whips who 2 whose will wished with 3 would 2 wrong you ■

Answers on page 27

Trouble

by Ken Wright

I had gone to the library at my elementary school after the last bell rang. I knew that I had just a few minutes to return the books that I had checked out at lunch and get more. The librarian allowed me extra privileges, to the point of whatever I wanted, she would allow. Most students checked out books once a week and then only were allowed two books. They lost them, damaged them and quite often didn't even read them. I consumed books, usually reading six to ten books a day (elementary school books, most are thin) and I cared for them like they were my own.

As happened nearly every time, I reached the time limit and was late leaving. To make it worse they were painting center line stripes on the sidewalks and I couldn't go through the school. The lines were just like on the street and you had to stay on the appropriate side for your direction of travel or you would, I kid you not, get a "ticket" for misconduct for crossing the line. I tried my best to see if they would revoke my "walking license" by walking backwards or hopping back and forth across the line. I really wanted to know if they would push me in a wheel-chair, or give me a piggyback ride, or maybe have to bring my lunch and books to me, but they just whacked me with rulers instead.

So instead of exiting the school at the NW corner which would be closest to my house, I had to go out the SE corner at Hollywood Boulevard and 63rd Street. This was where the teachers' parking lot was at the time and right next to one of the busiest roads in the city.

I was already late getting home and had at least ten minutes added to my walk by the route change. I knew that I was in big trouble, as I had just been warned (again), about getting home late the day before. At least I wasn't hanging out with the bad kids, smoking, drinking and plotting criminal activities, right? My

(Continued on page 12)



"There! His Majesty can now read my name without glasses. And he can double the reward on my head!" — (D?) after signing his name in large letters on the Declaration of Independence, 1776.

(Trouble continued from page 11)
father didn't see it that way. I was violating orders and would be dealt with. So with that kind of incentive I should have been running for home.

When I came out of the school I was contemplating my travel route and walked to the corner of Hollywood Blvd and 63rd St. to make my choice, reading a book as I walked of course. I could have just violated the rules and walked through the school grounds, but there were signs posted saying that I couldn't do that.

From the corner I could turn right along Hollywood Blvd and then right again to follow the sidewalk down 64th Avenue. That path was easier walking, but took me through a gauntlet of high school kids and worse yet, junior high kids. Those younger boys who wanted to hang out with the older kids constantly tried to show off by pounding little kids like me.

If I turned left and walked north on 63rd Street there was no sidewalk and lots of bad dogs running loose. It was an older neighborhood with no street maintenance and very little property value since the Florida Turnpike had been built through their backyards. The idea was, as people died or moved, their property would be condemned and houses leveled. That never happened because the lower rent kept the houses occupied.

My choice was dogs or bullies, and as soon as I finished the chapter I was reading I would decide, which is what caused me sit down on the bus bench next to the crying lady.

A new friend in need.

The woman was small and beautiful with jet black hair and delicate hands holding her Kleenex to her face as she cried quietly. At first I wasn't sure if I should speak, or leave. So I just kept my face buried in my book. I really did need to get home.

When she turned those sparkling eyes to me and I could see the panic in them I was lost. Just as certain as if Sir Arthur Conan Doyle had opened a new Sherlock Holmes story just for me, I had to find out what was wrong and solve the mystery. Even as a boy I suffered from terminal curiosity and there is no cure.

Juanita could speak only a few words of English and I knew very few in Spanish, which wasn't a big help, but somehow I found out that she was from Cuba and more importantly, was lost. She had gotten off of the bus at the wrong stop and had no idea where she was.

My first instinct was to find an adult at the school who spoke Spanish and could help. I motioned to Juanita to follow me and we went to the Administration

(Continued on page 24)



Events and Activities: July, August, September

Lunch and Target Shooting, First Tuesday, 11:45 a.m.

July 2: Lunch at El Aguila Real Mexican Restaurant, 3220 Hwy. 50 East #6, Carson City. After eating lunch together, we will drive to the Carson City Shooting Range. The use of the range is free. Just bring your own handgun(s), ammunition, and hearing protection.

August 6, and September 3 in Carson City. (Lunch location TBA.)

Contact Richard Arbib Calendar@northernnevada.us.mensa.org

Mensa Admissions Testing: First Saturday from 3-5 p.m.

at **Grassroots Books**, 660 E. Grove St., Reno.

July 6, August 3, and September 7

Contact Mindy Hsu: mindyhsu2002@yahoo.com.

Dinner and the Opera Wednesday, July 10, 5:30 p.m.

Rossini's ***Armida*** and the **Chocolate Bar**, 5:30 p.m. Dinner at the Chocolate Bar, 95 N Sierra St., Reno, 7 p.m. for the opera. If you can't make the opera meet us at the Chocolate Bar for dinner, appetizers, or dessert — try the truffles!!!

7 p.m. Opera, Century Riverside, 11 N. Sierra St., Reno.

Wednesday, Jul 17, *La Traviata* and Dinner

Information for the following Met Summer Encore Operas is not available at this time:

Il Barbiere di Siviglia, TBA

Turandot, TBA

Please check the NNM Facebook group or contact Sandra Lackovic at ssmarticle@gmail.com, or (631) 398-6393 if you would like to be notified when more information becomes available.

Mensa Program, Second Saturday 6 p.m.

Contact Richard Arbib Calendar@northernnevada.us.mensa.org

July 13: Program, Monthly Meeting and Dinner

6 p.m. dinner, 7 p.m. talk at **Famous Dave's Barbecue Restaurant,** 4925 Kietzke Lane, (in the private room). Speaker: John Scanlon "My talk is titled 'What is Satori?' I take the somewhat unusual approach of comparing it to Albert Camus' experience of The Absurd and Edmund Husserl's experience of universal epoche (Husserl's the guy that founded Phenomenology, considered by a lot of people to be the most important philosophical movement of the 20th century). My source material on Satori mainly comes from the writings of D.T. Suzuki, the Japanese professor and proponent of Zen who introduced Zen Buddhism to the west."

August 10: Program, Monthly Meeting and Dinner

6 p.m. dinner, followed by **Internet Video Night** — An evening of 5-minute videos picked by local members. **Bangkok Cuisine South**, 5851 S. Virginia Street, Reno (rear dining room — not the banquet room) We will have an all-you-can-eat buffet, which is $16.50 per person plus tax and tip.

More Events and Activities:

Mensa Program, Second Saturday 6 p.m. (continued)

September 14: Miniature Golf, Monthly Meeting and Dinner

6 p.m. Miniature Golf at **Magic Carpet Golf**, 6925 S. Virginia Street, Reno. 19-holes costs $8 per person and takes about 45 minutes to 1 hour. Afterwards, dinner is only a few steps away at **Vivoli Café,** 6795 S. Virginia Street.

Supper Club, Third Tuesday, 6 p.m.

July 16: Texas Roadhouse. Can't get to Texas? Then let's bring Texas here! Join us for fried pickles, road kill, and rattlesnake bites at the Texas Roadhouse — who can resist? 150 Damonte Ranch Pkwy., Reno, 852-6333. www.texasroadhouse.com/

August 20: Sky Terrace Oyster Bar at the Atlantis, Reno

September 17: Bistro 7, Reno

Contact Sandra Lackovic at ssmarticle@gmail.com or NNM Facebook group.

Lunch Bunch, Fourth Tuesday, 11:45 a.m.

July 23: Ijji's in Reno, 4955 S. Virginia, Reno, 825-6688. Don't you love how the name looks? You'll love the "teppanyaki" (hibachi) show and food, too. Thank you, Gloria Dondero for this suggestion! RSVP to Don and/or Laura at 826-5904 for a select seat at this lunch.

August 27: We're off to Ken and Anna's favorite retro lunch spot, **Jerry's Diner in Fallon.**

September 24: Suggested by Mark Pipes, we'll visit the **Red Hut in Reno**.

Contact Don or Laura MacGregor: 826-5904.

Sushi Lovers is cancelled for July and September.

However, **Sushi Lovers** will join the Supper Club on **Tuesday, August 20, 6 p.m.** at the **Sky Terrace Oyster Bar in the Atlantis, Reno**.

Contact Sandra Lackovic at ssmarticle@gmail.com or NNM Facebook group.

Games at Tahoe are cancelled in July and August.

Games at Tahoe returns Saturday , September 28, 6 p.m. Join us for games at Sandy's place in Incline Village. Bring food and/or drinks to share. Space is limited so please RSVP for address and driving instructions to ssmarticle@gmail.com, NNM Facebook group, or (631) 398-6393.

Mensa Summer Pot-nic, Sunday Aug 18, 11 a.m. — ???

Idlewild Park near the Snowflake Pavilion, just off Idlewild Drive. Family and friends welcome! Bring your chairs or blanket and some food to share. Plates, napkins, utensils provided... more details to come!

Info: Anne Stewart bunnnyslippers4me@att.net



July 2013



Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1	**2 Lunch & Target Shooting:** El Aguila in Carson City	3	**4 Fourth of July**	5	**6 Mensa Testing:** Grass-roots Books
7	8	9	**10 Dinner and the Opera:** Chocolate Bar	11	12	**13 Mensa Program:** Famous Dave's BBQ
14	15	**16 Supper Club:** Texas Roadhouse	**17 Dinner and the Opera:** Chocolate Bar	18	19	**20**
21	22	**23 Lunch Bunch:** Ijji's in Reno	24	25	26	27
28	29	30	31	Aug 1	Aug 2	**Aug 3 Mensa Testing:** Grass-roots Books

"I only regret that I have but one life to lose for my country."
— (F?)'s last words before being hanged by British.

Sage Hill Trap Shoot

by Bill Kositzky

John Preisach hosted a trapshooting event in May. All together, more hits were scored than misses. Mark Pipes and Lynda Darling shot trap for the first time ever and Bill Kositzky had his first experience practicing trapshoot photography. A good time was had by all. Kudos to John for organizing such an interesting event for the local group.

--Bill Kositzky











Sage Hill Trapshooters:
Lynda, Mark, Gerry, John, and Bill







Protecting Those Pesky Passwords

by Mark G. Simkin



In the middle ages, “bank security” meant a physical key. In 1950, it was an account book. Today, it’s your password. But like compromised keys or account books, passwords unlock the doors to your assets, your personal secrets, and your identity. Learning how to create, protect, and manage them is itself a useful exercise!

At the outset, let me say that not all passwords are important. For example, the ones that “guard” a rarely used email account or a website that you only visit occasionally may not be worth much trouble. I suspect that some companies require them just to protect themselves from litigation, and I don’t see much point in worrying about them.



Because passwords are such a bother, most of us tend to create simple ones and/or use the same ones over and over in different applications. The most popular password has been at the top of the charts for years: “123456.” Other popular choices are “password” and “password1.” Names of family pets or movies are additional common passwords. You don’t have to be much of a hacker to guess such easy choices!

The ability to deduce someone else’s password mostly depends upon two matters: (1) the length of the password, and (2) the richness of the underlying character set. To illustrate, suppose you create only a two-digit password, using the characters A-Z. With such an easy password system, there are only 26 x 26 = 676 possible combinations for me, as a hacker, to guess. But if you increase the size of the password to three characters, then I must try 26 x 26 x 26 = $(26)^3$ = 17,576 different combinations to guess yours. In short, longer passwords increase the number of combinations at an exponential rate, and therefore also the number of possibilities I must examine before finding the right one.

A similar comment applies to the richness of the underlying character set. Using both uppercase and lowercase letters in the mix, for example, results in 52 x 52 = 2,704 different combinations for a two-digit password — exactly four times the number of combinations for passwords using only 26 letters. If we also allow the numeric digits 0-9, there are 62 x 62 = 3,844 different combinations. And if we allow other types of punctuation characters — e.g., the $ or [
symbols — the different number of combinations increases even more. For example, if we allow 20 additional punctuation characters, the resulting number is: 82 x 82 = 6,724 different combinations for a two-digit password.

The difficulty of guessing a user's password determines whether the password itself is "weak" or "strong." Weak passwords are ones that contain a small number of lowercase letters, whereas "strong" passwords are longer passwords that contain uppercase, lowercase, and perhaps special characters.

Perhaps the biggest problem with longer passwords is that they are hard to remember. A recommended trick is to use the first letter of each word in a favorite phrase to create a password. For example, if your phrase is "Too many cooks spoil the broth," then your password would be TMCSTB. Adding a few exclamation points to the end of it and mixing uppercase and lowercase letters (TmCsTb!!) makes this password even stronger.

Today, there are a number of software programs that you can buy for $10 to manage your passwords for you. Examples of some highly rated ones (according to TopTenReviews) include Roboform Everywhere, StickyPasswords, and Kaspersky Password Manager. Some advantages of using such programs are: (1) automatic login capabilities, (2) the ability to generate long, complex, and theoretically unhackable passwords automatically, (3) easy storage on mobile devices as well as computers, (4) eliminating the need to remember your passwords, (5) encrypted storage on your computer, and (6) automatic lockdowns (encryptions) if you stop using your computer or lose your phone. One downside of such programs is the potential loss of the master password that unlocks all the others.

Finally, I note that even the strongest password isn't very good if you write it on a post-it note and paste it to the corner of your computer screen. Similarly, such passwords aren't safe if the business file containing them is itself hacked — a matter completely out of your control for most commercial applications, but nonetheless worth worrying about.

For further reading:
http://password-management-software-review.toptenreviews.com/.

Login figure from: www.wisegeek.org.

Mark G. Simkin is a professor of Information Systems at the University of Nevada, Reno, and can be contacted at MarkGSimkin@yahoo.com. ■

Think you've got the "low-down" on frauds and scams? Take Mark's Fraud Quiz beginning on the next page.



"Is life so dear or peace so sweet as to be purchased at the price of chains and slavery? Forbid it, Almighty God. I know not what course others may take, but as for me, give me liberty or give me death!" — (G?)

FRAUD QUIZ

by Mark G. Simkin

Which is likely to result in bigger losses to a retailer: customer shoplifting or employee larceny? Although the numbers vary widely by company, store location, internal controls, and other factors, "employee theft" typically outweighs customer shoplifting by a ratio of ten to one. In other words, for every dollar's worth of unpaid merchandise that walks out the front door, ten dollars' worth of assets walks out the back door.

The Association of Certified Fraud Examiners (ACFE) is a professional organization devoted to the detection and control of business fraud and a key provider of anti-fraud certification, training, and education. One of the association's most recognizable products is its biannual *Report to the Nations* — a widely respected survey of fraud activities in the U.S. Here is a short quiz on fraud based on the 2012 edition of this report. Answers may be found on page 26 of this newsletter. How many questions can you answer correctly?

1. As a percent of revenues, what is the average expected loss to U.S. companies each year due to employee fraud?
   A. 1% B. 2% C. 5% D. 10%

2. This is the most common way financial frauds are detected:
   A. internal audits B. employee tips C. external audits D. IT controls

3. What percent of fraud victims eventually recover *nothing* after a fraud is discovered?
   A. 100% B. 75% C. 50% D. 25%

4. How old is the average fraud at the time of its detection?
   A. one month B. 12 months C. 18 months D. 5 years

5. Occupational fraud is:
   A. not a problem to small businesses
   B. no more a problem to small businesses than large businesses
   C. a significant threat to small businesses

6. Most occupational fraudsters are:
   A. first-time offenders who have never been charged or convicted of a fraud
   B. small-time crooks with a number of arrests for mostly petty crimes
   C. hardened, white collar criminals with long police records

7. Which of these is a typical "behavioral red flag" commonly observed in fraudsters? (Hint: this is a trick question.)
   A. living beyond their means
   B. financial difficulties or excessive debts
   C. unusually close ties to vendors or customers
   D. individuals with extreme control issues

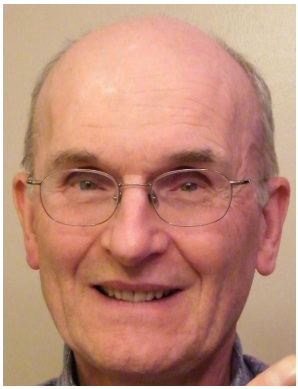


8. The largest frauds are committed by:
   A. high-level executives
   B. mid-level managers
   C. low-level managers
   D. unskilled employees with access to corporate assets — e.g., data entry personnel

Mark G. Simkin is a professor of information systems at the University of Nevada. You may contact him at MarkGSimkin@yahoo.com.

Answers on page 26

From Our *New* RVC *Harold Ward*



I'd like to thank - and I hope you will join me in thanking - my predecessor, Debra Reiger, for all her efforts.

By way of introduction, I'm a Baby Boomer with two GenX children and two Millennial grandchildren. I'm originally from upstate New York in an area referred to as the Finger Lakes. I grew up along the shores of Seneca Lake. I live in Boise, Idaho now.

I joined Mensa in 1989, when I moved into a small, Midwestern city that had its own very small local group (around 25 members at most).

I enjoy being in Mensa and, like almost all of us, I haven't gotten around to doing all of the things Mensa has to offer. I'm very interested in how you feel about the way Mensa works or doesn't work and I'd appreciate having your suggestions to improve either of those. How do you rate the "Mensa Experience" in your group, say, on a scale of 1 (lowest) to 10 (highest) and why?

Of course, this column is too late for this year's AG but I encourage you to try to attend our region's (and other regions') RGs if you can. If AGs or RGs aren't among the things you expect to do, I'd still encourage you to mine the lists of presentations on offer at these larger gatherings for topics and presenters for your local group's gatherings.

I would also like to encourage you to look into national and local SIGs (special interest groups). If there's a group with an interest of yours, attending or otherwise participating is very rewarding in my experience. If there isn't a group with your special interest already, please consider putting one together.

You can have fun (and help your local group) just by showing up at an event or two. Remember to thank your host(s) for the event(s) you attend.

Please let me hear from you. Enjoy!
Harold Ward, RVC8
RVC8@us.mensa.org



"Don't fire until you see the whites of their eyes! Then fire low!" — (H?) at the Battle Of Bunker Hill

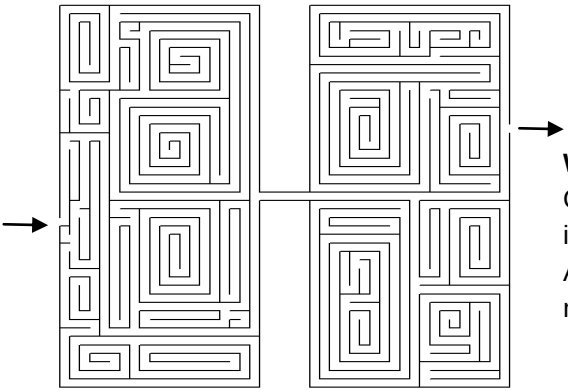
Mensa for Kids! (and kids at heart)

by Julie Kriss and Anna Wright

C D H L I Y U F E H W U B M Z E R C P A
R O V V J F V Q E O F Q E G D J M E R W
K Z N O I T A R A L C E D A O C Y T S L
J S F S D S I Q A B K N R K Z R T U U W
J H W W T T I Y T A B A W M P M K B P D
L B G O A I G O S I P O X E P E X I F E
S A X G Y X T L N F O P R Y R T V R H M
R R E U Q V U U B A N C R A W A I T P S
U Y E I U B A S T O R O Z M O R N Q U R
O N Y H E P U F I I T Y I L L O D R T T
Z Z N X T N T T J E O H E Q D M E S U I
T E S U Z A U U C Z Y N Z Y S E P P L L
T U V S W L F H M O D E E R F M E E R S
R I P M O Z N E T S X E M V T M N R H H
D Z L V M I V G R N T O C K R O D E U M
E E E G C N Z Z N O E Z D E D C E N S G
A R D S J W B R W G F V M D Q Q N N N M
P A T R I O T I S M N Q R N M M C I V X
W E Q K A V K W L R B V C E D K E A V K
T F N A A J L G P F S N T B F E C L E K

WORD SEARCH:
Find the hidden words within the grid of letters. The words can be in any direction (left, right, up, down, diagonal).

COMMEMORATE
CONSTITUTION
DECLARATION
FERVENT
FOREFATHERS
FREEDOM
HERITAGE
INDEPENDENCE
PARADE
PATRIOTISM
PERENNIAL
PYROTECHNICS
REVOLUTION
TRIBUTE
VISIONARY



Who said that?
On several of the pages in this issue are famous quotes from the American Revolution. Can you name that famous patriot?



Find the answers on page 26.

Computer Zone!

Sound waves can do surprising things. Here are two experiments that just might amaze you.
Sound and Sand Geometry
https://www.youtube.com/watch?v=wvJAgrUBF4w
Sound and Water
https://www.youtube.com/watch?v=uENITui5_jU



George Washington Myth-busters

True or False?

1. While he was at Valley Forge, G.W. told of an angel who prophesized a vision of America to him.

2. G.W. wore wooden teeth.

3. G.W. is buried under the U.S. Capitol where thousands of visitors come to view his grave every year.



4. G.W. was seen to kneel in the snow at Valley Forge and say the prayer which is now displayed at St. Paul's Chapel in Manhattan.

5. As was fashionable for those times, G.W. wore a powdered wig.

6. G.W. freed his slaves.

7. G.W. once threw a silver dollar across the Potomac River.

8. A cook once attempted to poison G.W. with tomatoes.

9. In his childhood, G.W. chopped down that famous cherry tree.

10. G. W. had no children of his own.

11. In 1789, G.W. was the first U.S. President to issue a Thanksgiving Proclamation.

Links below were provided by Ken Wright. Thanks!

Find the answers yourself. Here are the links (in no particular order.):

http://www.snopes.com/quotes/washington/enemies.asp
http://www.snopes.com/food/tainted/tomato.asp
http://www.snopes.com/holidays/thanksgiving/washington.asp
http://www.mountvernon.org/content/facts-falsehoods-about-george-washington-0
http://www.mountvernon.org/meet-george-washington/biography-and-influence/childhood-and-myths
http://www.mountvernon.org/educational-resources/encyclopedia/personal/wooden-teeth-myth

(Trouble continued from page 12)

Building which would be the only place likely to have someone there. Luck was with us I thought, as the Assistant Principal came out of his private door locking it behind him. Surely he would be able to help, he was a major authority figure and someone we were all trained to go to in time of crisis.

I am not sure if shock or embarrassment were the stronger feeling when the man responded to my plea for assistance for the lady in distress, by telling me to, "Tell her to go back to Cuba, she won't be lost there." He then walked to his fancy car and drove away without looking back.

Juanita started crying again and I must have gone into a "testosterone fueled protect mode" because I no longer cared how much trouble I was in or how bad the beating was going to be, I had to help her.

With my mind scrambling for an answer the word "*casa*" was brought to my lips and Juanita recognized "number" as the same as "*numero*". The sun was still shining on us!

She pulled an envelope out of her pocket and there was her address in black and white! I knew where the street was and it wasn't that far away. As lucky break for me, it was even in the direction that I needed to go.

The choice of routes was still there, but I knew that her address was closer to 63rd Street so we went that way. Juanita took my arm like I was a grown up escorting her and we walked through the neighborhood like we owned the place. The dogs ran out and barked a couple of times but since we didn't run or yell they gave up and went back to their naps.

In a few minutes we arrived at her home, where I met her sons Rafael and Juan, who were one year older and a few months younger than me, respectively. They had just arrived from Cuba and the boys wanted very much to go to school, but were having difficulty with the permission forms. Trying to resolve the paperwork at the school district office is where Juanita had been on the bus. The stress and frustration of that trip was what caused her to get off at the wrong bus stop coming home.

They lived in one side of a duplex apartment about a half mile from where I lived in a straight line, but nearly double that in walking distance due to street layouts.

There was a great coconut tree right outside of their front door, which I promptly climbed and dropped a couple down. Doing that spontaneous silly activity made me pop two buttons off of my shirt.

It was while standing by that tree looking at my open shirt that I realized that I was supposed to be home a full hour earlier and I was dead meat. I knew that I was going to get a beating but I didn't regret what I had done.

Sometimes getting into trouble is the right thing to do. ■

Notes from Your ExComm:

The ExComm did not meet in June.

Local Elections are coming

soon, Northern Nevada Mensa needs volunteers to man the **Nomination Committee**. So, what does the job require from you? A few minutes to create a list of volunteers is all. You are not required to seek out candidates, only collect the names and present them to the ExComm. It's easy!



How about lending us a hand? Your Mensa Local needs other volunteers too. Elected offices for the next term are

- **LocSec** (Local Secretary, i.e. the president, who runs the monthly meetings)
- **1st Vice-Secretary** (who takes the minutes and steps in when the LocSec cannot be at a meeting)
- **2nd Vice Secretary** (third in the chain)
- **Treasurer** (with obvious responsibilities).
- or as a committee volunteer: **Nomination** (serves once every two-year term), **Election** (counting the votes once every two-year term), and **Scholarship** (an ongoing committee).



"These are the times that try men's souls. The summer soldier and the sunshine patriot will, in this crisis, shrink from the service of their county; but he that stands it now, deserves the love and thanks of man and woman. Tyranny like hell is not easily conquered yet we have this consolation with us, the harder the conflict, the more glorious the triumph. What we obtain too cheap, we esteem too lightly; it is dearness only that gives everything its value." — (I?) after the Declaration of Independence

Fraud Self-Quiz Answers:

1. C. This small number of five percent translates into global fraud losses of $3.5 trillion dollars.
2. B. Employee tips are by far the most common method of initial fraud detection, with about 42 percent of all employee fraud discovered in this manner. This makes you wonder what the very clever crooks who escape detection are up to!
3. C. Sadly, about 51% of the victims in the 2012 survey did not recover *any* of their losses — not one dime!
4. C. The median fraud lasted 18 months before detection.
5. C. Fraud is likely to be a more substantial problem to small businesses than large ones because small businesses are often less able to absorb the losses and remain viable.
6. A. Most fraud perpetrators are first-time offenders with no prior arrest or conviction records. This makes it difficult to identify potential fraudsters by simply looking at their criminal records.
7. A, B, C, D. In other words they are *all* behaviors typical of fraudsters—and potential tip offs to the frauds themselves.
8. A. The median loss in the ACFE survey was $573,000 for owners/executives, $180,000 for managers, and $60,000 for other employees.

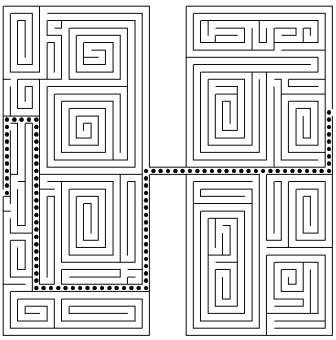
How did you do?

7 or 8 questions answered correctly: move over Mr. Auditor!
5 or 6 questions answered correctly: not quite ready for the ACFE test.
Below 5 questions answered correctly: welcome to my world!

For further reading: (1) http://shopliftinginformation.com. (2) see the ACFE website at ACFE.com. (3) A number of interesting (and free) videos about employee fraud is available at: http://www.acfe.com/fraud-resources-videos.aspx



Mensa for Kids! answers:



1. F **2.** F **3.** F **4.** F and T (The prayer is displayed but the event never happened.) **5.** F **6.** T **7.** F **8.** F **9.** F **10.** T **11.** T

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)



Puzzle Page answers:

1. Lincoln's "Gettysburg Address"
2. "Lucy in the Sky with Diamonds" by the Beatles
3. Hamlet's soliloquy in Shakespeare's play, *Hamlet*

Who said that?

A. Captain John Parker
B. James Otis
C. Ben Franklin
D. John Hancock
E. John Paul Jones
F. Nathan Hale
G. Patrick Henry
H. Israel Putnam
I. Thomas Paine
J. George Washington

"Countrymen are now upon us, and we shall have their blessings, and praises, if happily we are the instruments of saving them from the Tyranny mediated against them. Let us therefore animate and encourage each other, and show the whole world, that a free man contending for Liberty on his own ground is superior to any slavish mercenary on earth." — (J?), 1776

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