

SOUTHERN CONNECTICUT MENSA CHRONICLE

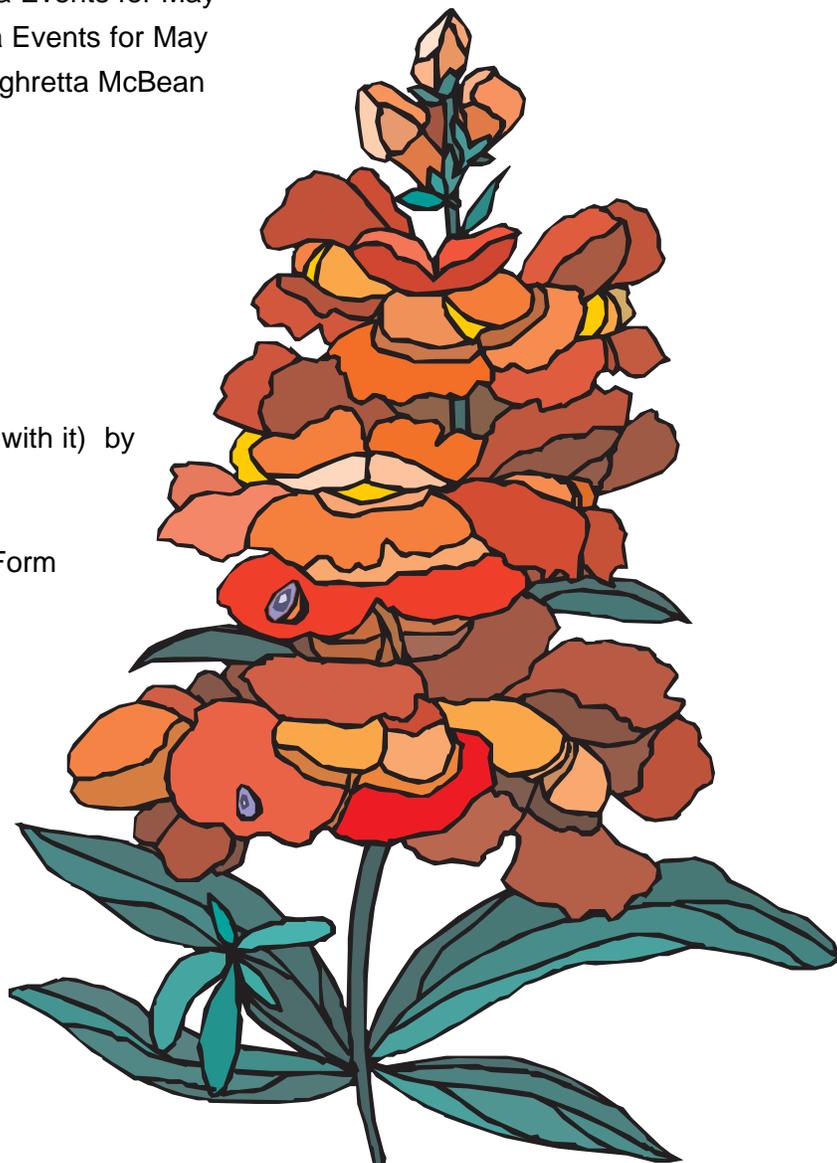
MEMBERSHIP RENEWAL: If you have an annual Mensa membership, your membership will be expiring at the end of April. You should have received a renewal notice in the mail in January. You can return that form or visit www.us.mensa.org to renew.

The Southern CT Mensa Chronicle comes out monthly in a postal edition and in an e-mail edition. Due to the lower costs involved, e-mail subscribers get an enlarged edition of the Chronicle. They also receive notice of any schedule changes that may occur. The e-mail edition of the Chronicle is safe, convenient, and timely. It comes in read-only Adobe Acrobat format (pdf), which is readable on any machine and is safe from viruses.

Please take one minute to subscribe to the e-mail version of the Chronicle by sending your name and e-mail address to Amy Harold at amyharold@earthlink.net.

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CHAPTER EVENTS FOR MAY

Friday May 12, 7:00 pm

Southern Connecticut and Connecticut / Western Massachusetts Joint Dinner

Monthly dinner at the Old Sorrento Restaurant, Newtown Road, DANBURY, CT. Interested Mensans should contact Ward Mazzucco at (203) 744-1929, ext. 25, wjm@danburylaw.com, or Rev. Bill Loring at (203) 794-1389, frbill@mags.net.

Saturday May 20, 6:30 pm

Monthly Dinner

Neuropsychologist Dr. Jonathan Michaelis, Clinical Director for Attention Modification Systems (Newtown and Newington), will speak on "Attention Deficit Disorders and Neurotherapy." Make your reservations early for this important talk. Before the presentation, we will enjoy dinner in our private dining room at the Stony Hill Inn, 46 Stony Hill Road (just off Exit 8 on Rte. 84), Bethel, CT 06801, (203-743-5533). You can bring a donation of money or food to benefit the Connecticut Food Bank.

Dress is casual. Contact Jim Mizera, jmizera@hotmail.com, 203-522-1959, for information and reservations. Guests are welcome. If you make reservations and can't attend, PLEASE call and cancel.

Directions from New Haven/Bridgeport: Take Route 25-8 all the way past Brookfield into Bethel, where it becomes ROUTE 6 West. OR take I-84 and get off at Exit 9 (Route 25 Brookfield). At the end of the ramp take a left if heading west or a right if heading east. At the first light take a right on to ROUTE 6 West. The hotel is located 2 miles on the right, not far over the Bethel line.

From Stamford/Norwalk: Take Route 7 to I-84 and follow the above directions.

Admitted in CT, NY & OR

Sharon Oberst DeFala, Esq.
GENERAL PRACTICE OF LAW

<p>Law Offices Gary Oberst A Professional Corporation 111 East Avenue Norwalk, CT 06851</p>	<p>Office (203) 866-4646 Home (203) 852-9571 Fax (203) 852-1574 sharon@oberstlaw.com</p>
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ARCHIVED COPIES OF THE CHRONICLE going back to 2000 are available on the Internet AT www.doctechical.com/scm. You can download the latest e-mail version of the Chronicle there, as well as previous issues. All issues are in read-only Adobe Acrobat format so there is no chance of viruses accompanying the files.

TENTATIVE SCHEDULE OF CHAPTER EVENTS FOR JUNE

Friday June 9, 7:00 pm

Southern Connecticut and Connecticut / Western Massachusetts Joint Dinner

See above for details

Saturday, June 17, 6:30

Monthly Dinner

See above for details

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CONNECTICUT AND WESTERN MASSACHUSETTS MENSA UPCOMING EVENTS.

This is not a complete listing. WE - Weekly Event,
ME - Monthly Event, YE - Yearly Event

Mensans on the Radio:

C&WM Mensan Janine Bujalski is on the airwaves every 1st & 3rd Friday 6-10 a.m. on 89.5FM, WPKN in Bridgeport, CT. There is a limited internet broadcast - about 25 can listen simultaneously at www.wpkn.org. From 6-9 AM there's jazz, blues & music from Brazil and from 9-10 AM the music is from Louisiana, mostly Cajun & zydeco.

Vice LocSec Will Mackey is hosting Friday evening Classics from 4:00 p.m. until 7:00 p.m. weekly on 91.3 FM, WWUH, in West Hartford. The name of the program is "What You Will" and its focus is modern chamber music.

For event listings in the Media, leave a message for me by the 10th of the previous month at (860) 872-3106 or email Lilith@snet.net Subject: Calendar There's also the [CWM-Announce] upcoming events reminder email list, which I send out *approximately* weekly. Subscribe and unsubscribe options are located at <http://lists.us.mensa.org/mailman/listinfo/cwm-announce> for your convenience. And any Mensan who wants to notify their fellow Ms about any late-breaking event s/he wants to share with our delightful chapter, please email me ASAP with the details and I'll get it out to the list. You may also check the website www.cwm.us.mensa.org for our calendar updates.

MAY

4, 11, 18, 25 Thursdays 7:00 pm

Scrabble

(WE) at Emmanuel Synagogue, 160 Mohegan Drive, West Hartford. Ellen Leonard, (860) 667-1966 (Please call first to make sure this is happening today).

5 Friday 5:30 pm

Happy Hour in Wallingford

(ME, 1st Fridays) Ann Polanski (contact her at 203-269-4565 or ann.polanski@rfsworld.com) hosts us upstairs at George's II Restaurant, 950 Yale Avenue, Wallingford, CT 06492 Phone: 203-269-1059 Directions: Exit 66 off Wilbur Cross Parkway. Turn left (south) onto Rte 5. Take first left that's not a

highway entrance onto Yale Avenue. George's II is in the Yale Plaza on the right.

6 Saturday 5:30 pm

New Year's Eve Celebration

Due to global warming, New Year's Eve has been officially rescheduled for TODAY in Cromwell, CT. The usual format: arrive anytime after 5:30 pm. Wear your fanciest outfit and bring your fanciest dish to share, BYOB & \$2 for the champagne kitty. At 7:00 (Greenwich Mean Time for midnight) we play Auld Lang Syne, hug everyone in sight, yell Happy New Year, and proceed to the overloaded dining room table. By 9:00, everyone goes home. The perfect party!

RSVP (required) to Barb Holstein at BarbCPA@att.net or 860-632-7873.

Directions: I-91 N or S to Exit 22 onto Rte 9 South. First exit off 9 = West St, Cromwell. Right at end of exit ramp, first right on Rte 3 N, first right on Evergreen Rd, and second right onto Old Colony Lane. #2 is the very first house on the right - look for the pink door & the gargoyles.

7 Sunday 2:00 pm

Book Discussion: Aldous Huxley's Brave New World and Island.

Two short books on the themes of dystopian/eutopian social engineering. Our hostess will be Pam Guinan in Wethersfield, CT. For RSVPs & directions call 860-563-5761 or email Pamela.Guinan@po.state.ct.us (email available during business hours only). BYOB and a small munchie to share.

18 Thursday 6:30 pm

Pioneer Valley Dinner

(ME, 3rd Thursday) at Aqua Vitae Italian Restaurant, route 9 in Hadley. We will meet there every month for a bit and hope to grow the ranks. Join us. Conversations, friendship, solve the world's problems, drink and eat. Once we grow in numbers, we'll explore other places to meet and consider other Western MA activities. Questions? MargotZalkind@aol.com

19 Friday 6:00 pm - 8:00 pm or so

Diner Dinner

(ME, 3rd Friday) at Olympia Diner, Rte 5, Newington, just north of the Berlin town line and North East

Utilities. Menu ranges from toasted cheese sandwich to steak and fish dinners. Basic bar menu available, no happy hour prices, but the food is good and very reasonable. Please contact Nicole Michaud at (860) 434-7329 or email nirimi@snet.net, Subject: Diner Dinner

21 Sunday 1:35 pm

Mensa Goes to a Baseball Game

Meet Tom Thomas in Section 213 of New Britain Stadium to see the Rock Cats (minor league franchise of the Minnesota Twins), host the Connecticut Defenders (the Double-A San Francisco Giants minors from Norwich). For more information, www.rockcats.com or tom.thomas@the-spa.com.

26 Friday 5:00 pm

Happy Hour

(ME, 4th Friday) Colonial Tymes, 2389 Dixwell Ave, Hamden. Located about 1/2 mile north of Exit 60, Wilbur Cross Parkway. We are now reserving the middle tables on the left as you walk in the bar. Dinner is a possibility if enough people are interested. Come on down and join us this month, we'd love to see ya. Contact Gail Trowbridge (203) 877-4472 or Gail.Trowbridge@att.net.

31 Wednesday 12 Noon

Middlebury Lunch

(ME, last Wednesday) at Maggie McFly's in Middlebury, visible on the right from Rte. 63 just south of the Rte 63 and Rte 64 intersection. This intersection is at the end of a long ramp at Exit 17 on Rte 84 west. From this exit, turn left at the 63/64 intersection. If you use Exit 17 on Rte. 84 east (heading toward Hartford), turn left off the exit ramp and see Maggie McFly's on your left. Contact Richard Fogg at 860-274-2370 for more info.

Looking Ahead:

June 27 Tuesday 6:35 pm

Mensa Goes to a Baseball Game

Meet Tom Thomas in New Britain Stadium in Section 213, about five rows from the top. Talk, laugh, joke, have fun all evening with like-minded individuals. See the Rock Cats host Portland, Double-A farm team of the Boston Red Sox. (Parking, \$3, general admission ticket, \$5) More info available from tom.thomas@the-spa.com or www.rockcats.com

REGIONAL GATHERINGS

COLLOQUIUM 2006 - "Revolution in Cosmology", October 6-8, 2006

ALBANY, NY. Presented by Mensa and the Mensa Education and Research Foundation. Hosted by Mensa of NORTHEASTERN NEW YORK.

Einstein unified space, time and matter 100 years ago; recent events have revealed the existence of a mysterious new kind of matter and energy. This existence was unforeseen by even Einstein, and it demands a new vision of unification. This new matter/energy has now been confirmed by many of the world's top scientists in astronomy, astrophysics and cosmology. It encompasses 96 percent of the known universe. It is quite likely that the resolution of this conundrum will impact the world as we know it forever.

We are inviting speakers from an elite group of world renowned scientists. These guests are not simply familiar with the current state of knowledge; they created it! Topics will include: Dark matter, Dark energy, String theory, Quantum loop gravity, The accelerated expansion of the universe, and more.... Register online at www.colloquium.us.mensa.org. All reservations must be made by the cut-off date of Sept. 15, 2006. Call Judy at 518-441-7058 for more information.

THE READING EDGE - WHAT'S YOUR READING SPEED?

Do you know what your reading speed is? There is an online test that can give you a quick estimate. The Reading Edge, a Wallingford, CT company, has a test at their website www.the-reading-edge.com. The tests take only a minute and calculate your reading speed instantly. For a more comprehensive test, the company a free demo that you can download that will test not only your speed but also your comprehension. The software can be set for different grade levels to test children as well as adults.

The company reports that the average person reads at a speed of between 200-300 words a minute but that people who enjoy reading can read more than 400 words per minute, and that some people can even read well at more than 800 words a minute.

The Reading Edge also offers books, tapes, tele-classes, and personal lessons to help people read faster and more efficiently. For more information, visit their website at www.the-reading-edge.com or contact them at info@the-reading-edge.com

FROM THE REGIONAL VICE CHAIRMAN

Marghretta McBean

'Tis the Merrie Month of May! That Special Season of the Year. To all of you, both April and May-born, Best Wishes for a Happy Birthday! Special Felicitations are sent to Oleg Bayborodin and Lorenzo Perez (Boston Mensa); Jack Peregrim (Connecticut/Western Massachusetts Mensa); Traci Nagy, Salvatore Negri, Christopher Neylan, Fabian Binz-Scharf and Kevin Thompson (Greater New York Mensa); Marvin Murdock (New Hampshire & Maine Mensa); Harvey Nisselson and Alex Peters (Northern New Jersey Mensa); Jacques DuPuis (Vermont Mensa) all of whom were born on that Day of Days, May 7th. We are indeed Special People!

The AMC [American Mensa Committee] meeting (24-26 March) in Greenville SC was a pleasure to attend: the southern hospitality offered by the Carolinian Mensans was superb and once again Russ Bakke chaired a civil and productive board meeting. A motion to have secret ballots was defeated; I personally feel no need to hide my vote on any matter. The Local Group Charter Committee, which I chair, will take more time to reformulate its mission. Officers had wide differences of opinion on exactly what "clarification of the relationships between AML [American Mensa Ltd.] and its local groups" means.

RVCs [Regional Vice Chairs] also exchanged frank opinions over how the RVC discretionary fund should be spent. Some RVCs spend little to none of their funds; others are broke before the fiscal year is over, like yours truly. Transportation expenses, RG registration fees, and hotel costs can quickly deplete an RVC's allocation. I feel it is important to visit each of the groups in my region at least once; I was shocked to learn that many RVCs have never done so. With the news that the 2006-2007 budget has an estimated shortfall, most RVCs felt monies left in the discretionary fund should be rolled back into the general fund rather than distributed to groups that requested assistance from their RVCs. It is for that reason that no group in Region 1 received anything from me, unfortunately.

Several years ago, Maine Mensa was dissolved because of member inactivity and "rolled into" New Hampshire Mensa, with, as far as I can gather, no input from either group. While New Hampshire Mensa has done an admirable job of including Maine, I think that the 160 + Mainers should try to

stand on their own again. Comments are more than welcome.

May 1st marks the beginning of spring for the Scandinavians, who spend Walpurgis Night (April 30) burning bonfires and singing songs welcoming spring. Beltane is the Celtic equivalent. Both groups have honey drinks as part of the festivities. Here is a wonderful recipe from an old Wiccan book of mine:

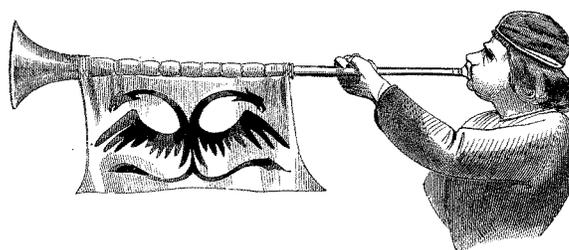
Mead

4 lbs. raw* honey
1 gallon water
1 oz. hops
1/2 oz. ginger root
Rind of 2 lemons
1 oz. yeast
1 oz. isinglass**

1. Dissolve honey in water. Add hops, ginger and lemon rind.
2. Boil for 45 minutes.
3. Pour into a cask. When lukewarm add yeast.
4. Leave to ferment (about a day) and when finished, add isinglass.
5. Bung cask tightly. Keep in cool dark area. Bottle after six months.

* Use unblended honey when making mead, and raw honey if at all possible. Unless you live near an apiary, the best place to get honey is at a health food store or roadside stand. If the honey has bits of wax or other particulate matter in it, that can be strained out before cooking.

** Isinglass consists of collagen, which, when heated with water, yields a pure form of gelatin. It is obtained from the swimming bladder ("sound") of certain fish. Its fibrous structure gives it the capability of clarifying liquids, including wines and beers.



THE APRIL DINNER**GLUTATHIONE - A KEY TO HEALTH AND LONGEVITY**

At April's dinner, we heard a compelling, well-organized talk on glutathione by chapter member Scott Sylvestri. Glutathione is hardly a household word now but Scott made a good case it will be and that anyone interested in his or her health should investigate this substance.

The promise of glutathione is great. It provides the weapons to fight many threats to our health such as toxins, tumors, and carcinogens, and infectious, neuro-degenerative, and cardiovascular diseases. How one substance can do so much is an intriguing tale.

Scott started off with some definitions and background on glutathione. Glutathione, or GSH, he explained, is a protein molecule manufactured by every cell inside our body. It consists of the amino acids L-glutamate (glutamic acid), L-cysteine, and glycine. These three are precursors for glutathione - they are necessary for cells to get in order to make glutathione. Cysteine is the most important one because its availability determines the rate at which glutathione can be made; it is the limiting factor in synthesizing glutathione. Cysteine also makes the whole glutathione molecule bioactive. It is relatively scarce in food. It's found in raw eggs but not in cooked eggs. It's also in raw milk but pasteurization removes most of it.

Glutathione has an interesting history of scientific research, and our speaker recounted the colorful stories of the work that brought glutathione's benefits to light. The discovery of glutathione's importance began almost by accident. Glutathione was first noticed 114 years ago in the human eyeball. It was not until the 1970s, however, that scientists started to realize its significance. Dr. Gustavo Bounous of the Canadian Medical Research Council and McGill University began investigating how various proteins, particularly soy protein, affect the immune system. Dr. Bounous experimented with whey protein, a milk byproduct. He found that mice who were fed whey protein lived 30-50% longer, saw their tumors decrease, and suffered less from aging.

When Dr. Bounous ran into a colleague who was experimenting with glutathione, he learned that his

associate was seeing similar benefits with GSH. Together, they discovered that whey protein was giving the mice the precursors or building blocks for glutathione. As they and other scientists investigated GSH further, they found the benefits weren't limited to mice.

Scott gave us an acronym that summarizes the vital roles glutathione plays in the human body: AID. The A stands for antioxidant, the I for Immune Booster, and the D for Detoxifier.

Glutathione is the body's master antioxidant. Antioxidants, the most well known of which are vitamins C and E, are important for good health because they neutralize free radicals - atoms or molecules with an unpaired electron that makes them very reactive and unstable. These radicals take electrons from other molecules, causing a damaging chain reaction. Air, water, and food pollution, food additives, and stress all produce free radical damage. When there is lots of free radical activity, Scott explained, it produces oxidative stress, one of the main causes of illnesses, cancer, and many diseases of old age. Glutathione gives an electron to the free radicals, slowing or halting oxidation. Because glutathione is in all cells, including the immune system's cells, it is in an excellent position to do this job.

Glutathione also regulates and recycles all the other antioxidants such as vitamins A, C, and E, and selenium. It regenerates the oxidized antioxidants, keeping them in their reduced, active state.

The second important job of glutathione that Scott outlined is boosting our immune system. A healthy immune system will generate millions of white blood cells (lymphocytes) to fight foreign antigens, which include viruses, bacteria, parasites, and tumor cells. But a weakened immune system doesn't multiply the white blood cells it needs. GSH strengthens the ability to produce lymphocytes. If the body has low levels of glutathione, it weakens our immunity. We then have to resort to vaccines and the like to fight antigens. "We would be much better off using a defensive approach by increasing our immunity", Scott suggested. Glutathione stands out as our most versatile defender.

Last but not least is glutathione's power to detoxify. Other than water, glutathione is the body's main detoxifier. The liver has the greatest concentration of

glutathione and it is the principal organ for detoxifying and eliminating toxic materials. There it binds to toxins from sources such as heavy metals, solvents, and pesticides, and transforms them to soluble compounds so that they can be easily excreted. Hence, it's not surprising that glutathione-boosting drugs are used in hospital emergency rooms to treat overdose victims.

Normally, antioxidants like glutathione are used once when the body detoxifies foreign substances; they bond with the toxins and are eliminated from the body. However, glutathione recycles other antioxidants and allows them to work over and over again, neutralizing more and more free radicals.

Simply put, you need adequate glutathione to be healthy. Its multiple roles make it vital to life. Without it, the immune system will not function effectively. Glutathione declines as we get older but people who keep their GSH levels high as they age resist disease better. It is one of the best predictors of how long a person will live.

Glutathione's greatest promise probably lies in fighting cancer. Normal antioxidants fail in combating cancer because they strengthen the cancer cells, making them less vulnerable to chemotherapy. But the remarkable thing about glutathione supplements, Scott emphasized, is that they actually lower glutathione in cancer cells while increasing it in normal cells. The cancer cells become more vulnerable to chemotherapy while the normal cells become more so.

How can ordinary people take glutathione? L-glutathione is sold in some health food stores but it has little or no benefit because GSH is not absorbed well when eaten - it is digested in the stomach, quickly broken down, and eliminated. There are other sources of glutathione that researchers have studied and found to either to be poorly absorbed, short-lived, or plagued with side effects. Whey protein, which comes from milk, would be good to take because it has the building blocks of glutathione. But it must be bioactive. If it's proteins are denatured - broken down in structure - it will not be. Most of the whey proteins sold in health food stores right now vary greatly in quality, and, while fine for body-building, do not greatly build immunity.

The best source of glutathione is Immunocal, which is a nutraceutical listed in the Physician's Desk

Reference (PDR). It is the only nutritional supplement with patents of method. Immunocal is both effective and safe. It provides the building blocks the cells need to make glutathione, boosting glutathione levels even in healthy people. There are only two groups of people who can't take it - those with an extreme allergy to milk, and those who have had an organ transplant. Immunocal is free of antibiotics, steroids, additives and pesticides, and it contains less than 1% lactose

One question asked how strong the clinical tests on Immunocal have been.

Why does the NIH take a cautious stance on it? "There are over 70,000 papers in the medical literature at www.Pubmed.com," Scott pointed out, "and 23 clinical trials."

Hundreds of new papers on it come out every month. No pharmaceutical company has done a major trial on it, though, because, as a natural protein, it cannot be patented. It is not a drug or pharmaceutical, he reemphasized, but a nutraceutical. The biggest study that has been done on it was independently funded.

Several in the audience commented on the standards of proof required in medical or pharmaceutical research. People generally agreed that the evidence for glutathione's effectiveness and safety is growing but has not yet satisfied the strict statistical confidence levels reserved for major drugs.

April's meeting was one of our most illuminating presentations and discussions and everyone was glad they attended. Mensans who missed it can get information on glutathione by contacting Scott at scott.sylvestri@snet.net or consulting medical sources such as the Physician's Desk Reference, www.webmd.com, or www.pubmed.com.

(See the Glossary of Terms following this article for definitions of many of the medical words used in the talk.)

Next month (May 20), we will hear about a topic much in the news the last 10 years: attention deficit disorders (ADD). Our guest speaker will be neuropsychologist Dr. Jonathan Michaelis of Attention Modification Systems (Newtown and Newington), who will talk about how he has successfully used neurotherapy to combat this problem. Make plans to join us at this important discussion.

GLOSSARY OF TERMS RELATING TO GLUTATHIONE

Acid - a compound in which hydrogen can be replaced by a metal. Any substance with a sour taste.

Acidosis - excess acid in the blood.

Albumin - egg white.

Alternative medicine - a group of diverse medical and health care systems, practices, and products that are not presently considered to be part of conventional medicine.

Amino acid - a building block of proteins.

Antigen - a substance foreign to the body, such as a toxin, that stimulates an immune response, especially the production of antibodies. Antigens are usually proteins or polysaccharides, but can be any type of molecule, including small molecules (haptens) coupled to a carrier-protein.

Antibody - any of various blood proteins produced in response to and then counteracting antigens.

Antioxidant - a substance that removes potentially damaging oxidizing agents. For example, vitamins C and E are antioxidants. It is in effect a reducing agent in free-radical reactions. Also called free radical scavengers.

Atherosclerosis - the irregular deposition of fats (mainly cholesterol and triglycerides) and other substances in the inner wall of arteries; seen as sharply-defined, raised, cream-colored patches. Together with the associated scarring, this causes narrowing of the affected blood vessel. Common sites are the aorta and blood vessels to the heart and brain, but any artery can be affected.

Bacteria - vegetable microorganisms that cause fermentation, decay, or disease.

Bioactivity - a material that elicits a specific biological response at the interface of the material which results in the formation of a bond between tissues and the material.

Carotenoid - a non-water-soluble pigment, usually

red to yellow in color, found in many higher plants, algae, and bacteria. It functions as an accessory photosynthetic pigment.

Casein - a white, tasteless, odorless protein precipitated from milk by rennin. It is the basis of cheese and is used to make plastics, adhesives, paints, and foods.

Catalysis - the action of a catalyst, especially an increase in the rate of a chemical reaction.

Cholesterol - a white crystalline substance found in animal tissues and various foods, that is normally synthesized by the liver and is important as a constituent of cell membranes and a precursor to steroid hormones. Its level in the bloodstream can influence the pathogenesis of certain conditions, such as the development of atherosclerotic plaque and coronary artery disease.

Complementary medicine- a group of diverse medical and health care practices and products that are not presently considered to be part of conventional medicine.

Cysteine - an amino acid, or protein building block, that is part of glutathione.

Cystine - a pair of bonded cysteine. Two cysteine molecules bonded together offer each other protection against digestion.

Detoxifier -an agent that helps the removal of toxins from the body.

Dietary supplement- a product taken by mouth that contains a "dietary ingredient" intended to supplement the diet. The "dietary ingredients" in these products may include: vitamins, minerals, herbs or other botanicals, amino acids, and substances such as enzymes, organ tissues, glandulars, and metabolites.

Enzyme- a protein produced by living cells and functioning as a catalyst in a specific biochemical reaction.

Flavonoids - any of a group of aromatic compounds that have two substituted benzene rings connected by a chain of three carbon atoms and an oxygen bridge and that include many common pigments.

Free radical - an uncharged atom or group of atoms with one or more unpaired electrons. They are very reactive and unstable, taking electrons from other molecules. These by-products of a cell's normal function can't be avoided, but exposure to ultraviolet radiation from the sun or other sources promotes their emergence.

Free radical scavengers - agents that can inhibit the toxic effects of free radicals in tissue culture. Also called antioxidants.

Fungus - any of a group of non-green plants, including molds, toadstools, and rusts.

Glutamic acid- an amino acid, or protein building block, that is part of glutathione.

Glutathione (GSH) - a small protein produced naturally in every cell of our body. It is made up of three protein building blocks, called amino acids. These are glutamic acid, cysteine and glycine. The cysteine amino acid contains a sulfur group responsible for the chemical properties of the whole glutathione protein.

Glutathione precursor - a building block necessary for the production of glutathione.

Glycine - an amino acid, or protein building block, that is part of glutathione.

Hydrolysed peptide- a peptide that has been split using water.

Ketones - any of a class of organic compounds having a carbonyl group linked to a carbon atom in each of two hydrocarbon radicals.

Ketosis - a pathological increase in the production of ketone bodies.

Lactoferrin - a red iron-binding protein found in milk and many mucosal secretions such as tears. It retards bacterial and fungal growth, and reduces the uptake of LDL cholesterol by macrophages - and hence reduces the foam-cell formation of atherosclerosis.

Lactose - a disaccharide sugar that is present in milk, yields glucose and galactose upon hydrolysis, yields especially lactic acid upon fermentation, and is used chiefly in foods, medicines, and culture

media (as for the manufacture of penicillin). Also called milk sugar.

Lactoserum - Liquid constituent of milk.

Lymphocyte - cells of your immune system. White blood cells.

Macrophage - a large phagocyte - a cell that absorbs foreign bodies in the bloodstream and tissues. Some are fixed and other circulate in the bloodstream.

Method-of-use patent -a patent that cover the use of a product to treat certain health problems.

Milk protein isolate - a protein extract of milk that is over 90% pure protein.

Milk serum - a watery liquid that remains when milk forms curds. Also called whey.

Nutraceutical - a non-toxic food extract supplement that has scientifically proven health benefits. The Dietary Supplement Health and Education Act requires that this food component be standardized in the nutraceutical product and manufactured under good manufacturing practices. Nutraceuticals are not whole foods, yet are partially or completely derived from them.

Nutrients - synthetic vitamins.

Oxidative stress - condition in which the quantity of free radicals the body has to cope with exceeds the availability of antioxidants.

Oxidize - to combine with oxygen; make into an oxide. To increase the positive charge or valence of (an element) by removing electrons.

Peptide - strings of attached amino acids too short to be considered a protein.

Phagocyte - A cell, such as a white blood cell, that engulfs and absorbs waste material, harmful microorganisms, or other foreign bodies in the bloodstream and tissues.

Pharmaceuticals - drugs used in medical treatment. Many pharmaceuticals have their origin in plants and animals and are no less "natural" than nutrients.

Phytochemical - a nonnutritive bioactive plant substance considered to have a beneficial effect on human health.

Protein - a long molecule composed of amino acids.

Riboflavin - a yellow crystalline compound $C_{17}H_{20}N_4O_6$ that is a growth-promoting member of the vitamin B complex and occurs both free (as in milk) and combined (as in liver). Also called lactoflavin, ovoflavin, vitamin B2.

Selenium- a chemical element in the oxygen family (Group VIa) of the periodic table, closely allied in chemical and physical properties with the elements sulfur and tellurium.

Serum milk concentrate- a protein extract of milk that is over 70% pure protein.

Soluble - susceptible of being dissolved in or as if in a fluid.

Toxin - a poisonous substance, especially a protein,

that is produced by living cells or organisms and is capable of causing disease when introduced into the body tissues but is often also capable of inducing neutralizing antibodies or antitoxins.

Vitamin - any of various fat-soluble or water-soluble organic substances essential in minute amounts for normal growth and activity of the body and obtained naturally from plant and animal foods.

Virus - any of various simple submicroscopic parasites of plants, animals, and bacteria that often cause disease and that consist essentially of a core of RNA or DNA surrounded by a protein coat. Unable to replicate without a host cell, viruses are typically not considered living organisms.

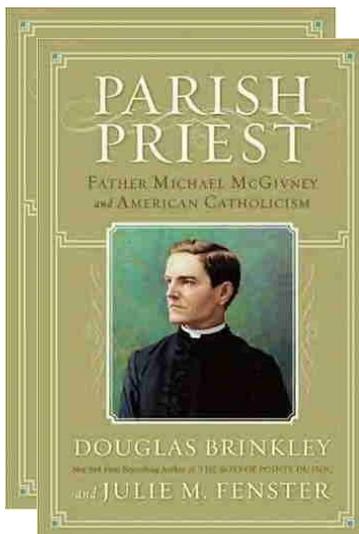
Whey protein - protein constituent of milk. Also known as lactalbumin. It is 18% of cow milk and 67% of human milk protein.



BOOK REVIEW

Rick D'Amico

**Parish Priest:
Father Michael
McGivney and
American
Catholicism
by Douglas
Brinkley and Julie
M. Fenster**



Douglas Brinkley is a professor of history at Tulane University. Julie M. Fenster is the general editor of the Forbes Collection Presidential Book Series, as well as the author of several award-winning historical books and articles in respected newspapers and magazines.

The jacket of the book asks, "Is now the time for an American parish priest to be declared a Catholic saint?" He is currently under consideration. Brinkley and Fenster do not try to answer the question, but give a good profile of the life and career of Father Michael McGivney.

The first few chapters of the book describe Father McGivney's experiences growing up in the industrial town Waterbury, CT. Many residents of Waterbury were immigrants from Ireland who fled that nation's potato blight. Although the immigrants fared better in the U.S. than in Ireland, anti-Catholic sentiment was prevalent, and life was difficult. Most Catholics worked in difficult, unsafe conditions and life expectancy in the immigrant communities was relatively short. Men were traditionally the single breadwinner for a family, and the death of a wage earner could leave a family penniless, homeless, and in severe cases, starving.

Michael McGivney was the oldest of thirteen children, six of whom died in infancy or childhood. The book tells how he left school at age 13 to work in a brass factory to augment the family's income. However, at age 16, he left the factory to attend classes at the College of St. Hyacinthe in Quebec. As his education progressed, he went to Montreal to the Jesuit-run St. Mary's College. It was while he was there that his father, Patrick McGivney, a molder in a brass factory, died.

Although he could no longer attend St. Mary's College, he received a scholarship and was able to complete his training at St. Mary's Seminary in Baltimore. He began his service as a parish priest in New Haven. The book tells of many of Father McGivney's experiences, including one where he befriended a man who was convicted of shooting and killing a police officer. Although the man was ultimately executed, he was comforted with the knowledge that he'd made peace with his God, something he hadn't done before.

Father McGivney helped many others during his calling. Early in his career, he organized Total Abstinence groups to combat the alcoholism that was rampant among the immigrants who were a major constituency of his parish. The book describes how he recognized another problem in the Irish immigrant community - the many widows and children left behind when heads of households passed away. Father McGivney founded the Knights of Columbus, the achievement for which he is best known, to aid these distressed families. Father McGivney died in 1890, at age 38. He'd served 13 years as a priest. Unfortunately, he never saw just how successful the Knights of Columbus were becoming.

This was an excellent book about how one man overcame numerous obstacles to leave a lasting footprint for the better on society. I found it well written and inspiring. It was well worth reading, and I recommend it highly.

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POETRY CORNER**OLD TUNES**

Sara Teasdale (1884 - 1933)

AS the waves of perfume, heliotrope, rose,
Float in the garden when no wind blows,
Come to us, go from us, whence no one knows;

So the old tunes float in my mind,
And go from me leaving no trace behind,
Like fragrance borne on the hush of the wind.

But in the instant the airs remain
I know the laughter and the pain
Of times that will not come again.

I try to catch at many a tune
Like petals of light fallen from the moon,
Broken and bright on a dark lagoon,

But they float away -- for who can hold
Youth, or perfume or the moon's gold?

DREAMS

Joseph Seamon Cotter (1895 - 1919)

THERE is naught in the pathless reach
Of the pale, blue sky above,
There is naught that the stars tell, each to each,
As over the heavens they rove;
That I have not felt, or have not seen
Clad in dull earth or fancy's sheen.

There is naught, in the still, mauve twilight
When the dreams come flitting by,
From lands afar of eternal night,
Or lands of the sunswept sky,
For countless spirits within me dwell
With heaven's effluence or dark hell.

**SPRING NIGHT IN LO-YANG
HEARING A FLUTE**

Li Po (701-762)

IN what house, the jade flute that sends these dark
notes drifting,
scattering on the spring wind that fills Lo-yang?
Tonight if we should hear the willow-breaking song,
who could help but long for the gardens of home?

On Climbing in Nan-king to the Terrace of Phoenixes
Phoenixes that play here once, so that the place
was named for them,
Have abandoned it now to this desolated river;
The paths of Wu Palace are crooked with weeds;
The garments of Chin are ancient dust.
...Like this green horizon halving the Three Peaks,
Like this Island of White Egrets dividing the river,
A cloud has risen between the Light of Heaven and
me,
To hide his city from my melancholy heart.

THE FLOWER-FED BUFFALOES

Vachel Lindsay (1879 - 1931)

THE flower-fed buffaloes of the spring
In the days of long ago,
Ranged where the locomotives sing
And the prairie flowers lie low:
The tossing, blooming, perfumed grass
Is swept away by wheat,
Wheels and wheels and wheels spin by
In the spring that still is sweet.
But the flower-fed buffaloes of the spring
Left us long ago,
They gore no more, they bellow no more:--
With the Blackfeet lying low,
With the Pawnee lying low.

RUMINATIONS**ESCAPE**

Chapter 1 from *Escape and Other Essays*, (1915)
Arthur Christopher Benson (1862 - 1925)

ALL the best stories in the world are but one story in reality - the story of an escape. It is the only thing which interests us all and at all times - how to escape. The stories of Joseph, of Odysseus, of the prodigal son, of the Pilgrim's Progress, of the "Ugly Duckling," of Sintram, to name only a few out of a great number, they are all stories of escapes. It is the same with all love- stories. "The course of true love never can run smooth," says the old proverb, and love-stories are but tales of a man or a woman's escape from the desert of lovelessness into the citadel of love. Even tragedies like those of OEdipus and Hamlet have the same thought in the background. In the tale of OEdipus, the old blind king in his tattered robe, who had committed in ignorance such nameless crimes, leaves his two daughters and the attendants standing below the old pear-tree and the marble tomb by the sacred fountain; he says the last faint words of love, till the voice of the god comes thrilling upon the air:
"OEdipus, why delayest thou?"

Then he walks away at once in silence, leaning on the arm of Theseus, and when at last the watchers dare to look, they see Theseus afar off, alone, screening his eyes with his hand, as if some sight too dreadful for mortal eyes had passed before him; but OEdipus is gone, and not with lamentation, but in hope and wonder. Even when Hamlet dies, and the peal of ordnance is shot off, it is to congratulate him upon his escape from unbearable woe; and that is the same in life. If our eye falls on the sad stories of men and women who have died by their own hand, how seldom do they speak in the scrawled messages they leave behind them as though they were going to silence and nothingness! It is just the other way. The unhappy fathers and mothers who, maddened by disaster, kill their children are hoping to escape with those they love best out of miseries they cannot bear; they mean to fly together, as Lot fled with his daughters from the city of the plain. The man who slays himself is not the man who hates life; he only hates the sorrow and the shame which make unbearable that life which he loves only too well. He is trying to migrate to other conditions; he desires to live, but he cannot live so. It is the imagination of

man that makes him seek death; only the animal endures, but man hurries away in the hope of finding something better.

It is, however, strange to reflect how weak man's imagination is when it comes to deal with what is beyond him, how little able he is to devise anything that he desires to do when he has escaped from life. The unsubstantial heaven of a Buddhist, with its unthinkable Nirvana, is merely the depriving life of all its attributes; the dull sensuality of the Mohammedan paradise, with its ugly multiplication of gross delights; the tedious outcries of the saints in light which make the medieval scheme of heaven into one protracted canticle - these are all deeply unattractive, and have no power at all over the vigorous spirit. Even the vision of Socrates, the hope of unrestricted converse with great minds, is a very unsatisfying thought, because it yields so little material to work upon.

The fact, of course, is that it is just the variety of experience which makes life interesting, - toil and rest, pain and relief, hope and satisfaction, danger and security, - and if we once remove the idea of vicissitude from life, it all becomes an indolent and uninspiring affair. It is the process of change which is delightful, the finding out what we can do and what we cannot, going from ignorance to knowledge, from clumsiness to skill; even our relations with those whom we love are all bound up with the discoveries we make about them and the degree in which we can help them and affect them. What the mind instinctively dislikes is stationariness; and an existence in which there was nothing to escape from, nothing more to hope for, to learn, to desire, would be frankly unendurable.

The reason why we dread death is because it seems to be a suspension of all our familiar activities. It would be terrible to have nothing but memory to depend upon. The only use of memory is that it distracts us a little from present conditions if they are dull, and it is only too true that the recollection in sorrow of happy things is torture of the worst kind.

Once when Tennyson was suffering from a dangerous illness, his friend Jowett wrote to Lady Tennyson to suggest that the poet might find comfort in thinking of all the good he had done. But that is not the kind of comfort that a sufferer desires; we may envy a good man his retrospect of activity, but we cannot really suppose that to meditate complacently upon

what one has been enabled to do is the final thought that a good man is likely to indulge. He is far more likely to torment himself over all that he might have done.

It is true, I think, that old and tired people pass into a quiet serenity; but it is the serenity of the old dog who sleeps in the sun, wags his tail if he is invited to bestir himself, but does not leave his place; and if one reaches that condition, it is but a dumb gratitude at the thought that nothing more is expected of the worn-out frame and fatigued mind. But no one, I should imagine, really hopes to step into immortality so tired and worn out that the highest hope that he can frame is that he will be let alone for ever. We must not trust the drowsiness of the outworn spirit to frame the real hopes of humanity. If we believe that the next experience ahead of us is like that of the mariners, "In the afternoon they came unto a land /In which it seemed always afternoon", then we acquiesce in a dreamless sort of sleep as the best hope of man.

No, we must rather trust the desires of the spirit at its healthiest and most vigorous, and these are all knit up with the adventure of escape, as I have said. There is something hostile on our track: the copse that closes in upon the road is thick with spears; presences that do not wish us well move darkly in the wood and keep pace with us, and the only explanation we can give is that we need to be spurred on by fear if we are not drawn forward by desire or hope. We have to keep moving, and if we will not run to the goal, we must at least flee, with backward glances at something which threatens us.

There is an old and strange Eastern allegory of a man wandering in the desert; he draws near to a grove of trees, when he suddenly becomes aware that there is a lion on his track, hurrying and bounding along on the scent of his steps. The man flees for safety into the grove; he sees there a roughly built water-tank of stone, excavated in the ground, and built up of masonry much fringed with plants. He climbs swiftly down to where he sees a ledge close on the water; as he does this, he sees that in the water lies a great lizard, with open jaws, watching him with wicked eyes. He stops short, and he can just support himself among the stones by holding on to the branches of a plant which grows from a ledge above him. While he thus holds on, with death behind him and before, he feels the branches quivering, and sees above, out of reach, two mice, one

black and one white, which are nibbling at the stems he holds and will soon sever them. He waits despairingly, and while he does so, he sees that there are drops of honey on the leaves which he holds; he puts his lips to them, licks them off, and finds them very sweet.

The mice stand, no doubt, for night and day, and the honey is the sweetness of life, which it is possible to taste and relish even when death is before and behind; and it is true that the utter precariousness of life does not, as a matter of fact, distract us from the pleasure of it, even though the strands to which we hold are slowly parting. It is all, then, an adventure and an escape; but even in the worst insecurity, we may often be surprised to find that it is somehow sweet.

It is not in the least a question of the apparent and outward adventurousness of one's life. Foolish people sometimes write and think as though one could not have had adventures unless one has hung about at bar-room doors and in billiard-saloons, worked one's passage before the mast in a sailing-ship, dug for gold among the mountains, explored savage lands, shot strange animals, fared hardly among deep-drinking and loud-swearing men. It is possible, of course, to have adventures of this kind, and, indeed, I had a near relative whose life was fuller of vicissitudes than any life I have ever known: he was a sailor, a clerk, a policeman, a soldier, a clergyman, a farmer, a verger. But the mere unsettledness of it suited him: he was an easy comrade, brave, reckless, restless; he did not mind roughness, and the one thing he could not do was to settle down to anything regular and quiet. He did not dislike life at all, even when he stood half-naked, as he once told me he did, on a board slung from the side of a ship, and dipped up pails of water to swab it, the water freezing as he flung it on the timbers. But with all this variety of life he did not learn anything particular from it all; he was much the same always, good-natured, talkative, childishly absorbed, not looking backward or forward, and fondest of telling stories with sailors in an inn. He learned to be content in most companies and to fare roughly; but he gained neither wisdom nor humour, and he was not either happy or independent, though he despised with all his heart the stay-at-home, stick-in-the-mud life.

But we are not all made like this, and it is only possible for a few people to live so by the fact that most people prefer to stay at home and do the work of the

world. My cousin was not a worker, and, indeed, did no work except under compulsion and in order to live; but such people seem to belong to an older order, and are more like children playing about, and at leisure to play because others work to feed and clothe them. The world would be a wretched and miserable place if all tried to live life on those lines.

It would be impossible to me to live so, though I dare say I should be a better man if I had had a little more hardship of that kind; but I have worked hard in my own way, and though I have had few hairbreadth escapes, yet I have had sharp troubles and slow anxieties. I have been like the man in the story, between the lion and the lizard for many months together; and I have had more to bear, by temperament and fortune, than my roving cousin ever had to endure; so that because a life seems both sheltered and prosperous, it need not therefore have been without its adventures and escapes and its haunting fears.

The more one examines into life and the motives of it, the more does one perceive that the imagination, concerning itself with hopes of escape from any conditions which hamper and confine us, is the dynamic force that is transmuting the world. The child is for ever planning what it will do when it is older, and dreams of an irresponsible choice of food and an unrestrained use of money; the girl schemes to escape from the constraints of home by independence or marriage; the professional man plans to make a fortune and retire; the mother dreams ambitious dreams for her children; the politician craves for power; the writer hopes to gain the ear of the world - these are only a few casual instances of the desire that is always at work within us, projecting us into a larger and freer future out of the limited and restricted present. That is the real current of the world, and though there are sedate people who are contented with life as they see it, yet in most minds there is a fluttering of little tremulous hopes forecasting ease and freedom; and there are also many tired and dispirited people who are not content with life as they have it, but acquiesce in its dreariness; yet all who have any part in the world's development are full of schemes for themselves and others by which the clogging and detaining elements are somehow to be improved away. Sensitive people want to find life more harmonious and beautiful, healthy people desire a more continuous sort of holiday than they can attain, religious people long for a secret ecstasy of peace; there is, in fact, a constant desire at work

to realise perfection.

And yet, despite it all, there is a vast preponderance of evidence which shows us that the attainment of our little dreams is not a thing to be desired, and that satisfied desire is the least contented of moods. If we realise our programme, if we succeed, marry the woman we love, make a fortune, win leisure, gain power, a whole host of further desires instantly come in sight. I once congratulated a statesman on a triumphant speech.

"Yes," he said, "I do not deny that it is a pleasure to have had for once the exact effect that one intended to have; but the shadow of it is the fear that having once reached that standard, one may not be able to keep it up."

The awful penalty of success is the haunting dread of subsequent failure, and even sadder still is the fact that in striving eagerly to attain an end, we are apt to lose the sense of the purpose which inspired us. This is more drearily true of the pursuit of money than of anything else. I could name several friends of my own who started in business with the perfectly definite and avowed intention of making a competence in order that they might live as they desired to live; that they might travel, read, write, enjoy a secure leisure. But when they had done exactly what they meant to do, the desires were all atrophied. They could not give up their work; they felt it would be safer to have a larger margin, they feared they might be bored, they had made friends, and did not wish to sever the connection, they must provide a little more for their families: the whole programme had insensibly altered. Even so they were still planning to escape from something - from some boredom or anxiety or dread.

And yet it seems very difficult for any person to realise what is the philosophical conclusion, namely, that the work of each of us matters very little to the world, but that it matters very much to ourselves that we should have some work to do. We seem to be a very feeble-minded race in this respect, that we require to be constantly bribed and tempted by illusions. I have known men of force and vigour both in youth and middle life who had a strong sense of the value and significance of their work; as age came upon them, the value of their work gradually disappeared; they were deferred to, consulted, outwardly revered, and perhaps all the more scrupulously and compassionately in order that they might not

guess the lamentable fact that their work was done and that the forces and influences were in younger hands. But the men themselves never lost the sense of their importance. I knew an octogenarian clergyman who declared once in my presence that it was ridiculous to say that old men lost their faculty of dealing with affairs.

"Why," he said, "it is only quite in the last few years that I feel I have really mastered my work. It takes me far less time than it used to do; it is just promptly and methodically executed." The old man obviously did not know that his impression that his work consumed less time was only too correct, because it was, as a matter of fact, almost wholly performed by his colleagues, and nothing was referred to him except purely formal business.

It seems rather pitiful that we should not be able to face the truth, and that we cannot be content with discerning the principle of it all, which is that our work is given to us to do not for its intrinsic value, but because it is good for us to do it.

The secret government of the world seems, indeed, to be penetrated by a good-natured irony; it is as if the Power controlling us saw that, like children, we must be tenderly wooed into doing things which we should otherwise neglect, by a sense of high importance, as a kindly father who is doing accounts keeps his children quiet by letting one hold the blotting-paper and another the ink, so that they believe that they are helping when they are merely being kept from hindering.

And this strange sense of escape which drives us into activity and energy seems given us not that we may realise our aims, which turn out hollow and vapid enough when they are realised, but that we may drink deep of experience for the sake of its beneficent effect upon us. The failure of almost all Utopias and ideal states, designed and planned by writers and artists, lies in the absence of all power to suggest how the happy folk who have conquered all the ills and difficulties of life are to employ themselves reasonably and eagerly when there is nothing left to improve. William Morris, indeed, in his *News from Nowhere*, confessed through the mouth of one of his characters that there would be hardly enough pleasant work, like hay-making and bridge-building and carpentering and paving, left to go round; and the picture of life which he draws, with its total lack of privacy, the shops where you may ask for any-

thing that you want without having to pay, the guest-houses, with their straw-coloured wine in quaint carafes, the rich stews served in grey earthenware dishes streaked with blue, the dancing, the caressing, the singular absence of all elderly women, strikes on the mind with a quite peculiar sense of boredom and vacuity, because Morris seems to have eliminated so many sources of human interest, and to have conformed every one to a type, which is refreshing enough as a contrast, but very tiresome in the mass. It will not be enough to have got rid of the combative and sordid and vulgar elements of the world unless a very active spirit of some kind has taken its place. Morris himself intended that art should supply the missing force; but art is not a sociable thing; it is apt to be a lonely affair, and few artists have either leisure or inclination to admire one another's work.

Still more dreary was the dream of the philosopher J. S. Mill, who was asked upon one occasion what would be left for men to do when they had been perfected on the lines which he desired. He replied, after a long and painful hesitation, that they might find satisfaction in reading the poems of Wordsworth. But Wordsworth's poems are useful in the fact that they supply a refreshing contrast to the normal thought of the world, and nothing but the fact that many took a different view of life was potent enough to produce them.

So, for the present at all events, we must be content to feel that our imagination provides us with a motive rather than with a goal; and though it is very important that we should strive with all our might to eliminate the baser elements of life, yet we must be brave and wise enough to confess how much of our best happiness is born of the fact that we have these elements to contend with.

Edward FitzGerald once said that a fault of modern writing was that it tried to compress too many good things into a page, and aimed too much at omitting the homelier interspaces. We must not try to make our lives into a perpetual feast; at least we must try to do so, but it must be by conquest rather than by inglorious flight; we must face the fact that the stuff of life is both homely and indeed amiss, and realise, if we can, that our happiness is bound up with energetically trying to escape from conditions which we cannot avoid. When we are young and fiery-hearted, we think that a tame counsel; but, like all great truths, it dawns on us slowly. Not until we begin to

ascend the hill do we grasp how huge, how complicated, how intricate the plain, with all its fields, woods, hamlets, and streams is; we are happy men and women if in middle age we even faintly grasp that the actual truth about life is vastly larger and finer than any impatient youthful fancies about it are, though it is good to have indulged our splendid fancies in youth, if only for the delight of learning how much more magnificent is the real design.

In the Pilgrim's Progress, at the very outset of the journey, Evangelist asks Christian why he is standing still. He replies:

"Because I know not whither to go."

Evangelist, with a certain grimness of humour, thereupon hands him a parchment roll. One supposes that it will be a map or a paper of directions, but all that it has written in it is, "Fly from the wrath to come!"

Well, it is no longer that of which we are afraid, a rain of fire and brimstone, storm and tempest! The Power behind the world has better gifts than these; but we still have to fly, where we can and as fast as we can; and when we have traversed the dim leagues, and have seen things wonderful at every turn, and have passed through the bitter flood, we shall find - at least this is my hope - no guarded city of God from which we shall go no more out, but another road passing into wider fields and dimmer uplands, and to things more and more wonderful and strange and unknown.



PUZZLES & QUESTIONS

(Answers may be in next month's Chronicle.)

1. What percentage of the brain is fat?
2. What mistakes are repeated the most often?
3. Define metaphysics.
4. Suggest the best strategies for finding lost objects.
5. What is the difference between data and information?
6. What is the ideal size for a project team?
7. Estimate the area of the average American home. What is the area of the average kitchen?
8. Which words do you use too much?
9. What is the most recorded song of all time?
10. What percentage of store transactions is paid for with debit, credit, or prepaid cards? What percentage is paid with checks?
11. What are some of the earmarks of a good listener?
12. How many buffaloes are there in the United States?

ANSWERS TO LAST MONTH'S PUZZLES:

2. What portion of taxpayers get refunds? What is the average size of a tax refund?
A: About 80% of people say they will get a tax refund this year. The IRS estimates that the average size of a refund this year will be \$2,480, about 5% more than last year.
4. What is the most popular domestic airline flight in the U.S.?
A: New York to Fort Lauderdale is the most popular flight in the U.S.
6. How many nuclear power plants are there in the world?
A: There are 441 nuclear power plants in the world. There are another 284 nuclear reactors used in scientific and medical research, and 220 reactors used to power ships and submarines.

There are 30 additional nuclear power plants being constructed now, and 70 more are in the planning stages.
8. What percentage of couples have a baby within 3 years of marriage?
A: 65%, according to Fairchild Bridal Group, www.theknot.com.
10. What is the difference between jealousy and envy?
A: They are virtual synonyms, but some people think there are at least subtle distinctions between the two. One distinction made is that envy is the emotion of simply wanting a fungible good that another has. If someone has a new car, an envious person may simply want an equal car. With jealousy, by contrast, what the jealous person wants is something both parties cannot have, such as the exclusive affection of another. A jealous person wants the good for himself. Generally stated, jealousy is an emotion where one perceives that someone else is getting something that s/he feels is due to oneself.

Those who see jealousy and envy as distinct emotions tend to see jealousy as a three-party problem - the subject, the rival, and the object of rivalry, which may be a person. The jealous person's real focus is the beloved person or thing. Envy, by contrast, is a two-party problem, with an envier, the envied, and a third person or good. The envious person does not specifically focus on the good; he/she focuses on his rival, and feels pain when his rival gains and pleasure when his rival loses. In jealousy, the jealous person doesn't really care what happens to his rival as long as he, the jealous person, gains the object of his affection.

continued on next page

Others say that envy can be benign, an admiring kind of envy, with no desire to harm others at all. Critics say this is not envy at all but merely admiration and inspiration.

12. Which domestic automotive dealers sell the most cars per dealership?

A: According to Automotive News (2004), Toyota sells the most vehicles per dealership, 1,464. They are followed by Honda, 1,185; Ford, 729; Chevrolet, 664; Saturn, 483; GMC, 260; Pontiac, 170; Cadillac, 157; and Buick, 112.

KICK IRRATIONAL

by Brian Lord 4/10/06

MY home state of Indiana is only known for so many things. Corn. Basketball. The Indy 500. Corn. We produced James Dean- pretty cool. We also produced Michael Jackson- not so cool, but in the 60's we traded him to California for some oranges and a player to be named later, so I think that worked out for us. And up until recently we had one other thing that helped define us. Along with our compatriot Arizona, we could stand up and laugh the hearty laugh of those who are chronologically self-righteous, and shout at the other states, "We do not fear the rising of the sun, or the going down of the same! We do not choose to walk out of our offices in October into the pitch black night at 4:45PM! We do not all feel the need to skip church on that one Sunday in April because we 'accidentally' forgot to 'spring' our clocks forward! No, we will not change our clocks, and we are proud!" But alas, this past Sunday, for the first time in my life, Indiana chose to join the wandering herd of states who blend into the anonymous bi-annual metamorphosis, leaving Arizona to hold aloft the torch alone. I guess we'll have to make due with corn.

ATTACHED is the first chapter of a childrens book I've been working on. I grew up a huge fan of C.S. Lewis, J.R.R. Tolkien, etc (hmm...I wonder where Lewis and Tolks names came from?), and always wanted to try my hand at something like that- a kids story that adults could enjoy as well. I know this one chapter is more reading than a comic strip, so no offense if you don't read it all :).

Brian

CHAPTER 1

Mario crashed their heads together. "P-kish! P-kish!" He was lying on his side on the bed in the back of the motor home. His parents, aunties, uncle and

grand parents were crowded up in the front half of the motor home, talking, playing card games, or whatever The Big People did up there while grandpa drove. But down the little hall in the bedroom, with the door half closed, Mario could do what he wanted to do- which was to have a battle between the soldier and the bear.

Mario held the little plastic toy bear in his right hand. "You can never defeat me!" Mario said as he shook the bear. "That's what you think!" Mario replied for the soldier. Again, he crashed their heads together.

"OWWW!!!" said a low, sleepy voice. But it wasn't Mario's voice. He looked around. In the back of the motor home were the bed (it was a mattress that could be lifted up to reveal a large wooden box for storage), a few suitcases, and a TV-VCR. He looked up to see if a video was still playing, but the TV was off. He'd finished watching his cartoon movies about 10 minutes ago, so the sound didn't come from there. He decided to smash the bear and the soldier together again.

"OUCH!!!" said a voice, but this time it was more of a thin, scratchy voice. Mario put down the bear and the soldier, and looked down the little hall toward the front part of the motor home. Daddy was playing the guitar, and everyone seemed to be having fun. No one seemed to be hurt, upset, or have any reason to say "Ouch", much less "Ow!" But, as everyone knows, grown-ups are awfully loud, so he decided to close the little door to the bedroom in the back, and resume the battle in peace and quiet.

Mario picked up the bear and the soldier and was just about to ram them together when the scratchy voice said, "You'd better not crash us together, or it will be the last time you get to play with us!" Mario was surprised to see the Soldier in his right hand was giving him the meanest glare he thought he'd ever seen, and was pointing his finger at him. Mario

dropped the Soldier onto the bed as fast as his hand could let go. “Ooff!” winced the Soldier as he bounced down on the bed.

“And that goes for me, too. If that’s alright with you, I mean,” said the Bear politely. Mario’s eyes grew wide as the Bear in his right hand finished the sentence and then let out a yawn.

“You can talk!” Mario exclaimed.

“Of course, we can!” replied the Soldier. “But you’re usually just too busy banging our heads together for us to get a word in, Mister.” (The Soldier said ‘Mister’ in a very mean way). “It just had to stop.”

“I hope that’s fine with you, Sir, not having us battle” said the Bear to Mario. “I really don’t enjoy having my head bonked all the time. It makes it ever so hard to get to sleep.” The Bear let out another yawn. He didn’t seem too far from going to sleep, despite having his head bonked.

“But where did you learn to talk?” Mario asked. He’d seen a lot of toys talk on TV, but had never seen one talk in real life, at least not by itself.

“We definitely did not learn from you, Mister. All you say is ‘P-Kish! P-Kish!’ and make other weird fighting noises.” The Soldier finished saying this, then crossed his arms, and sat there stubbornly.

“Well, we learned some good words from you, I’m sure” the Bear offered meekly, “but most of it we learned in Thereyse.”

“Thereyse? Where is that?” Mario asked.

The Soldier glared at the Bear. Luckily, the Bear didn’t notice. “Why, its right underneath us!” he exclaimed.

“You mean Thereyse is the bed?” Mario asked. He didn’t think you could learn to talk from a bed.

“No, Thereyse isn’t the bed. Thereyse is under the bed,” the Bear replied with a smile. “At least, that’s one way to get there. There are probably a lot ways to get there, but that’s the only one near us that we know of. Thereyse is a wonderful place. The mountains, the rolling hills, the green grass- oh, how I’d love to lie in the grass and take a nice long nap.” The Bear was laying down on the bed with his paws

behind his head, with a dreamy, far-away look in his eyes. “But it’s not like out here. There the hills are just the right size for us.” The Bear’s smile slowly turned into a frown.

“If Thereyse is such a great place, why did you leave?” asked Mario. The Bear now seemed too sad to talk. As the minutes passed, Mario began to feel more and more sorry for the Bear, although he didn’t know why. Finally, the Soldier spoke.

“Because he was kidnapped!” the Soldier growled. “There are doors between this world and ours. That Bear over there kept looking for softer grass to sleep on and bigger shade trees to sleep under. He accidentally disappeared through one of those doors. I’m a soldier, so I was sent to find him and bring him back.”

“But you Big People mistook us for common toys!” The Soldier now stood up and shook his fist at Mario. “We were both taken prisoner and put in a fast food meal box, which you apparently bought. How humiliating that was!” The Soldier sat down again. “And we’ve been stuck on this motor home ever since. I told that Bear to be quiet, to not let anyone know he’s not really a toy (“How anyone could believe I’m a toy?” the Soldier grumbled to himself), until I could find a way to get us back to Thereyse. But he had to go and yell “OW!” and blow our cover.”

“But you yelled “Ouch” right after him,” Mario pointed out. The Soldier decided to ignore that comment.

Mario went on. “So if the way to Thereyse is right under this bed, why haven’t you gone there?” It seemed a reasonable question to him.

“Were you born yesterday, Mister?” The Soldier hissed. “If you haven’t noticed, we’re all of about three inches tall. Do you think we could lift this bed up? It weighs about a million pounds to us!”

Mario hadn’t thought about that. He wasn’t used to thinking about how toys looked at the world- or a Bear and a Soldier that only looked like toys. He decided that even though the Soldier wasn’t very nice, he’d help them because he felt so sorry for the Bear. Mario was a nice boy, and liked helping others.

“You know, I could lift up the mattress so you could get back into Thereyse.” The Bear’s eyes grew large

and he put his paws on top of the biggest Bear smile you've ever seen. He didn't seem sleepy or sad at all, now. "That would be wonderful!" the Bear exclaimed. "Not just great--wonderful!"

"Well, that's the least you could do after banging our heads together," the Soldier said as he and the Bear crawled to the edge of the mattress and peered over. Mario grabbed the bottom of the mattress and lifted, careful not to squish either the Bear or the Soldier with his hands. He leaned his head to the side, looked under, and saw--

Brian Lord is an internationally read cartoonist, writer, and member of Middle Tennessee Mensa (Nashville area). His cartoon Kick Irrational is read weekly by people in 192 cities, 46 states and 9 countries via the Internet. His work can be seen at www.KickComics.com You can see the Kick Irrational comics page at www.kickirrational.com



NOTED AND QUOTED

In a Russian tragedy, everybody dies. In a Russian comedy, everybody dies too. But they die happy.

- Barry Farber, (1930 -), radio talk show host

It is so disagreeable to think ill of ourselves, that we often purposely turn away our view from those circumstances which might render that judgment unfavourable.

- Adam Smith, (1723 - 1790)

Man always seeks to rationalize his necessities - and, whenever possible, to glorify them.

- H.L. Mencken, (1880 - 1956)

Be no man's lackey.

- Immanuel Kant, (1724 - 1804),

The Metaphysics of Morals, 1797

Let justice be done though the world perish.

- motto of Ferdinand I, (1503-1564), Hungarian King, Holy Roman Emperor

A true leader is not one you look up to because they are the best. A true leader is one that draws the best out in you.

- Anne Warfield, speaker, consultant and coach

I came like Water, and like Wind I go.

- Omar Khayyam, (1043? - 1123?)

It may be those who do most, dream most.

- Stephen Leacock, (1869 - 1944), Canadian humorist, and literary biographer

We are more often frightened than hurt; and we suffer more from imagination than from reality.

- Marcus Annaeus Seneca, (4 B.C.E. - 65 A.D.), Roman Statesman, philosopher

Art should never try to be popular. The public should try to make itself artistic.

- Oscar Wilde, (1856 - 1900)

A critic is a bundle of biases held loosely together by a sense of taste.

- Whitney Balliett, jazz critic

critic, n. A person who boasts himself hard to please because nobody tries to please him.

- Ambrose Bierce, (1842 - 1914)

Some praise at morning what they blame at night, But always think the last opinion right.

- Alexander Pope, (1688 - 1744), English poet and critic

Truth fears no trial.

- Proverb

Everyone wishes to have truth on his side, but not everyone wishes to be on the side of truth.

- Richard Whately, (1787 - 1863), Anglican archbishop of Dublin, writer

Author: A fool, who, not content with having bored those who have lived with him, insists on tormenting the generations to come.

- Montesquieu, (1689 - 1755)

A tavern is a place where madness is sold by the bottle.

- Jonathan Swift, (1667 - 1745)

Everyone has his day and some days last longer than others.

- Sir Winston Churchill, (1874-1965)

In society it is etiquette for ladies to have the best chairs and get handed things. In the home the reverse is the case. This is why ladies are more sociable than gentlemen.

- Virginia Graham, (1912 - 1998), TV talk show host

Choose the life that is most useful, and habit will make it the most agreeable.

- Francis Bacon, (1561 - 1626)

Manners are a sensitive awareness of the feelings of others. If you have that awareness, you have good manners, no matter what fork you use.

- Emily Post, (1872 - 1960)

The best remedy for a short temper is a long walk.

- Jacqueline Schiff

The average dog is a nicer person than the average person.

- Andrew Rooney, (1919 -)

Television is an invention that permits you to be entertained in your living room by people you wouldn't have in your home.

- David Frost, (1939 -)

Most of us can read the writing on the wall; we just assume it's addressed to someone else.

- Ivern Ball

He has not learned the first lesson of life who does not every day surmount a fear

- Ralph Waldo Emerson, (1803 - 1882)

Give me six hours to chop down a tree and I will spend the first four sharpening the axe.

- Abraham Lincoln, (1809 - 1865)

A day of worry is more exhausting than a day of work.

- Sir John Lubbock, (1840 - 1913), banker, legislator, anthropologist, and naturalist

Good Wine Cheap

(and good food to go with it)

by John Grover

This month we will match a spirited wine from down under with a rather zesty seafood dish. The wine is the 2004 Sauvignon Blanc from Cairnbrae Vineyards, located in the Marlborough Region of New Zealand. First notice the aroma of grass as you bring this white wine to your nose. Once you take a sip, intense tropical fruit, primarily kiwi, fills your mouth. This wine is wonderfully smooth, almost like velvet or cream, and finishes with a scrumptious acidity. It normally sells for \$11-\$12 a bottle, but I got it as part of a case for under \$10.

Pan Seared Tuna with Peppercorns (adapted from the "Simply Delicious" column by Sheila Lukins in Parade Magazine; she is also the author of several excellent cookbooks.)

Ingredients: 6 tuna steaks (6 oz. each about 1 inch thick); 2 tbsp olive oil; 2 tbsp fresh lemon juice 1/4 cup whole black pepper corns; salt & pepper to taste.

Marinate tuna in a bowl or food bag with the oil, lemon juice and salt and pepper for 20 minutes, turning once and making sure all meat is coated. Separately, crush the peppercorns coarsely in a mortar and pestle or place in double plastic bag and whack with a mallet. Dip the edges of the marinated tuna into the crushed peppercorns. Heat a nonstick skillet over medium heat. Sear the tuna steaks 4 minutes per side for medium rare, adding 2 to 3 tbsp of the marinade to skillet to prevent sticking. Serve with Roasted Orange Garlic Mayonnaise described below. Makes six servings.

Roasted Orange Garlic Mayonnaise

Ingredients:

1 cup orange juice
1 large head garlic, outer layer removed and top trimmed
1 cup prepared mayonnaise
salt and pepper to taste.

Simmer juice in a small pot 20 to 25 minutes until thick and syrupy. Cool. At the same time, pre heat oven to 350 degrees, bake garlic in foil until cloves are soft, about 1 & 1/4-hour. Squeeze cooled garlic into bowl add orange syrup stir and then fold in mayonnaise. Cover and refrigerate well ahead of time for flavors to blend. It makes an exotic combination of flavors with the tuna above.

I hope that you will contact me with your comments and favorite wines at jgrover@berk.com. I will be happy to share them with the broader Mensa group.

John Grover is a member of Mensa of Northeastern New York. He lives with his wife Sharon in the Hudson Valley of New York.



If you wish to comment on articles or submit material, please write or e-mail Jim Mizera at PMB #181, 7365 Main St., Stratford, CT. 06614-1300, Jmizera@hotmail.com. E-mail submissions are preferred. Please include your name, address, and e-mail address or telephone number. Anonymous material will be rejected, although names will be withheld on request. Items will be returned if accompanied by a self-addressed, stamped envelope. Currently, the deadline for postal submissions is the 15th of the month preceding publication, and the 20th of the month for e-mail submissions.

CHAPTER NOTES

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BUSINESS OFFICE AMERICAN MENSA, LTD.
1229 Corporate Drive West
Arlington, TX 76006-6103

Phone: 817-607-0060
Fax: 817-649-5232
E-mail: AmericanMensa@mensa.org
Website: www.us.mensa.org

LIST OF SOUTHERN CONNECTICUT MENSA OFFICERS

President	Rick D'Amico	203-368-2778	usamarbiol@aol.com 1353 Brooklawn Ave. Fairfield, CT 06825
Vice President	Jim Mizera	203-522-1959	jmizera@hotmail.com PMB 181, 7365 Main St. Stratford, CT 06614-1300
Treasurer	Paul Passarelli	203-846-1623	paul@solarandthermal.com 44 Ellen St. Norwalk, CT 06851-2520
Secretary	Amy Harold	203-261-6517	amyharold@earthlink.net 110 Bart Road Monroe, CT 06468-1117
Editor	Jim Mizera	203-522-1959	jmizera@hotmail.com PMB 181, 7365 Main St. Stratford, CT 06614-1300
Publisher	Amy Harold	203-261-6517	amyharold@earthlink.net 110 Bart Road Monroe, CT 06468-1117
Web Master	Thomas O'Neill	203-336-5254	doctec@optonline.net 68 Pierce Ave. Bridgeport, CT 06604-1607
Ombudsman	Gary Oberst	203-853-1810	gary@oberstlaw.com 111 East Ave. Norwalk, CT 06851-5014
Membership Officer	Jim Mizera	203-522-1959	jmizera@hotmail.com
Reg. Vice Chairman	Marghretta McBean	845-889-4588	rvc1@us.mensa.org