

# SOUTHERN CONNECTICUT MENSA CHRONICLE

If you or someone you know would like to be a speaker at our monthly dinner, please contact Jim Mizera at 203-522-1959 or [Jmizera@hotmail.com](mailto:Jmizera@hotmail.com). The dinner is held the third Saturday of the month.

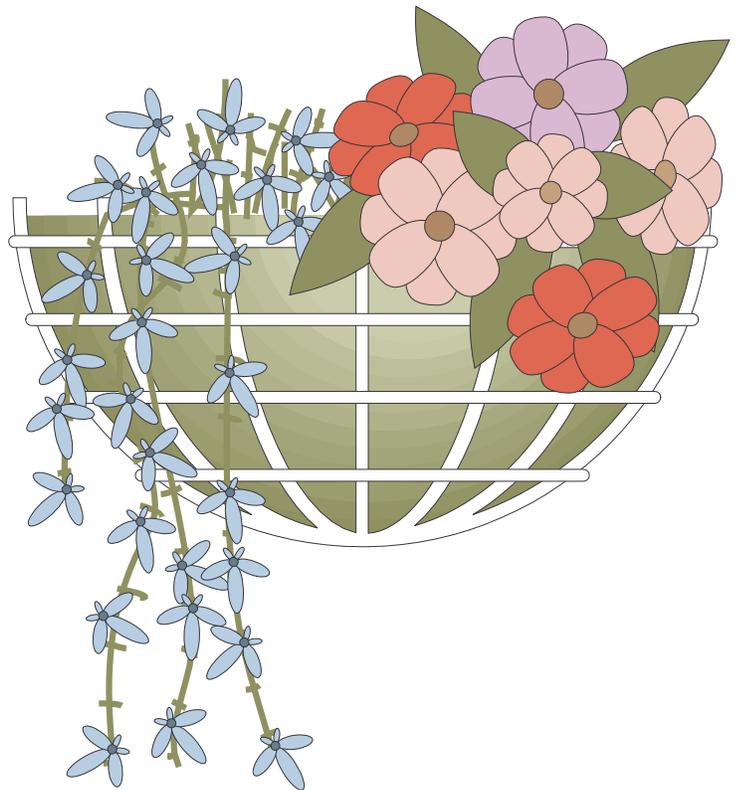


## ARCHIVED COPIES OF THE CHRONICLE

going back to 2000 are available on the Internet at <http://scm66.org> (Note: this is a new URL). 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.

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**MEMBERSHIP RENEWAL:** If you have an annual Mensa membership, your membership will expire 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](http://www.us.mensa.org) to renew.

**TEEN MENSANS** – Interested in forming a Teen Mensa group in CT Mensa? If you'd like to get together and meet with other young Mensans to discuss interests and plan activities, this is your chance. Contact Quinn Gruver at [ConnecticutLady@aol.com](mailto:ConnecticutLady@aol.com).

**ATTENTION SOUTHERN CT MENSANS:** *The Southern CT Mensa Executive Committee needs a member to assume the open position of Secretary. We also need Proctors, who administer admissions tests to local candidates for Mensa. This is your chance to put ideas that can help our local chapter into action. Please notify one of the current board members to volunteer for these positions.*

### **HIKING IN FAIRFIELD COUNTY (Non-Mensa event)**

A few members have mentioned an interest in hiking locally recently. One group that sponsors regular local hikes of varying lengths and includes a number of Mensans as members is the Central Fairfield County Hikers (<http://hiking.meetup.com/392/>). This group uses meetup.com (a great site, in case you're not familiar with it) to coordinate its hikes. There is a detailed description of each hike. To participate in a hike, please sign up through meetup.com. If you have any questions about the hiking group, please feel free to contact Deb Jennings [locsec@rocketmail.com](mailto:locsec@rocketmail.com), (President, Southern CT Mensa). In addition, if you are interested in organising a hike or trying to get in contact with other Mensa hikers, we can include information in this monthly letter and help you with organizing and publicizing your events.

### **SCHEDULE OF CHAPTER EVENTS - MAY**

Friday, May 14, 7:00 **Danbury Dinner - Southern Connecticut and Connecticut/Western Massachusetts Joint Dinner**

at a new venue, The Pasta Garden, 174 Federal Rd, Brookfield CT 06804 (restaurant phone: (203) 775-0426). Interested M's should contact Ward Mazzucco at 203-744-1929, ext 25, [wjm@danburylaw.com](mailto:wjm@danburylaw.com) or Rev. Bill Loring at 203-794-1389, [fr.bill@comcast.net](mailto:fr.bill@comcast.net) for more info on location and/or reservations.



Saturday, May 15, 6:15 pm  
**MONTHLY DINNER Putnam House Restaurant** The Seelye Room, 12 Depot Place, Bethel (downtown – across from old railroad station), CT 06801 ([www.theputnamhouse.com](http://www.theputnamhouse.com) - Dinner Menu 1). TOPIC: "FLYING MODEL AIRPLANES". Noted author and editor Jon

Admitted in CT, NY & OR

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Chappell will talk about what he learned about aviation and electronics when he took up the hobby of flying remote-controlled airplanes. Jon was Editorial Director at Radio Control microFlight, editor-in-chief of Guitar Magazine and wrote several books on guitars in the "...For Dummies" series. Dress is casual. Before the presentation, we will enjoy dinner. We will be ordering from Dinner Menu 1 (check [www.theputnamhouse.com](http://www.theputnamhouse.com)). There is parking in the rear of the restaurant and in the nearby Old Railroad Station lot. You can bring a donation of money or food to benefit the Connecticut Food Bank. Contact Jim Mizera, [jmizera@hotmail.com](mailto:jmizera@hotmail.com), 203-522-1959, for information and reservations. In case of severe weather, please call. Reservations encouraged.

Sunday, May 16, 3:00 pm to ?

#### **BILLARDS**

At U.S.1 Billiards, West Haven CT (just past the Orange/West Haven border, past Best Buy and Target, on Route 1 - easy access off of Exits 41 or 42 of I-95. U.S.1 has a deal where you can play from 3pm to 8pm for a flat \$10 rate. Like On Cue, all the tables are 9 ft Brunswick Gold Crown tables. Contact Tom O'Neill at [doctec2@gmail.com](mailto:doctec2@gmail.com) for further info.

Tuesday, May 18, 7:30

#### **Post Road Dinner**

The Bridge House Restaurant, 49 Bridgeport Ave. (Post Rd.), Milford, CT ([www.milfordbridgehouse.com](http://www.milfordbridgehouse.com))(Just over the Stratford-Milford bridge.) This restaurant closes at 9:00 on Tuesdays. Contact Jim Mizera at [jmizera@hotmail.com](mailto:jmizera@hotmail.com) or (203) 522-1959 for reservations or info.

Tuesday, May 25, 7:00 pm

**Book Discussion**

Barnes and Noble coffee shop, Post Plaza Shopping Center, 1076 Post Rd. East, Westport, CT, 06880. How Doctors Think, by Jerome Groopman, MD, 2007. Contact Jim Mizera at [jmizera@hotmail.com](mailto:jmizera@hotmail.com) or (203) 522-1959 for reservations or info.

**JUNE**

Friday, June 11, 7:00 pm

**Danbury Dinner**

Southern Connecticut and Connecticut/Western Massachusetts Joint Dinner

Saturday, June 19, 6:30 pm

**MONTHLY DINNER**

Putnam House Restaurant

**CONNECTICUT AND WESTERN MASSACHUSETTS  
CHAPTER UPCOMING EVENTS**

This is not a complete listing WE - Weekly Event, ME - Monthly Event, YE - Yearly Event CT & W. Mass Calendar Editor Gisela Rodriguez, 860-888-9867, email: [lilith@beadylittleskies.com](mailto:lilith@beadylittleskies.com).

**MAY**

5, 12, 19, 26 Wednesdays 6:30 - 9:00 pm

**Open Mike Night**

(WE) at Peaberry's Coffee Shop on Rte 10 in between Fitzgeralds Market and CVS, Simsbury, CT. This is a regular musician event. If you want to see MensaFran make a fool out of herself, this is the place. Great munchies, coffee, tea, freeziedrinks and stuff. No alcohol. Fun people. Fran Devevo 860-738-8488 leave a message, calls returned about 9 pm or weekends or email [mensafran@yahoo.com](mailto:mensafran@yahoo.com)

6, 13, 20, 27 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).

7 Friday 5:30 pm

**Happy Hour in Wallingford**

(ME, 1st Fridays) Ann Polanski (contact her at 203-269-4565 or [ann.polanski@rfsworld.com](mailto:ann.polanski@rfsworld.com) or [ann.polanski@comcast.net](mailto:ann.polanski@comcast.net)) at Alina's Ristorante, 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. Alina's is in the Yale Plaza on the right.

8 Saturday 10:00 am

**Hike the Tower Trail**

at Sleeping Giant State Park in Hamden, CT. Come and hike a wide clear path that climbs to a summit with a tower and wonderful views of the surrounding area. To the tower and back is about 3  $\pi$  miles and the elevation rises from 90 to 739 feet. Wear sturdy shoes and bring water and a snack. Plan on about 2  $\Pi$  hours. Contact Janine Bujalski at 203-288-5964 or email [Janine.Bujalski@gmail.com](mailto:Janine.Bujalski@gmail.com) for information on the meeting place and parking. Subject: May 8 Hike.

8 Sunday 2:30 pm - **Rescheduled date**

**Book Discussion**

Join us at Pamela Guinan's home, 323 Griswold Road, Wethersfield, CT, for a discussion of The Other Brain: From Dementia to Schizophrenia, How New Discoveries about the Brain Are Revolutionizing Medicine and Science by R. Douglas Fields (nonfiction). "Virtually every educated person knows that brain function is the result of brain cells called neurons. Wrong! Neurons comprise only 10% of brain cells. The majority of other cells in the brain are collectively known as glia" Research over the past 30 years has shown that these cells are equal partners in cognitive information processing, and may be more important than neurons. In fact, they may actually be directing the networks of neurons that have been considered the basis of intelligence, memory formation and consciousness for over a century. RSVP to Pam Guinan 860-563-5761 or [Pamela.cwm@hotmail.com](mailto:Pamela.cwm@hotmail.com)

8 Saturday TBA

***Mensa Admissions Testing***

(ME, 2nd Saturday): C&WM Mensa now holds regular testing in Newington, CT on the second Saturday of every month. Please preregister to attend by contacting the testing Proctor Coordinator, David B. Collier at Testing@CWM.US.Mensa.org for more details, including directions. In addition to the regular testing, additional tests will be made available around the region as candidate interest requires. To register for testing updates, go to [www.us.mensa.org/directtesting](http://www.us.mensa.org/directtesting) and provide an email address. You can also save time at the site by paying for your testing session online at [www.us.mensa.org/testingvoucher](http://www.us.mensa.org/testingvoucher).

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8 Saturday evening

***Steam Vent Concert/Open Mike***

returns (ME, 2nd Saturday). Email Deb at [info@firstchurchofwinsted](mailto:info@firstchurchofwinsted) for information, or Fran Devevo at [mensafran@yahoo.com](mailto:mensafran@yahoo.com)

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9 Sunday 12:30 pm

***Indian Lunch***

(ME, 2nd Sunday) Meet us at Haveli India Restaurant for an all you can eat Indian buffet for only \$9.95! The food is fabulous and the restaurant is conveniently located at 1300 South Main St., Rte 17 in South Middletown. Call Barb Holstein for a reservation, 860-632-7873 or [BarbCPA@att.net](mailto:BarbCPA@att.net). RSVP to Manny Ratafia [manny@ratafias.com](mailto:manny@ratafias.com). To read about the restaurant, or get directions, check [haveliindia.com](http://haveliindia.com)

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9 Sunday 1:35 pm

***Mensa Goes to a Baseball Game***

Meet in section 213, about four rows from the top, for a 1:35 start, and watch the New Britain Rock Cats (Double-A Twins) host the Portland Sea Dogs, farm team for the Boston Red Sox. Beer, jokes, commentary, and insights along with a preview of the upcoming Kentucky Derby at no extra charge. For info, contact [tom.thomas@the-spa.com](mailto:tom.thomas@the-spa.com) or [www.rockcats.com](http://www.rockcats.com)

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12 Wednesday 5:30 pm

***Shoreline Happy Hour***

(ME, 2nd Wednesday) in Branford at The Donovan's Reef [www.donovans-reef.com](http://www.donovans-reef.com) web site has a small map, and here are some directions with distances - from I-95 take exit 54/Cedar Street. Proceed south on Cedar Street, crossing Route 1 (North Main Street) for about 0.5 mi. to Rose Street. Take a left on Rose, pass the Post Office on your right and go 0.25 mi. to a driveway on the right where you will enter the parking lot for a number of businesses in a complex known as Lockworks Square. Donovan's Reef is partway through on the left. Locals can also enter Lockworks Square from the Ivy Street side just off of Main Street. Shoreline Foods faces Ivy. The lounge is on the left inside. We usually reserve the round table in the corner (with potential to annex adjacent ones) and will likely have an "M" sign visible. We start around 5:30. There are free daily bar munchies and numerous tasty items in the comprehensive and modestly priced menu. Hope to see you there! Questions? Contact Mike Wilson at 203-481-2858 or [MahoutMike@aol.com](mailto:MahoutMike@aol.com)

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14 Friday 6:30 pm

***Diner Dinner***

semimonthly, 2nd and 4th Fridays) 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. Questions? For info, contact Howard Brender at 860-635-5673 or [howiebren@aol.com](mailto:howiebren@aol.com) Subject: Diner Dinner

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15 Saturday 1:00 pm

***Brewery Bonanza***

Join us for several stops along the Vermont Brewery Trail, all based in Burlington. The following schedule is tentative, and will be confirmed with the various establishments in the weeks before the event:

1:00 p.m. Switchback Brewing Company (160 Flynn Avenue)

2:00 p.m. The Vermont Pub & Brewery (144 College Street)

4:00 p.m. Three Needs Brewery & Tap Room

(207 College Street)

5:00 p.m. Zero Gravity Craft Brewery at American Flatbread (15 St. Paul Street)

Switchback is two miles south of the other three, which are all within walking distance of each other in downtown Burlington. You are welcome to join us for all or any part(s) of this event; when you RSVP to Claire Natola at mensabear@gmail.com or (603) 279-9986, just let her know which establishments you intend to visit.

These breweries are all part of the Vermont Brewery Challenge; you can pick up a "passport" at any of these locations, and have it stamped as proof of your visit. You may then submit your stamped passport to the Vermont Brewers Association in exchange for various gifts after you have visited four, ten, or all the breweries (18) on the passport.

So, have yourself a good hearty breakfast that morning! We'll take a tour of the Switchback Brewery at 1:00. From there, we will go to the Vermont Pub & Brewery ([www.vermontbrewery.com](http://www.vermontbrewery.com)), which has an extensive and inexpensive menu from which we can enjoy a mid-afternoon snack at 2:00. We'll then walk over to Three Needs when their tap room opens at 4:00 for a sampling. Our journey finishes at American Flatbread

([www.americanflatbread.com](http://www.americanflatbread.com)), where we can finish our day at 5:00 with a taste of their hand-crafted beers, followed by dinner.

Confirmation of the final schedule will be posted to the Vermont Mensa website (<http://www.vermontmensa.com/>), and to our Facebook and Yahoo Groups. Your early RSVP will ensure you a spot and ensure that you are kept up-to-date with the latest information. I look forward to seeing you in Burlington!

20 Thursday 6:30 pm

**Pioneer Valley Dinner**

(ME, 3rd Thursday) ) at La Piazza Ristorante , 30 Boltwood Walk in Amherst, Mass. Questions? Ian Fraser [ianfraser@usa.net](mailto:ianfraser@usa.net)

28 Friday 5:00 pm

**Happy Hour**

(ME, 4th Friday) at Harry's Sports Grill in The Holiday Inn in North Haven, web site [www.harrysportsgrill.com](http://www.harrysportsgrill.com). Come on down and join us this month, we'd love to see ya. Contact Gail Trowbridge 203-877-4472 or

[gail\\_trowbridge@yahoo.com](mailto:gail_trowbridge@yahoo.com)

28 Friday 6:30 pm

**Diner Dinner**

(semimonthly, 2nd and 4th Fridays) 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. Questions? For info, contact Howard Brender at 860-635-5673 or [howiebren@aol.com](mailto:howiebren@aol.com)  
Subject: Diner Dinner

**LOOKING AHEAD**

5 Saturday 2:30 pm

**Book Discussion**

Join us at Pamela Guinan's home, 323 Griswold Road, Wethersfield, CT, for a discussion of Household Gods by Judith Tarr and Harry Turtledove, a well recommended time travel/historical fantasy novel -- Nicole Gunther-Perrin is a single mother of two. Today her daycare provider's quitting. At the office, her male colleague has made partner and she hasn't. The kids get sick, the microwave dies, and her ex goes on vacation with his girlfriend. Staring at a votive plaque of Liber and Libera, Roman household gods, Nicole falls asleep wishing she lived in the past, surely a better and easier time. She awakens in second-century Carnuntum, a town near the Roman Empire's borders. Death, disease, and dirt are commonplace. Slavery and corporal punishment are facts of life, and war, pillage, and rape are constant threats. Mere survival is hard work. Though Nicole adapts and even enjoys some of her experience, she longs to return to her own time . RSVP to Pam Guinan 860-563-5761 or [Pamela.cwm@hotmail.com](mailto:Pamela.cwm@hotmail.com)

19 Saturday

**Solstice Party**

C&WM Mensa Solstice Party at the Essex Corinthian Yacht Club. Save the date! Details TBA.

## REGIONAL GATHERINGS

**MENSA 2010 ANNUAL GATHERING. June 30 – July 5, Dearborn, Michigan**

50th Anniversary of Mensa in North America. Visit <http://www.ag.us.mensa.org> for more information.

As 2009 draws to a close, so does the best registration rate of \$80 for the 2010 Annual Gathering. More than 1,000 Mensans have already registered to attend. Running from Wednesday, June 30, to Monday, July 5, AG10 is taking advantage of the holiday and scheduling a full extra day of fun! Along with Young Mensan programming and leadership development, the AG's program tracks will include:

- Mensa Gold: The celebration of Mensa in North America's 50th continues!
- Diverse Detroit: Explore Detroit as a microcosm of diversity and race relations.
- History in Motion: A Mensan view of the auto industry and its impact on the past century.
- Lions and Tigers and... All Things Sports! This track is for anyone who believes in making it against the odds.

- Motown Motion: How the Detroit Sound and its players influenced generations through music.
- Politics and Borders: From influential labor leaders to international relations, see what makes Detroit politics so intriguing.
- Cadillac's Ponchartrain: Motor through miscellaneous topics in style!

Still to come: day tours, the AG three-meal plan including the anniversary gala, and more! Don't miss it! Visit <http://www.ag.us.mensa.org> for more information. We hope to see you there!  
Maria Sawczuk, AG 2010 Chair

## Cape Cod Mini-RG

**A Whale Of A Good Time  
May 7-9, 2010**



Join us on beautiful Cape Cod for a relaxing, unstructured weekend of socializing and hospitality with old friends and new. Visit Provincetown, enjoy great seafood, go whale watching, antiquing, bicycling, or just sit back and listen to the ocean. A great RG for first-timers!

Hotel rooms are \$74.95 for 1-4 people until 3/31, then \$79.95. Mail your check, made out to "Corsair", directly to them at: 41 Chase Avenue, Dennisport, MA 02639. Make your reservations early as the Corsair and Crossrip fill up fast. Hotel information / reservations: 800-345-5140.

Friday dinner and Saturday and Sunday breakfasts are included in registration (served in Hospitality). You're on your own for Saturday lunch and dinner. Most folks go day-tripping Saturday and then out to local restaurants in groups in the evening.

Adult registration is \$45 until 4/30, \$55 after. Day rates available on website. Children under 6 are free. Ages 6-20 are \$1 per year of age.

Visit the RG website at [www.CapeRG.org](http://www.CapeRG.org) for more information and updates. You can register and pay online, so what are you waiting for?

## FROM THE REGIONAL VICE CHAIRMAN

LORI NORRIS

RVCHAT

After the rains at the end of March, I'm looking forward to the, hopefully, sunny month of May. Here in Rhode Island, the Pawtuxet River (as shown on national TV) flooded and reached the 200-year flood level. Highways, schools and stores were closed. We received over 16" of rain in a three-day period. Fortunately, our house was not affected - we're on slightly high ground, about 27' above sea level.

This month we will travel to Boston Mensa's Cape Cod Mini-RG. This is an unstructured RG giving us time to explore the area, go whale watching, play miniature golf, or just plan relax and enjoy the company. There will be game playing and much conversing.

Mind Games® 2010 was held in mid-April in San Diego. I know that many Region 1 members made the pilgrimage to California and had a great time. Mensa of Northeastern New York will host the 2011 Mind Games the weekend of April 15-17 in Albany, NY at the Best Western Sovereign (\$75 per night). See MoNNY's website for registration information. Registration for this event will be limited so you may want to register early. Also, they seek volunteers to help the weekend run smoothly. I have only been to one Mind Games but had a great time and look forward to it again next year.

July will bring the joint American/Canadian Annual Gathering (AG) in Detroit, MI celebrating the 50th anniversary of Mensa in North America. It will be hosted by the Gen X SIG. The meal plan options and program listing are available on the AG webpage. There will be members in attendance from most of the states, Canada, and from about a dozen other countries. The planners expect that attendance will easily top 2,000. Sounds like it will be a great 6-day weekend. The next AMC (Mensa's board of directors) meeting will be held at the AG. In addition, the Annual Business Meeting of the corporation will be held during the AG. This is your chance to have your voice heard.

Boston Mensa held a one-day Leadership Retreat in early April. A Leadership Retreat is designed to bring together leaders, and other members, to plan for the local group's future and to improve its operation. I think this is a great idea and strongly recommend that your local group look into holding a retreat.

Congratulations to my husband, Ron, as he takes the office of LocSec of Rhode Island Mensa. This will be the second local group in which he has held the CEO post.

- Lori

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## THE APRIL DINNER

### Naturopathy - The Botanical Prescription

Twenty people came to the April dinner in Bethel, a high for the year. They didn't go away disappointed, as we enjoyed the cuisine at the Putnam House Restaurant and then settled back to hear Jenna Henderson, Doctor of Naturopathy (ND), explain the practice of naturopathic medicine, emphasizing how it uses botanical remedies rather than pharmaceutical drugs.

Jenna has been a member of Southern CT Mensa for several years. Some of us remember her studying assiduously for her NPLEX (Naturopathic Physicians Licensing Examination) after she completed her Doctor of Naturopathy at the University of Bridgeport (U.B.) in 2007. One of her fellow graduates, Cassandra Mannhardt, ND, who was visiting Jenna for the weekend from Virginia, was at the dinner and added her own observations to Jenna's talk.

### BECOMING A NATUROPATHIC PHYSICIAN

Jenna decided to pursue her naturopathy career after she lost her kidney. She visited alternative medicine practitioners to deal with her problems after her surgery and she told us, "I always wondered if I could have prevented my kidney loss if I had visited naturopaths earlier." She wanted to help both herself and others, so she enrolled in the College of Naturopathic Medicine at U.B. and dug into the intense program.

The University of Bridgeport Naturopathic College is one of half a dozen accredited programs in North America that grant N.D. degrees. Naturopathic students must study both naturopathic medicine and allopathic (conventional) medicine, including the interactions between herbs and pharmaceutical drugs. To gain their license, they must then pass the NPLEX exams. The NPLEX is a rigorous multi-day two-part test. Part I is the Basic Science Examination, covering Anatomy, Biochemistry, Microbiology, Pathology, and Physiology. Part II is the Clinical Science Exam, a three-day applied test with sections covering Botanical Medicine, Pharmacology, diagnostics and procedures, and more.

Jenna passed the exams and joined a naturopathic practice in Bethel last year. She also practices online, advising people on kidney health on her Facebook website. She has some 1300 regular visitors to her site, including many from overseas. Her main goal, she said, is to keep people with kidney problems off dialysis.

Connecticut is one of fifteen states that license naturopathic physicians as primary healthcare providers. The District of Columbia and the territories Puerto Rico and the Virgin Islands and six Canadian provinces also do so. While different states each have their own laws on what N.D.'s can do, in general, Jenna noted, naturopaths cannot prescribe drugs or perform surgery, except for minor surgery on cuts or wounds.

Dr. Henderson mentioned that there are other professionals besides ND's who practice herbal medicine. Registered Herbalists (RH's) belong to the American Herbalists Guild (AHG). Member herbalists hold a certificate based on hundreds of hours of study in biological sciences and herbal medicine in an approved program and four years of training and clinical experience. Besides ND's and RH's, MD's who take short courses in complementary medicine often are allowed by states to practice naturopathy, Jenna noted slightly sarcastically.

### A HISTORY OF HERBAL MEDICINE

Jenna outlined the long history of herbal medicine for us, going back to Sumerian texts from about 5,000 years ago that describe the use of herbal remedies. Chinese writings dated at around 2800 B.C.E. also record herbal medicine use. Similarly, India, the Middle East, and Europe have all used herbs to treat illnesses for more than a thousand years. .

Hippocrates (c. 460 B.C.E), who is often called the father of medicine, could be called a founder of naturopathic medicine as well. His precepts for good health were few; he prescribed a few simple herbs and rest. The Greco-Roman physician Galen, another early figure in the canon of Western medicine, was a bit more elaborate; he used many herbs in his practice and compiled a list common illnesses and their herbal cures.

Jenna traced some modern treatments back to the herbalists of ancient times. Hippocrates, for instance, used a natural precursor of aspirin, the white willow bark, to alleviate aches, pains, and fevers, as did the ancient Chinese. It wasn't until 1829, however, that European scientists isolated the compound salicin as the active ingredient in the bark. The German company Bayer created a synthetic version in the mid 1800s, and ultimately chemists modified it to create aspirin. Although aspirin may be cheaper than natural salicin, it is not as benign because it can cause bleeding and it blocks the body's production of eicosanoids, master hormones that control many vital physiological functions.

Other cultures were also using the white willow bark and many other natural remedies. In India, Aruveydic (AH- yer- vey- dik) medicine complemented herbal medicine with massage, yoga, meditation, and breathing exercises.

How did herbalists of old decide how to use herbs? Indigenous peoples generally learned by watching how animals reacted when they ate herbs, Jenna said. Some natural healers decided based on the taste. In Oriental medicine, herbalists felt that bitter-tasting herbs were good for one organ system and sour-tasting herbs were good for another.

In the Middle Ages, monasteries were centers of herbal medicine. They preserved and studied the works of Greek physicians, planted herbal gardens, and cared for the sick and injured.

About 1100, the Arab world heavily emphasized herbal medicine. The famous Arab physician Acivenna mentions them in his works. The Arabs drew on knowledge gained from trade with Europe, India, and China, and translated this information into Arabic. They also began the systematic testing of herbal medications.

Unfortunately, Jenna explained, during the Middle Ages and Early Modern period, many doctors used the wrong basis for prescribing herbs. They relied on the Greco-Roman humoral theory, which proposed that the human body was filled four basic elements - black bile, yellow bile, phlegm, and blood - which needed to be kept in balance. Bloodletting was one crude

way used to bring the humors back into balance. Folk practitioners also blended herbal medicine with incantations, which brought them disdain.

Jenna considered Paracelsus, an important 16th century physician, to have brought both progress and harm to medicine. While he introduced chemicals and minerals as medical treatments and searched for medicines in herbs, he also brought the use of heavy metals, with their toxic side effects.

## NATUROPATHY IS BORN

Bringing the history of natural medicine up to date, Jenna talked about its growth in Europe and the U.S. in the late 19th century, when hydrotherapy, vegetarianism, and fiber diets gained popularity. In this era, osteopathic, homeopathic, and eclectic schools of medical thought all competed. The German Benjamin Lust brought the Old World to the New when he immigrated to the U.S. in 1890. He coined the word naturopathy and founded the American School of Naturopathy in 1902 in New York. But as some in the audience mentioned, naturopathy's fortune soon changed. 1910 marked a turning point in American medical education. That year, the Carnegie Foundation published the Flexner Report, a study on medical education. It recommended standardization of medical schools in North America, advocating requirements for entry (two years of college science), length of study (four years – two years of training in anatomy and physiology and two years of clinical work in a hospital), and affiliation (medical schools should be part of universities and not proprietary trade schools). In the next two decades, these became standards for accreditation. Medical schools sought to meet the standards but many failed. The number of medical schools and graduates dropped by 50%. Accreditors judged naturopathic schools as unscientific. The new requirements plus progress in vaccines, antibiotics, surgery, and public health persuaded many Americans to ignore naturopathy. But in 1956, the first of a new generation of naturopathic colleges came on the scene – the National College of Naturopathic Medicine in Portland, Oregon. In the 1970s, interest in alternative medicine grew. Slowly, naturopathic colleges re-emerged. In

1978, the Bastyr College of Naturopathic Medicine debuted, followed by the Southwest College of Naturopathic Medicine in Arizona (1992) and the University of Bridgeport College of Natural Medicine in Bridgeport, Connecticut (1997).

#### ALLOPATHY AND NATUROPATHY: USE AND COST

The law and insurance treat the medical use of plants, which naturopathic physicians rely on, and pharmaceutical drugs, which allopathic medicine favors, differently. For one, Jenna stated, "You can't patent a herb although you can patent a process for modifying it." Although insurers insulate most people from directly paying the full cost of drugs, popular patented drugs tend to be expensive. Jenna listed the prices for several common drugs such as Lipitor and Praxil and compared them to less expensive alternative remedies.

One Mensan asked Dr. Henderson if health insurers cover the cost of visits to naturopathic physicians and botanical prescriptions. "A few do," Dr. Henderson said, "but most of the time you have to pay out-of-pocket." Despite this disadvantage, many Americans are buying herbal products. "11% of all out-of-pocket health expenses are on herbal products" Jenna stated, "and two-thirds of Americans seek the advice of alternative medical practitioners." Looking globally, she added, "80% of the world's population relies on herbal medications."

In response to a question about the wide interest in natural medicine, Jenna stated that since only a minority of states license naturopaths, many people don't seek advice from professional N.D.'s. Instead, they simply self-medicate themselves, which may or may not be wise.

Someone asked if you have to take herbal products everyday as you do with most pharmaceutical drugs. It depends on your condition, Jenna explained. For example, "you certainly don't want your immune system in high gear all the time, so you wouldn't take some immune boosters daily. Some herbs you should take every day, some only during specific illnesses, and others for maintenance for conditions like asthma."

#### QUALITY AND SAFETY

Dr. Henderson argued, "There are lots of problems with prescription drugs that you don't have with botanicals." She pointed out that although many drugs and medicines are derived from plants, they often have just a single chemical, the active ingredient that drug manufacturers have isolated to treat an illness. She contrasted these with herbs and plants that have the original mix of ingredients, many of which support the active ingredient. Naturopaths believe that the synergetic effect of all a plant's components brings more benefits and fewer harmful side effects than isolated chemical extracts.

Just how safe are herbal medications? Much safer than pharmaceutical drugs, Jenna maintained. She cited statistics estimating that prescription drugs kill about 140,000 people a year while herbal medications kill fewer than 100 annually. What about the notorious case of Ephedra? Dr. Henderson noted that it was the most deadly herbal drug in recent years but its danger arose from its misuse; it is an herbal remedy for allergies but people who died from it were using it as a stimulant. When herbal meds are taken as recommended, they are very safe. She contrasted this with the record of prescription drugs. Since 1997, 10 prescription drugs approved by the FDA have been withdrawn because of the illness and deaths they caused.

Many patients don't take prescription drugs recommended by their doctors; some simply because they neglect them, but others because they doubt their efficacy and safety and don't like their side effects. Herbal medicines could be a better and safer choice for many people. "I can't tell you not to take your prescriptions," Jenna stated, "but botanicals may help you reduce your dosage."

What about standards for herbal products? The FDA regulates them as foods not as drugs. Starting in 2011, the industry will follow the new Good Manufacturing Practice (GMP) regulations. "I'm pretty particular about the quality of products I prescribe," Jenna said. Standardized compounds must have a minimum percentage of the key herbs. Otherwise, they can't do much good.

Some naturopathic practitioners advocate homeopathy. Jenna fielded a question about this: "Is homeopathy reliable or is it quackery?" She responded that she does not use it in her practice although she knows some people who are getting positive results from it. She does not know whether these cures are due to the placebo effect. Cassandra went a little further with this. She said homeopathic remedies have the potential for resetting body chemistry through epigenetics – the regulation of gene expression. Ingri Boe-Wiegaard, a Mensan who received training in Homeopathy and Acupuncture and who spoke at a dinner last year, was in the audience, and she offered that the fundamentals of homeopathy rest in physics not chemistry.

## DIET

America's problem with obesity has gained more and more attention in the last decade as the estimated percentage of the population that is either overweight or obese has expanded. What's wrong with the American diet? Jenna said a big factor is fructose corn syrup, which Americans consume much of. Americans have to change their diet, but Dr. Henderson said it would be wrong to recommend a standard fat-carbohydrate-protein balance for everyone. You have to take a careful look at each person, she advised. In her practice, she takes a patient's diet history for the last three days before even beginning to assess his or her problem. She strongly recommends making gradual changes. "People on crash diets usually crash," she said. The body cannot take overnight shifts in its chemistry, and this reality dooms many radical diets.

Cassandra said that in her Virginia practice the first thing she does with patients who have weight problems is metabolic typing. The body's metabolism is the chemical process by which it absorbs food. Metabolic typing consists of blood, urine, and skin tests to determine body chemistry. Cassandra maintained that human metabolisms lie on a continuum and hence doctors must tailor a diet to strike the right nutritional balance for a patient.

Any good diet requires plenty of vegetables. "I encourage people to grow things in their garden," Jenna said. "Should you avoid meat

entirely?" someone asked. No, she advised. "I was a vegetarian in my teen years. If there was one thing I could undo, that would be it." She felt weak, she said, and was plagued with skin and hair problems." People told me it was just the temporary effect of detoxifying," she recalled, "but the problems didn't go away." She pointed out that meats provide protein and are a good source of B-12, something vegetables cannot give us. However, she cautioned, we should eat grass-fed livestock. Mass-produced meat is laced with antibiotics and hormones. Watching what we eat means knowing something about the diets of the animals we eat.

## PHYTOCHEMISTRY

Dr. Henderson touched on many bio-chemicals contained in plants, discussing the effects of alkaloids, phenols, isoflavones, terpenoids, glycosols, bioflavanoids, and antioxidants. She emphasized that if we know the biochemistry of plants, we can balance them more skillfully. In Chinese medicine, she remarked, herbs are always used in combination. For example, they combine astragalus herbs, which are immune boosters used to fight colds, with other herbs to combat anemia, numbness, and several other conditions.

One particularly interesting variety of herbs Jenna discussed was the adaptogens. They increase the physiological stress level you can stand. The Soviets studied them for many years because they were looking for ways to boost their athletes' performances in the Olympics. Dr. Henderson said that she found them especially intriguing because "I always looked for the effect on the immune system. Adaptogens have a mixed but beneficial effect there. They increase the number of T-cells but they make them less active. They bring you up when you need to be up and down when you need to be down." Their complicated effects are hard to study, but scientists are researching them intently, looking for insights into these biochemical wonders.

\*\*\*

Dr. Henderson's talk elicited many questions and several people talked with her afterwards about her practice and naturopathy in general. It was

obvious that the audience had followed the subject closely and was interested in learning more about it or debating it. Dr. Henderson’s discussion of the biochemistry of naturopathic remedies gave us many topics to investigate. She recommended that people investigate medicinal herbs and plants on the website PubMed ([www.pubmed.gov](http://www.pubmed.gov)).

Jenna will continue her practice and follow the research in key areas such as adaptogens and epigenetics. She hopes to publish a book on kidney problems that will offer her personal and professional insights. If you have questions, you can contact her at her HolisticKidney website on Facebook or at her office in Bethel.

=====  
Dr. Jenna Henderson will be giving a talk “Naturopathic Medicine for Hypertension” on Sunday, May 16, 12:30 – 2 p.m at the Bethel Naturopathic Medical Center, 10B Elizabeth St., Bethel, CT 06801 (203-748-4447)

*NEXT MONTH: Jon Chappell will talk about remote-controlled model airplanes and what we can learn from them about aviation and electronics. Learn how to fly the friendly skies in these miniature marvels.*





## **NATUROPATHIC MEDICINE FOR HYPERTENSION**

- ❖ **Is naturopathic medicine safe?**
- ❖ **Are there individual differences in what is a normal blood pressure?**
- ❖ **Is there more to high blood pressure than avoiding salt?**
- ❖ **What are the natural alternatives to high blood pressure medications?**
- ❖ **Are there side effects to natural remedies?**
- ❖ **Will alternative medicine interfere with my current prescription medication?**
- ❖ **How can I avoid kidney failure, a heart attack or stroke?**

Dr. Jenna Henderson is a naturopathic doctor licensed in the state of Connecticut. She has been studying natural approaches to hypertension since 1993. She encourages patients to take a pro-active stance and not accept that heart disease or kidney failure is the inevitable outcome of chronic hypertension. President of her graduating class at the University of Bridgeport College of Naturopathic Medicine, she is committed to improving the lives of her patients. She practices at Bethel Naturopathic Medical and has an international clientel of kidney patients. Over 1,300 people follow her on Facebook at Holistic Kidney.

**Sunday  
MAY 16**

**Bethel Naturopathic  
Medical  
10B Elizabeth St.  
Bethel, CT 06801**

**12:30 – 2 p.m.  
(203) 748-4447**

## MENSA MIND GAMES 2010 RESULTS

More than 200 Mensans gathered in San Diego this weekend for Mind Games 2010. During the three-day event, members played and rated 49 board and card games. The top five games have earned Mensa Select distinction and may use the Mensa Select seal on their games.

This year's winners are:

**Anomia**

(Anomia Press, [www.anomiapress.com](http://www.anomiapress.com))

**Dizios**

(MindWare, [www.mindware.com](http://www.mindware.com))

**Forbidden Island**

(Gamewright, [www.gamewright.com](http://www.gamewright.com))

**Word on the Street**

(Out of the Box Publishing, [www.otb-games.com](http://www.otb-games.com))

**Yikerz!**

(Wiggles 3D Incorporated, [www.yikerzgame.com](http://www.yikerzgame.com))

Mind Games 2011 will be held April 15-17 in Albany, NY. Register for just \$55 through April 30, 2010 at [www.mindgames.us.mensa.org](http://www.mindgames.us.mensa.org)

### Change of Address

Please allow four weeks for the change in MENSA Bulletin (the National Magazine) delivery, and eight weeks for the Chronicle. Remember to give your membership number to facilitate this process (This number appears on your membership card and labels affixed to the Chronicle and MENSA Bulletin.) Member Number:

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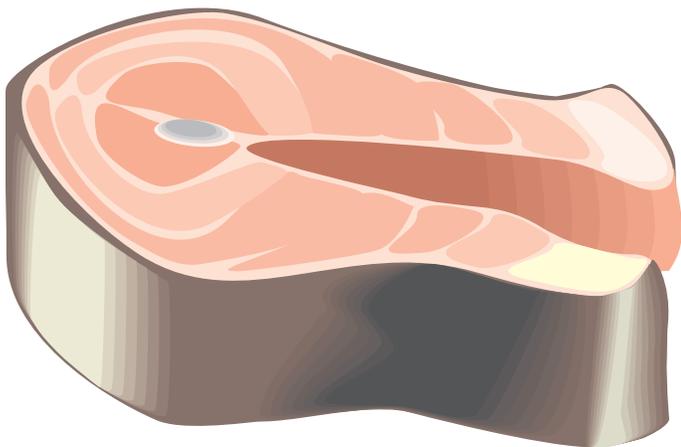
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**GOOD WINE CHEAP (AND GOOD FOOD TO GO WITH IT)****BY JOHN GROVER**

This month we will test our willingness to try some new tastes. All too often we become trapped in a comfortable and familiar pattern. The Omega-3's from the salmon in the recipe below will be a healthy adventure - one that can only help your cardiovascular system. Wow! What a combination.

The wine accompanying it is a vibrant Sauvignon Blanc from the Marlborough Region of New Zealand's South Island. This 2008 Sauvignon Blanc from Brancott Vineyards is an intense and complex peppery white. It starts with citrus nose, moves quickly to lemon, lime, and a bit of grapefruit. Throughout, it has a hint of green bell pepper. Its lively acidity makes it the perfect complement to the oils found in cold-water fish. You can find it marketed widely for \$9 to \$11 a bottle.

**SESAME CRUSTED SALMON WITH WASABI AIOLI**

(Adapted from a recipe from the Olde Bryan Inn Restaurant in Saratoga Springs, New York; and, published in a local newspaper in the 1990's.)

Ingredients for the Salmon:  
 One 10 to 12 oz. salmon filet  
 1/4 cup sesame seeds  
 1 tbsp olive oil  
 2 tbsp melted butter  
 2 tbsp white wine

Ingredients for Wasabi Aioli  
 1/2 cup mayonnaise  
 1 tsp Dijon mustard  
 1 to 2 tsp Wasabi powder  
 1 tsp lemon juice

(We are cheating a bit using a prepared mayonnaise; but the original "aioli" recipe is how you make mayonnaise from scratch.)

These portions should serve two people.

Preheat oven to 350 degrees. Brush salmon filet with olive oil (any skin removed), place sesame seeds on a small plate and press both sides of the filet in to the sesame seeds. Place salmon on a baking dish with melted butter and white wine. Bake for 15 to 20 minutes, or until fish is firm and pink. While the fish is cooking, blend the mayonnaise, mustard, wasabi powder and lemon juice. Cooking hint: Add only one tsp. of the wasabi powder called for at the beginning; then add more to taste later. Fresh wasabi powder is a powerful ingredient that can really knock your socks off. You can generally find it in today's super markets; but, it is usually less expensive in Asian grocery stores.

## PUZZLES & QUESTIONS

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

1. Who is the best technology reporter?
2. Estimate the population of these Eastern European countries: Yugoslavia, Bosnia, Serbia, Czech, Slovakia.
3. What are the skills a mediator uses?
4. How many hospitals are there in Connecticut?
5. How can people overcome hypochondria?
6. What was biggest margin of loss ever in a major league baseball game?
7. Evaluate the safety and dangers of these drugs: marijuana, heroin, LSD, cocaine, tobacco.

### ANSWERS TO LAST MONTH'S PUZZLES:

2. How many registered motorcycles are there in the United States? How many new motorcycles are sold per year?  
 Eastern countries: Egypt, Saudi Arabia, Israel, Jordan, Lebanon, Iraq, Iran, Syria, Kuwait, Qatar, Dubai.
- A: The US Bureau of Transit Statistics estimates that there were 6,686,000 motorcycles in the U.S. in 2006. This compares with about 251 million cars. There are about 200 million motorcycles/moped in the world, about 3 for every 100 people. India has the most - about 37 million, while China has about 34 million. There are about 600 million automobiles in the world.
3. Name the provinces of Canada.  
 A: Canada has 10 provinces: Alberta, British Columbia, Manitoba, New Brunswick, Newfoundland and Labrador, Nova Scotia, Ontario, Prince Edward Island, Quebec, and Saskatchewan. It has three territories - the Northwest Territories, Nunavut, and Yukon.
6. Estimate the population of these Middle

**WORD CHECK**

Define these varied words. Answers are at right.

1. anomie (AN- uh- mee)
2. antipodes (an- TIP- uh- deez)
3. caterwaul
4. eleemosynary (el- uh- MOS- uh- ner- ee) -
5. escutcheon (ih- SKUHCH- uhn)
6. fustigate
7. hypnagogic
8. liminal
9. panjandrum (pan- JAN- drum)
10. pusillanimous (pyoo- suh- LAN- uh- muhs)
11. recreant (REK-ree-uhnt)
12. reprobate (REP- re- bayt)
13. supererogatory
14. vitreous (soo- per- uh- ROG- uh- tawr- ee)

1. anomie - 1. isolation and anxiety. 2. lack of moral standards in a society.
2. antipodes - 1. any two places or regions on diametrically opposite sides of the Earth. 2. anything exactly opposite or contrary.
3. caterwaul - to howl or shriek like a cat.
4. eleemosynary - 1. charitable. 2. provided by, supported by, or dependent on charity
5. escutcheon - 1. a shield or shield-shaped emblem bearing a coat of arms.
6. fustigate - 1. to cudgel; beat; punish severely. 2. to criticize harshly; castigate.
7. hypnagogic - sleep inducing, soporific.
8. liminal - at a sensory threshold; barely perceptible.
9. panjandrum - a self-important or pretentious official.
10. pusillanimous - lacking in courage or resolution; cowardly.
11. recreant - 1. unfaithful to a cause. 2. cowardly. 3. an abject coward . 4. a deserter, renegade, or traitor
12. reprobate - 1. depraved; unprincipled; wicked; bad. 2. to express strong disapproval of; condemn 3. a depraved; unprincipled; or wicked; person, especially one beyond hope of salvation.
13. supererogatory - beyond what is required, superfluous, unnecessary.
14. vitreous - containing or resembling glass; derived from glass; glassy.

ANSWERS:

<b>SOUTHERN CONNECTICUT MENSA</b>	
<b>TREASURY</b>	
<b>Fiscal Year:</b>	
<b>April 1, 2009 - March 31, 2010</b>	
<b>Opening balance at 4/1/09</b>	<b>\$9013.70</b>
<b>INCOME</b>	
American Mensa Local Group Support Funds:	\$1906.48
<b>TOTAL INCOME:</b>	<b>\$1906.48</b>
<b>EXPENSES</b>	
Chronicle Printing Expenses:	\$636.00
Chronicle Postage:	\$453.08
Speakers' Dinners:	\$198.37
<b>TOTAL EXPENSES:</b>	<b>\$1287.45</b>
<b>3RD Q BALANCE on 12/31/09:</b>	<b>\$9,632.73</b>

## NOTED &amp; QUOTED

One does not have to be able to see to write films; one has to be able to imagine.

- David Mamet, (1947 - ), U.S. playwright, screenwriter, essayist, *On Directing Film* (1990)

If everything is under control, you are going too slow.

- Mario Andretti, (1940 - ),

I have three chairs in my house; one for solitude, two for friendship, three for society.

- Henry David Thoreau, (1817 - 1862), *Walden* (1854)

The first duty of a university is to teach wisdom, not a trade.

- Winston Churchill, (1874 - 1965)

All you need to write a ghost story is put a ghost in it. For a detective story you need a plot.

- P.D. (Phyllis Dorothy) James, (1920 - ), British mystery novelist

Writers seldom wish other writers well.

- Saul Bellow, (1915 - 2005), Canadian-born U.S. novelist, winner of the Nobel Prize for Literature, 1976

Most serious writers work slowly and, thus, miss deadlines, sometimes several deadlines, publishers' deadlines, that is. A serious writer cannot have any deadline but his own.

- Merle Miller, (1910 - 1986), U.S. journalist, novelist, biographer

Bad art may be beneath thought, but great art is beyond it; and an art that asks men only to think is doing badly what science does supremely well.

- Taylor Deems, (1885 - 1966), music critic, composer, *Of Men and Music* (1937)

Life is a progression from want to want, not from enjoyment to enjoyment.

- Samuel Johnson, (1709 - 1784)

Life is not a spectacle or a feast; it is a predicament.

- George Santayana, (1863 - 1952)

Everybody lives; not everybody deserves to.

- Aurelius Clemens Prudentius, (348 - c. 405 A.D.), *Contra Orationem Symmachi*, II, 807

When there are two conflicting versions of a story, the wise course is to believe the one in which people appear at their worst.

- H. Allen Smith, (1907 - 1976), U.S. journalist, humorist, author

We read many books because we cannot know enough people.

- T.S. Eliot, (1888 - 1965)

What we call despair is often only the painful eagerness of unfed hope.

- George Eliot, (1819 - 1880)

The visionary lies to himself; the liar only to others.

- Friedrich Nietzsche, (1844 - 1900)

Exuberance is easily corrected; dullness is incurable.

- Quintilian, (c. 35 - c. 100), *Institutio Oratoria*, II, 4, 6

One man in misery can disrupt the peace of a city.

- Antoine de Saint-Exupery, (1900 - 1944), French author and aviator

There is no one so rich that they don't need help or so poor that they cannot help."

- Finnish proverb

Ask advice from everyone, but act with your own mind.

- Yiddish proverb

Who will watch the watchmen?

- Juvenal, (40 - 125 A.D.), Roman poet, *Satirae*, VI, 347

If I can't move Heaven, I'll raise Hell.

- Virgil, (70 - 19 B. C. E.), VII, 312

The ultimate judge of your swing is the flight of the ball.

- Ben Hogan, (1912 - 1997), U.S. golfer

When Jack Nicklaus plays well, he wins. When he plays badly, he finishes second. When he plays terribly, he finishes third.

- Johnny Miller, (1947 - ), retired U.S. professional golfer

Like everyone else who makes the mistake of getting older, I begin each day with coffee and obituaries.

- Bill Cosby, (1937 - )

Your trouble is that when you were a child everything was named for you.

- Edgar Whitney, (1894 - 1987), U.S. watercolor painter

"Obvious" is the most dangerous word in mathematics.

- Eric Temple Bell, (1883 - 1960), Scottish-born U.S. mathematician, science fiction writer

Between ourselves and our real natures, we interpose that wax figure of idealizations and selections we call our character. - *Walter Lippmann, (1889 - 1974), U.S. journalist, columnist, and author*

The word manner comes from manos, the Latin word for hand. When we have good manners, that means that you're handling others with care. - *P.M. Formi, co-founder, The Johns Hopkins Civility Project, CBS News Sunday Morning*

Our Twelve Tables of law only carried the death penalty for a few crimes. Among these crimes was singing or composing a song that was derogatory or insulting to someone. This was a good law. - *Cicero, (106 - 43 B.C.E.),*

We are much beholden to Machiavelli and others, that write what men do, and not what they ought to do. - *Sir Francis Bacon, (1561 - 1626), English philosopher, essayist, statesman*

Knowledge can be communicated, but not wisdom. One can find it, be fortified by it, do wonders through it, but one cannot communicate and teach it.  
- *Hermann Hesse, (1877 - 1962), German novelist*

Everything ends this way in France. Weddings, christenings, duels, burials, swindlings, diplomatic affairs - everything is a pretext for a good dinner. - *Jean Anouilh, (1910 - 1987),*

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