



**The  
Newsletter**  
**SCAM**  
space coast regional mensa

**Editor** Dan Morgan  
**Assembly/Circulation**  
Clara Woodall-Moran  
**Events Coordinator**  
*Volunteer Needed!*  
**Cover Artist**  
*Artisté Needed!*  
**Proofreader**  
Thea Saurus

We will appreciate your submissions **legibly handwritten, typed, in e-mail text, or on 3.5 disk in IBM text or word-processing format.** We can receive your submissions by mail at: **P. O. Box 457, Sharpes FL 32959**, or submit via e-mail to: **morwood@cfl.rr.com**

Subscription — \$10.00 for 12 issues.

***Happy July Birthday***

01 - John Redmond  
05 - Robert Tuck, Jr.  
08 - Helen Lee Moore  
12 - Jeffery James  
13 - Dale Irwin  
20 - Jeff Barbour  
24 - Sandra Hense  
28 - William Anderson  
28 - Thomas Wheat  
29 - Ruth Cooney  
31 - Nadeen Maeder



**Welcome Back to SCAM**

*Ann Hodge - Satellite Beach*  
*Harry Martin, Jr. - Indialantic*

**Welcome to Mensa and SCAM**

*Nobody new this month*





# FROM THE TREASURER: THE FINANCIAL STATUS OF SPACE COAST AREA MENSA

**Semi-Annual Treasurer's Report**  
1 December 2002 - 31 May 2003

<b>Scholarship Savings Account</b>	<b>1265.61</b>
<b>General Fund Certificate of Deposit</b>	<b>3057.83</b>
<b>USPS Drawing Account</b>	<b>162.77</b>
<b>General Fund Checking Account</b>	
Beginning Balance	<b>1557.14</b>
Ending Balance	<b>1722.73</b>
<b>RG Checking Account</b>	
Beginning Balance	<b>1025.71</b>
Ending Balance	<b>90.71</b>

The Savings Account and Certificate of Deposit are earning interest which will be reported in the next semi-annual report.

Physical property is accounted for.



### ***Editor's Corner***



***Dan Morgan***

As the new editor, I'd just like to take a minute and thank J.T., Clara, Helen and others for having the confidence in me and allowing me to take over this job. I'd also like to welcome any new writers that would like to submit articles, as Ann Schindler is running out of topics and we'll need something to replace her column. And I'd also like to thank all the current regular contributors for their effort. It is much appreciated.

Dan Morgan



## ***Minutes of the ExComm Meeting***



***Sam Kirschten***

The ExComm met at the home of Helen Lee Moore on June 1, 2002

Call to Order 16:20

Members present:: **Clara Woodall-Moran, Rita Johnson-Aronna, Joe Smith, and Helen Lee Moore.**

Welcome guests: Pat Aronna, Fran Hinson, and Sam Kirschten.

### **Correspondence**

From BCC Planetarium to Clara - planetarium is open.

Other correspondence is held to be used in reports.

### **Old Business**

Members Handbook, Documentation Control, and Template remain tabled until next meeting.

### **Officer Reports**

*LocSec* - No report

*Asst. LocSec* - No report.

*RecSec* - position vacant.

*Treasurer* - April and May reports given. The RecSec will keep copies of the Reports.

*Member-at-Large* - Joe Smith has reminder letters for non-dues payers; verbiage approved by ExComm. Treasurer will pay postage. Joe will provide folded Mail-outs and mail them.

*NomElComm* - Reports the new ExComm as published in May SCAM. No votes rejected, no protest.

*Audit Report* - On May 20 Robert Johnson, Joyce Drew, and Fran Hinson performed a thorough audit of the financials and found no discrepancies. The Audit committee congratulates and thanks Helen Lee Moore for excellent work.

*Editor* - J.T. Moran says good-bye. The new Editor was not present.

*Publicity* - Helen Lee has a correspondence from Bob Tuck about the publicity efforts on-going.

*Scholarship* - Rita described her work; ExComm wants her to keep up the good job.

*SIGHT* - ExComm recognizes that Karen Freiberg has been active.

*By-laws* - No report.

*Testing* - Inquiries continue to be received and replied to in a timely manner.

The meeting here was adjourned to determine the new ExComm officers. The officers were retained in their present positions; Sam Kirschten will be the Recording Secretary. The meeting was reconvened for further business.

**Appointments** (by acclamation unless otherwise indicated)

*Dennis Schindler - By-Laws*

*Dan Morgan - Editor of SCAM (Helen Lee abstaining)*

*Karen Freiberg - S.I.G.H.T.*

*Rita Johnson-Aronna - Scholarship*

*Clara Woodall-Moran - Testing*

*Joe Smith - Membership*

*Rita Johnson-Aronna - SIGS*

*Bob Tuck - Publicity*

A general discussion concerning the good of SCAM was held. The next meeting of the ExComm is scheduled for 6 pm July 1st, at the home of H. L. Moore. Moved to adjourn; seconded, passed unanimously. Meeting adjourned 17:05.



Letters to the Editor:

I have always enjoyed reading the SCAM (although my favorite SCAMs were those of the early-to-mid nineties - it was the most devil-may-care yet \*relevant\* of the M newsletters I was receiving). Having it available on the web is also very cool.

Heather Preston,  
InterLoc Editor, 2000-2001

J.T.:

As always, I enjoyed reading your column in the June SCAM. Very thoughtful.

Barbara Crawford



## **Mewsing About**



**Clara  
Woodall-Moran,  
LocSec**

Last month I mentioned parenthetically that the Planetarium at BCC was no longer open to the public. Dr. Gamble, the man in charge of BCC, took exception to that comment. Will wonders never cease: *The SCAM* is read outside the group and, son-of-a-gun, someone reads my column. Dr. Gamble sent me the schedule for the planetarium. It would be very nice if the schedule meant there was a resident astronomer (well versed in meteorology and archeology, as well) still connected with the planetarium, as well as those excellent laser show designers, but one can't hope for too much. The schedule will be posted to the web site and will be indicated in the newsletter, now that we know that the planetarium still runs shows. To defend myself, the original plan had been to run shows for science classes at the local schools, and only have the occasional "open to the public" show. I guess that has been changed.

We have an ExComm and, to all who voted, "Thanks for helping your Space Coast Area Mensa". Also, a very special thanks to all who voted for me – I hope I live up to your expectations. Sam Kirschten has become the new Recording Secretary; the rest of the ExComm took their usual seats. Rita Johnson-Aronna has taken the reins on the Scholarship Committee. We still have several open jobs and ones that have owners who need to pass them on to others. Come to the next ExComm meeting on the 1<sup>st</sup> of July and see where you can help. Dan Morgan has taken over as the newsletter editor. Please give him your support and, if you have a desire to see your byline in print, submit an article now.

One thing to be considered by this ExComm is the decision to hold an RG in 2004 or not. This is an important decision. Anyone interested in helping with this decision, please attend the ExComm meeting in July. The reasons to hold an RG are as follows:

- 1) Provide a forum for fun and learning
- 2) Provide, if possible, extra money for the coffers to produce the newsletter and web

The rules are listed in order of importance. If you have ever gone to an AG or RG, then you know how much fun they can be. But (I won't lie to you) while it is a lot of work for a few people, there is a sense of satisfaction for producing the RG and seeing everyone have a good time.

It is gratifying to know that at least some of my words have been read... too bad I had to eat them. Ah, well... that is the price one pays for getting published.



## ***The 10th Story***

By

***Elissa Rudolph,  
RVC10***

***RVC10@us.mensa.org***

Did you watch *Test the Nation* last month? Was it what you expected? I would be interested in knowing which groups had “watch parties” for June 9th. Email me and let me know!

Tampa Bay Mensa held a successful RG over Memorial Day weekend in a causeway venue between Tampa proper and the Clearwater area. Besides great people, karaoke, and well-stocked hospitality, what I enjoyed immensely was the hot breakfast served each morning on the veranda overlooking the water. Great touch, but only for us early birds. The Salvador Dalí Museum in St. Petersburg and Tarpon Springs were compelling spots for daytrippers.

No matter how many RGs or AGs I attend, every event has a specialness about it. Never boring, always surprising in some way, and I come away with a renewed appreciation for our Mensa organization. Where else can you get engaged multiple times over the weekend (you should see the rings I have!), dino-nap your own orange 2-headed pterodactyl, and sing ABBA’s “Dancing Queen” with your best friend?

Serious note: National Testing Day is October 18. If your group has not arranged testing sessions as yet, I encourage you to make it happen. National publicity puts Mensa’s name out there on radio, TV, and in the newspapers. Let’s take advantage of that and snap up those people whose interest in Mensa has been piqued. They could be your next volunteers!

See you at the AG??

### ***Coming Soon...***

October 24-26, *The MagicOwl RG*, hosted by Broward Mensa, Plantation Holiday Inn, near world famous Sawgrass Mills (954-472-5600); \$75 til 7/30 includes 4 meals; Registrar: Barbara Moore (954-752-8483).



### ***At Your Service***



***Clara  
Woodall-Moran,  
Membership Chair***

The fifty-three of you who were slow to get your dues paid for this year will be receiving a note from Joe Smith, the new Membership chair as well as the Member-at-Large on the ExComm.

I guess that means that this column, if he wishes to write it, will be his. So expect to hear from him soon, one way or the other.

He knows where you live... heh, heh, heh!



***The Casebook of  
Anthony Chianti,  
Private Eye***



***Ken Thornton-Smith***  
© 2003

**The Wabasso Triangle**  
**Episode 27½: *Chianti Loses His Marbles***

It should not have happened, but only one thing is certain: it did happen. Defying all known Laws of Physics and most of Leviticus, the Wabasso Triangle has struck again. Prepare for another overdose of reckless rigatoni that will cause you to run with scissors in a way that is only fun until somebody loses an eye.

Anthony Chianti, Licensed Private Eye and Indian River Community Pasta Detective, reporting:

It was a dark and stormy night, and in Florida that means only one thing: no electricity. And no electricity means fumbling around in the dark and knocking a vase of lucky bamboo into the sink, then spending an hour with a bent spoon fishing marbles out of the disposal by candlelight. Everyone needs a hobby, that's what I say.

No electricity also meant no Microwave, thwarting my culinary pretensions – warmed over fish sticks and potato salad. I was just finished marble-hunting when the telephone rang:

"Mr Chianti – is that you?"

"Might be – depends who's calling... ?"

"I'm from State Farm..."

"You are? What you do – drive a tractor?"

"As you know, Mr Chianti, the State budget cutbacks mean you have to find your own insurance – how long have you been a Pasta Detective?"

"Oh, about 15 years now... "

"You see, Mr Chianti, that qualifies as a pre-existing condition... but I think we can put a couple of products together, you know, Liability, Medical and Term Life, to give you good all-round coverage... "

I hung up and made for the refrigerator – is it me or does Term Life sound like incarceration? The only time I need insurance is to cover me in case I have to listen to dingleberries like that. I opened the fridge door, peered in with a candle and screamed. It was time to beat a hasty retreat to Dr Pepperoni's, our local house of pizza pandemonium and pasta purgatory. Dr Pepperoni's – over one billion served. Of course, that doesn't mean much – a billion *Streptococcus Neurotoxicus* would fit in a teaspoon.

It seems everybody else had the same idea. The place was packed. A couple left just as I arrived so I squeezed into their tiny corner booth – not so easy after ten years on the Sir John Falstaff diet. I ordered a sweet tea and ziti al forno, then kicked back to do the crossword and consider life's deep questions, like: Is boneless chicken an invertebrate?

A gruff voice strutted in the next booth, "Nah, I was there, once, and they do things in liters... "

"Huh? You what?"

"I was there – Spain, honest! I was in Spain, once, and they do things in liters, not gallons... "

"Not gallons, you idiot, *galleons* - Spanish galleons - you know, the old-time boaty things... well, anyway, the word on the streets is, some guy has found a bunch of Spanish galleons lying on the seabed a couple of miles off Sebastian..."

"OK, galleons, why didn't you say so? Anyway, what's that have to do with me?"

"Well, me and Big Mac, we figure you owe us a favor, like, for not mentioning your little adventure to the police... "

"...and what exactly do you have in mind?"

"Nothing dangerous, it will be like a taxi run... piece of a cake... you take us there, we do the business, you know, they don't call this the treasure coast for nothing, and you bring us back... we'll even cut you in... "

This was definitely a heist going down – I started taking notes. Now – don't try this at home unless you are an experienced professional. I stood up and said loudly to the waitress, "Excuse me, Miss – where's the bathroom?"

She looked at me quizzically and then laughed: "Oh, Anthony, you're so funny; you've been coming here for years – we haven't moved the rest-rooms, silly... "

I slipped out the back and wrote down all the car numbers in the parking lot. Ten minutes later, when the goons left, I had their tag numbers. You remember the two guys that George Clooney escaped with in 'Brother, Where Art Thou?' With a little more sophistication, these two could almost be them. Bet they couldn't sing Acapulco like in the movie, though. They reminded me of Dalí's painting, the Slave Market with the Invisible bust of Voltaire – apparently real, but not quite there.

I planned to follow these bumpkins and foil their devious plot, but if we lost the trail, the auto tags would lead me straight to them. Easy when

you know how.

I woke up with a sore head and peered around in the semi-dark. Was there still a power outage? I was tied up like a turkey in the back of a boat. I remember following a truck into Fellsmere, Gateway to the West. The truck swung past Glock and Spiel, the piano factory, and into the parking lot of Amalgamated Porridge. Where was I?

"So what do we do with that idiot from the restaurant?"

"As soon as we're a couple of miles offshore we can dump him... back in the food chain... ha, ha... "

Uh-oh – so that was their evil ploy – Chianti, inshore gamefish bait. The boat started to move as I wriggled a hand free and felt around. I was tied up with a coil of rope from the knees down, and the other end led to a large anchor. I struggled with my left hand to untie the rope and eventually managed to free the other hand. Sometimes, I'd give my right arm to be ambidextrous...

My legs were still bundled up, but now I had two hands free and not a crossword in sight. I crawled to the front and pulled the hitch half-off the towball, but with my weight on top they wouldn't separate. In desperation I moved to the back of the boat and threw the anchor as high as I could, hoping to land in a nice soft ditch.

Apparently the force of me leaving jerked the towball apart and the boat trailer landed on its towbar, pole vaulted forward, sailing through the air and landed upside down on top of the truck, which veered into the median and rolled over.

Later, I came round, still groggy, as someone shouted at me: "Chianti, give me one good reason why I should let you down... "

"Uh? Down?" Oh, no – it was Detective Inspector "Raving" Ravioli of the Serious Pasta Crimes Squad - I'd recognize that botulistic breath anywhere... only, "Er, why is your head the wrong way up?"

"Chianti – have you lost your marbles? This is I-95, and you're hanging head first, upside-down from the Palm Bay overpass – if there isn't a law against it, there should be... "

Well, amazing but true, and it can only have happened here. That's about it for this month's update from the Wabasso Triangle.

Anthony Chianti, Indian River Community Pasta Detective, signing off.  
Intensive Care Unit, Crate 13, U-Can-Afford-Us Veterinary Clinic.



## **The Alchemist: Roller Coasters**



**Al Thomas**

©2003

I love roller coasters. The steeper the better. High and fast and curvy. Yahoo! Let's go again. But to get to the drop off point you have a slow grind up. Kinda reminds me of the stock market for the past 3 years. From 1982 to 2000 it was 18 years of up, up and away with very little down. From 2000 it was over the edge, down, down, down with few hints that we are going up. Recently, since October, there has been a respite and we have seen an advance of about 25%. Can we get back to the top? Gosh, I hope so, but I have to remember this is a roller coast and it goes back to where it started. Oh, NO! That is OK for amusement rides, but in the stock market that is not amusing.

In the roller coaster I expect to be let off where I got on, but in the stock market I want to stay up near the top because if I don't I will lose my money and that is no fun at all. Is there any way I can protect my money when I am near the top and not give it back to go to the bottom where I have to start all over again?

The first thing you need to know is whether the stock market is going up or down. Despite what Wall Street tells you, this is relatively easy to do. I know, because I have been doing it for years. Here is one simple way that won't require any work on your part. In the Investor's Business Daily newspaper there is a Mutual Fund Index. When the price of the index is above the 200-day moving average the market is going up and you will want to be a buyer of stocks and mutual funds. What you buy is up to you. When the price of the index is below the 200-day line you should sell out of everything and be in cash, money market account or bonds. That simple. Anyone can do it.

One of the big Wall Street lies is that you cannot time the market. Wrong. If you don't believe it you can prove it to yourself by doing a historical study of what I have just said. Buy as many shares of the S&P500 Index as you can with \$10,000 starting back in 1998 and sell the shares each time you have a penetration of the IBD Index. Buy and sell going back as many years as you like. Now compare the amount you have using this method with that same amount if you had just bought it and held it continuously.

I won't tell you, but you will be in for a shock. Buy and hold will show a loss while getting off the down roller coaster each time weakness occurred you would have protected your investments.

Roller coasters can be fun, but not in the stock market.

*Copyright Albert W. Thomas All rights reserved. Author of "If It Doesn't Go Up, Don't Buy It!"*



## July 2003 Calendar of SCAM Events

Membership in American Mensa, Ltd. makes you eligible to attend SCAM social functions. Escorted and invited guests of a member or host are welcome. Adult family members of Mensans are encouraged to participate in SCAM activities, as are well behaved children. However, attendance at any social function in a **private home** is subject to the hospitality of the host. Compliance with published house rules is required, and "Kitty" payment is **not optional**. As a courtesy, notify the host if you plan to attend. Announced hosts should attend their events or arrange for a stand-in if unable. When reservations are required, you may not be able to participate if you fail to call.

*S-Smoking; NS- No Smoking; SS-Separate Smoking Area; P-Pets in the home; NP-No Pets present; BYO\_-Bring Your Own: \_Snacks, \_Drinks, \_Everything.*

### Regular Events

**C.A.B.A.G.E. (North) at Barnes and Noble: Monday, the 14th & 28th**  
6:00PM, Merritt Island, across from Merritt Square Mall

**C.A.B.A.G.E. (North) at Books-A-Million: Wednesday, the 9th & 23rd**  
Merritt Square Mall

**C.A.B.A.G.E. (South) at Books-A-Million: *Is No More!! New Host needed to restart!***  
6:30PM, Post Commons, Wickham Road, Melbourne

Spend the evening with friends playing games, drinking gourmet coffee, and devouring sweet treats, and perhaps even reading a bit. It's free (except for any purchases), no pets, and outside smoking.

**C.A.B.A.G.E. North Host: Karen Freiberg** 459-9432  
**C.A.B.A.G.E. South Host: *Position Vacant***

<b>6th</b>	<b>6:00 p.m.</b>	<b>ExComm Meeting</b>
<b>Sunday</b>	<b>Free</b>	<b>S/P (1 friendly dog)</b>

The Executive Committee of the group meets to conduct its monthly business. All members are welcome to attend, to volunteer, and to see how things are done. This month's meeting will be held at the *home of our Treasurer, Helen Lee Moore.*

**Clara Woodall-Moran, LocSec** *cew@cfl.rr.com*  
**Helen Lee Moore** *76764.3242@compuserve.com*

<b>10th</b>	<b>NL and Calendar deadlines</b>
-------------	----------------------------------

All newsletter submissions must be in no later than today. Ditto for calendar events being submitted to the calendar coordinator.

**Dan Morgan** *danm3000@bellsouth.net*

<b>11th</b>	<b>6:00 p.m.</b>	<b>Firearms &amp; Fried Rice</b>
<b>Friday</b>	<b>Range &amp; Meal costs</b>	<b>S/NP</b>

Time to get your weaponry out of storage and loose a few rounds down range. Meet us at 6:00PM at the *Gun Site Range, 124 S. Banana River Dr., Merritt Island*, or just show up at about 7:00PM at the *New Century Buffet at 729 N. Courtenay Pkwy. Merritt Island*

**J.T. Moran** *morwood@cfl.rr.com*



**Your Health:  
Medical Myths**



**Ann Schindler**

©2003

We've all heard them. Supposed truths about our health which usually have no medical basis. I have picked a few myths and hope to let you in on the real facts.

**Put butter on a burn-** Butter should never be put on any burn. Butter traps the heat causing a worse problem. Likewise never use Vaseline or other heavy ointments. You want to stop the burning process by cooling the area. The best way to accomplish this is to run cool water over the burn for 5 to 10 minutes until the pain is gone. You may then apply a light

coat of aloe or a moisturizer, if desired, and a loose dressing can be applied. Do not put ice directly on the burn, but an ice pack may be used. Also never break the blisters of a burn. This will create an open area that can easily become infected. This is first aid for minor burns only. More serious burns require immediate medical attention.

**If you go outside with wet hair, or sit in a draft, you will get a cold-** Viruses cause colds, not wet hair or drafts. If you are in close contact with someone who has a cold, you may "catch" the cold. The hands are the best vectors for spreading a virus, and shaking hands with someone with a cold or touching something they have touched are good ways to also catch their cold. Washing your hand frequently is the most important way to prevent the spreading a cold.

**Don't go swimming until at least one hour after eating-** Many people were told that they would get stomach cramps if they went swimming right after eating a meal. As part of the normal digestive process after eating a meal, part of the blood supply is diverted from other parts of the body to the stomach and intestines to aide in the digestion of the food. Generally this does not present any difficulties as there is sufficient blood supply remaining to maintain normal activity demands, including swimming. Marathon swimmers even eat in the water during endurance competitions, but they are careful of the type of foods chosen. The exception would be if you eat a very large meal, or a meal that is high in fat (these take much longer to digest), and then intensely exercised. As a result there may be an inadequate blood supply available for the stomach to do its work properly, and cramps could result.

**Don't swallow your chewing gum or it will stick to your insides-** The ancient Greeks were the first to chew a resin of the mastic tree called mastiche. Later the sap of the sapodilla tree was used to produce chicle, a gum-like substance that was chewed by the Mayan Indians. In 1848 the first commercial gum was produced. At sometime in the past, a mother must have become concerned that her child swallowed his gum instead of spitting it out, starting this myth. Chewing gum may stick to

your shoe, but it will not get stuck to your insides. The gum base is fiber, which does not digest well, and passes out of our bodies in one piece. There is, however, the rare child who may chew and swallow an exorbitant amount of gum, e.g. a child who received chewing gum as a reward for good behavior. Due to the swallowing of numerous pieces of gum each day, intestinal obstruction may result. You may consider not giving gum to young children on a regular basis or as rewards, and monitor their behavior closely.

***Cracking (or popping) your knuckles will cause arthritis-*** Knuckle cracking does not cause arthritis, though it may not help the condition if it already exists. Our joints are movable and are surrounded by thick synovial fluid. When you “crack” your knuckles, you are moving the position of the joint, which causes an increase in the volume of the joint space and a resultant decrease in pressure within the joint. This drop in pressure causes the carbon dioxide in the synovial fluid to form a bubble, which will then expand and pop. Cavitation is the term for the formation of these bubbles. It takes about 15 to 30 minutes for the carbon dioxide to reabsorb and return to its prior state before someone can pop his or her knuckles a second time. Some people are unable to pop their knuckles because of the way their joints are formed. Popping the knuckles does cause stress on the tendons and ligaments, and, with time, can cause damage or enlargement of the joint, or a loss of grip strength.

***Don't cross your eyes or they will stick that way-*** Strabismus is the medical term for crossed eyes, a misalignment of one or both eyes, also referred to as “lazy eye”. An inward deviation is called esotropia, an outward deviation is called exotropia, and vertical misalignment, where one eye is higher or lower than the other, is called hypertropia. Eye movement is controlled by 6 different eye muscles that work together. If there is weakness in any of the eye muscles, one of these deviations may occur. If you cross your eyes, they will not stay crossed. You might, however, get a headache. Some famous people with eye deviations include Abe Lincoln, Ben Turpin, Marty Feldman, and Barbra Streisand.

***Eating carrots improves your vision-*** Carrots contain beta-carotene, an antioxidant, which converts into vitamin A in the body. Vitamin A is important for proper cell growth, a healthy immune system, and healthy bones, teeth, and skin. Vitamin A deficiency has also been linked to night blindness. Beta-carotene can also help protect against an eye condition called macular degeneration. The macula is at the center of the retina at the back of the eye, and is important to help see the detail of objects. Other symptoms of macular degeneration are the loss of central vision, objects appearing to be a different size than they really are, spots appearing in the center of the vision field, and straight lines appearing

distorted. It is important to consume a healthy diet with proper amounts of beta-carotene or vitamin A. In addition to carrots, some other good sources are pumpkin, sweet potato, spinach, cantaloupe, and apricots. Quitting smoking and controlling cholesterol levels also reduces the risk of acquiring macular degeneration.

***Eating too many carrots will turn your skin orange-*** You would have to eat several pounds of carrots a day to turn the skin orange. Hypercarotenemia is the medical term for the orange skin color that usually appears on the palms of the hands or the nasal area and indicates the body received too much carotene. The condition is harmless.

***Canola oil is bad for you-*** I once thought this myth was true, but additional research proved that canola oil is indeed good for your health. Canola oil (the name comes from “Canadian oil”) is derived from rapeseed, a member of the cabbage family. Negative publicity about canola oil states that: the rape plant and its oil are toxic, it contains erucic acid which is used as an industrial lubricant, it forms into a plastic-like substance in the body, it becomes toxic when used in cooking, and it increases the risk of cancer. These things do describe rapeseed oil, not canola oil. According to the Mayo Clinic web site at [www.mayoclinic.com](http://www.mayoclinic.com), canola oil is derived from the crossbreeding of rape plants from which the undesirable components have been removed. Canola oil is considered heart-healthy, being high in mono and polyunsaturated fats, low in saturated fats, and contains the beneficial omega-3 fatty acids which aide the cardiovascular system and in the prevention of cancer.

***Shaving makes the hair grow back thicker and courser than before-*** An illusion is a misleading or false perception. This is what happens when you shave. The new growth is prickly and simply appears to be coarser. If this myth were a true, all men would have thick unmanageable beards, not to mention the heads of Bruce Willis, Patrick Stewart, Sigourney Weaver, and Sinead O’Connor.

***Touching frogs will give you warts-*** Warts are caused by the human papilloma virus, called HPV, which is passed from person to person when broken skin comes in contact with the virus. Frogs have bumps on their skin, which may appear to be warts. The enlarged areas behind their ears are actually parotid glands that may contain a poison. It is a safe practice to wash your hands after handling a frog, but not for the prevention of warts.

***Sitting too close to the TV (or computer screen) will ruin your eyes-*** The same is said about reading in poor lighting conditions. The problem in these situations is eye fatigue. There have been studies to determine the probability of developing myopia (nearsightedness) from eye fatigue and intense close focusing. It is a good idea to view TV and read with suffi-

cient light available and in situations without glare or shadows. The best lighting for close work is indirect light from over the shoulder or to the side. It also helps to take a break from close work every hour.

Many myths, like stepping on a crack will break your mother's back or nails growing after death, should be disregarded. There are, however, many that have been found to be surprisingly true, like chicken soup for a cold (it loosens congestion) and cranberry juice for urinary tract infections (blueberry is also very good). There are innumerable myths and impossible to discuss them all. Investigate a reliable source before accepting what may or may not be true.

### **Sources**

Melani, Debra. Medical Myths: Well-meaning parents pass some scary notions about health. 16 July 2002. Online. Naples News Daily. Internet. 14 November 2002. Available <http://www.naplesnews.com/02/07/neapolitan/d790670a1.htm>

West, Karen. Loyola Experts Tell The Truth About Health Myths. 11 Feb 1998. Online. Loyola University Health System. Internet. 11 Jan 2003. Available <http://www.luhs.org/happen/newsrel/feb98/myths.htm>



***A View... From  
Somewhere Else  
"A Pioneer's Life  
and Times"  
by  
Hank Rhodes  
©2003***

The final contact between Earth and the Pioneer 10 spacecraft occurred January 22, 2003. Intended to accomplish the first-ever close observation of the planet Jupiter, Pioneer 10 was launched from the Cape on March 2, 1972. Anticipating that the spacecraft would continue moving into the distant cosmos, it carries a gold plaque depicting a nude man and woman standing in front of the spacecraft's profile, with the man's right hand raised in a gesture of greeting. The plaque also contains diagrams of our solar system, and of the diatomic hydrogen molecule.

In 1972, the population of the world was estimated at 3.782 billion, and the population of the United States was 208 million. "It's too Late," by Carole King, was Best Record of the Year (Single).

On May 25, 1972, Pioneer 10 crossed the orbit of Mars, becoming the first human-made object to journey so far from Earth.

***TERRORISTS KILL 11 ISRAELI ATHLETES AT MUNICH OLYMPIC GAMES...ASTRONAUTS CERNAN AND SCHMITT DEPART MOON, FINAL LUNAR VISIT OF APOLLO PROGRAM...SUPREME COURT STRIKES DOWN STATE LAWS FORBIDDING ABORTION...CEASE FIRE IN VIETNAM...HANOI RELEASES CAP-***

**TURED AMERICANS...CONSCRIPTION ENDS IN THE UNITED STATES...WATERGATE HEARINGS PROBE IRREGULARITIES COMMITTED BY NIXON AIDES...MILITARY DEPOSES ALLENDE IN CHILE...EGYPTIAN ATTACK FORCES ISRAELI WITHDRAWAL FROM SUEZ CANAL...ARAB OIL EMBARGO DRIVES FUEL PRICES HIGHER...SKYLAB MISSION ENDS**

Surviving the transit through the asteroid belt, Pioneer 10 accomplished its primary mission in late 1973 as it passed by Jupiter.

**FRENCH ACROBAT SKYWALKS BETWEEN TWIN TOWERS OF NEWLY-COMPLETED WORLD TRADE CENTER...NIXON RESIGNS, FORD BECOMES 38<sup>TH</sup> PRESIDENT...SAIGON FALLS TO COMMUNIST ATTACK...APOLLO DOCKING WITH SOYUZ IS SUCCESSFUL...JIMMY HOFFA MISSING...PRESIDENT FORD SURVIVES SECOND ASSASSINATION ATTEMPT IN A MONTH...EARTHQUAKE IN CHINA KILLS 242,000...**

**VIKING SPACECRAFT LANDS ON MARS...TWO 747s COLLIDE ON RUNWAY AT TENERIFE, 582 KILLED...CONGRESSMEN INVESTIGATED FOR BRIBERY IN CASE OF FAKE ARAB SHEIK...CALIFORNIA VOTERS APPROVE PROP 13 IN TAX REVOLT...OVER 900 CULT MEMBERS COMMIT MASS SUICIDE IN GUYANA...U.S. ESTABLISHES DIPLOMATIC RELATIONS WITH THE PEOPLES' REPUBLIC OF CHINA...ISRAEL AND EGYPT SIGN PEACE TREATY...NUCLEAR ACCIDENT AT THREE MILE ISLAND...**

**STUDENTS STORM U.S. EMBASSY IN TEHRAN, 66 AMERICANS TAKEN AS HOSTAGES...SOVIETS INVADE AFGHANISTAN...HOSTAGE RESCUE MISSION FAILS IN IRAN...MOUNT ST. HELENS EXPLODES, 26 DEAD...POLISH WORKERS FORM COMMUNIST BLOC'S FIRST INDEPENDENT LABOR UNION, KNOWN AS "SOLIDARITY"...IRAN AND IRAQ AT WAR...HOSTAGES HELD BY IRAN RELEASED...PRESIDENT REAGAN SHOT BY ASSASSIN...U.S. RESTORES DIPLOMATIC RELATIONS WITH IRAQ...**

**SPACE SHUTTLE COLUMBIA COMPLETES MAIDEN VOYAGE...STRUCTURAL COLLAPSE IN KANSAS CITY HOTEL KILLS 113...ISRAELIS BOMB IRAQI NUCLEAR FACILITY...EGYPTIAN PRESIDENT SADAT ASSASSINATED...AIR TRAFFIC CONTROLLERS STRIKE, REAGAN THREATENS TERMINATION...O'CONNOR APPOINTED FIRST WOMAN ON U.S. SUPREME COURT...BRITISH MILITARY RETAKES FALKLAND ISLANDS...PERSONAL COMPUTER NAMED "MACHINE OF THE YEAR" BY**

**TIME MAGAZINE...**

In 1983, Pioneer 10 became the first human-made object to leave the solar system, as it crossed the orbit of Pluto.

**241 U.S. SERVICEMEN KILLED IN TRUCK BOMB ATTACK AT BERUIT AIRPORT...LIVE AID CONCERT RAISES \$70 MILLION FOR VICTIMS OF AFRICAN FAMINE...JOURNALIST TERRY ANDERSON TAKEN HOSTAGE IN LEBANON...SPACE SHUTTLE CHALLENGER EXPLODES SHORTLY AFTER LIFTOFF**

In May 1986, Pioneer 10's Sun Sensors failed.

**U.S. BOMBS LIBYA...MELTDOWN OF NUCLEAR POWER PLANT AT CHERNOBYL...RED SOX BLOW WORLD SERIES LEAD, METS TAKE CHAMPIONSHIP...CONGRESSIONAL HEARINGS DETAIL ARMS-FOR-HOSTAGES SWAP OPERATING OUT OF WHITE HOUSE...U.S. AND SOVIETS AGREE TO DISMANTLE INTERMEDIATE RANGE MISSILES...SPACE SHUTTLE RETURNS TO FLIGHT WITH DISCOVERY LAUNCH...LIBYAN AGENTS PLANT BOMB ON PAN AM AIRLINER, 270 KILLED...TANKER EXXON VALDEZ RUNS AGROUND, MASSIVE OIL SPILL IN ALASKA...LAST SOVIET TROOPS LEAVE AFGHANISTAN**

In September 1989, due to fuel depletion in Pioneer 10's radioisotope thermoelectric generators, a power-sharing plan was initiated to cycle and shut down some of the on-board instruments.

**EARTHQUAKE STRIKES SAN FRANCISCO BAY AREA, KILLING 62...EAST GERMANY DECLARES "OPEN BORDERS," CITIZENS OF BOTH GERMANY DANCE ATOP BERLIN WALL...HUBBLE SPACE TELESCOPE LAUNCHED...U.S., ALLIES DEFEAT IRAQ...TROPICAL CYCLONE IN BANGLADESH KILLS 139,000...SOVIET UNION DISSOLVED...JOURNALIST TERRY ANDERSON FREED...HURRICANE ANDREW SLAMS INTO SOUTH FLORIDA**

In December 1992, the trajectory of Pioneer 10 was deflected by gravitational pull from a previously-unknown object in the Kuiper Belt.

**19 AMERICANS KILLED IN MOGADISHU STREET BATTLE...TERRORIST BOMB WORLD TRADE CENTER, KILLING SIX...STANDOFF BETWEEN GOVERNMENT AND CULT IN TEXAS ENDS WITH 70 DEAD...RABIN AND ARAFAT SHAKE HANDS AT WHITE HOUSE CEREMONY, PLEDGE TO SEEK PEACEFUL SOLUTION**

In November 1993, Pioneer 10's Trapped Radiation Detector was shut down due to insufficient power.

**APPARTHEID ENDS AS MANDELA IS ELECTED PRESIDENT OF SOUTH AFRICA...FEDERAL OFFICE BUILDING IN OKLAHOMA**

**CITY BOMBED, 169 KILLED...SEIGE OF SARAJEVO ENDS...  
SHUTTLE ATLANTIS DOCKS WITH RUSSIAN SPACE STATION MIR**

In September 1995, diminished on-board power necessitated the shut down of Pioneer 10's Plasma Analyzer.

**TERRORISTS BOMB U.S. BASE IN SAUDI ARABIA, KILLING 19...  
BOMB EXPLODES AT OLYMPIC CENTENNIAL PARK IN ATLANTA...  
CLINTON DENIES IMPROPER RELATIONSHIP WITH WHITE  
HOUSE INTERN...TERRORISTS BOMB U.S. EMBASSIES IN KENYA  
AND UGANDA, KILLING 257...JOHN GLENN RETURNS TO SPACE  
ABOARD DISCOVERY...IMPEACHMENT TRIAL FAILS TO REMOVE  
PRESIDENT CLINTON...FIRST MAP OF HUMAN GENOME DEVEL-  
OPED...STOCK MARKET REACHES NEW RECORD...3000 KILLED  
DURING TERRORIST ATTACKS ON WASHINGTON AND NEW  
YORK...TALIBAN SURRENDERS KABUL TO NORTHERN ALLI-  
ANCE...ENRON CORPORATION COLLAPSES...FORMER PRESI-  
DENT CARTER AWARDED NOBEL PEACE PRIZE**

By January 2003, when contact was lost, Pioneer 10 had traveled approximately 7.6 billion miles, or 11 1/3 light-hours. It is expected to reach the vicinity of Aldebaran in the constellation Taurus in approximately 2 million years.

In early 2003, the population of the world was estimated at 6.234 billion, and the population of the United States was 281 million. Best Record of the Year (Single) was "Don't Know Why," by Nora Jones.



**The Gourmet's  
Guide:  
You Don't Know  
Beans About...**

by  
**Art Belefant**  
©2003  
(belefant@juno.com)

Beans, strictly speaking, are the seeds of leguminous plants. Other plant seeds, such as coffee, are called beans, but they are not legumes, and therefore are not true beans and thus are not considered in this discussion.

Beans are the second most important vegetable part of the human diet after grains. Beans are found all over the world and have been cultivated in the New and Old Worlds since about 3000 BC. Most of the bean varieties with which we are familiar were developed in the New World. The principle exceptions are the fava bean and the soy bean. Most of the edible beans are varieties of Phaseolus, which were developed by the Indians in pre-Columbian America.

Although a major source of protein, beans alone cannot supply the complete package of amino acids that the human diet requires. Combined

with grains, the protein package is as complete as provided by meats, thus human life can exist without animal protein and often does. Our ancestors discovered this requirement and created several dishes in various parts of the World to accomplish this. The American Indian succotash is a combination of corn (a grain) and kidney or common beans.

The Italians eat risi e pisi, rice and peas and pasta fazool (pasta e fagioli). Central America and the Caribbean have black bean soup that is usually served over rice. Hummus, from the Middle East, a paste of garbanzo beans is eaten with pita, a bread made of wheat. In China and Japan, rice, their staple grain, is eaten with soy sauce made from the soy bean. Spanish paella combines chick peas with rice. North African couscous, made from wheat, has a sauce that contains chick peas.

Beans can be eaten fresh, (limas, butter beans, green peas); fresh in the pod, (string beans, snow peas, wax beans, snap beans); roasted, (peanuts, soy beans); preserved, (soy sauce, bean paste); or most commonly, dried and cooked. That beans can be dried to preserve them, even for many years, is one major factor in their history and importance as a food item.

Beans come in many varieties and sub varieties, the common names of which often varies from culture to culture and from region to region.

In addition to human consumption, beans are an important forage crop, the whole plant being fed to the animals. Soy beans and peanuts also are used industrially.

These are the most common beans that you might encounter:

**Black or Turtle beans.** Several varieties. Oval in shape with a black skin and a white or pale interior. Usually dried. Used in Latin American cooking. Black bean soup is well known.

**Black-eyed peas.** Fresh and dried. Cooked with fat back they are essential for good luck on New Year's Day in the South. Also used in Hopping John.

**Butter bean.** Fresh. A smaller version of the lima bean.

**Canellini beans.** Dried. White, kidney shaped. Nutty flavor. Used in Italian dishes, especially pasta fazool.

**Chick peas, Garbanzo beans, Ceci.** Dried. Used in Spanish and Mediterranean cooking. Hummus is ground chick peas. An essential component of minestrone soup.

**Cranberry beans, Shellouts** (Ohio, Indiana). Dried. Similar to pinto beans but with pink markings.

**Fava.** Fresh and dried. A large broad bean with a bitter taste. Common in Egypt. Sometimes used to make hummus. Some people are reported to be allergic to it.

**Great Northern beans.** Dried. A large white bean often used to make bean dishes.

**Green beans.** Fresh. Eaten with the pod.

**Green peas.** Fresh. The pea part of peas and carrots.

**Lentils.** Dried. The two main varieties are the gray and the red. The gray is more common, but the Bible mentions the red (Gen 25:34).

**Lima beans.** Fresh or dried. Flat, pale green, kidney shaped beans are found in many varieties from large to baby. When mottled with purple they are called *Calicos*.

**Marrow beans.** Dried. A large white bean.

**Mung beans.** Fresh. One of the favorites in the form of bean sprouts.

**Navy beans.** Dried. Smaller than Great Northern beans, they are used principally in canned pork and beans. The classical bean for Senate Bean Soup.

**Pea beans.** Dried. The smallest of the white beans.

**Peanuts.** Fresh or roasted. An unusual bean in that the bean matures underground. Originally from South America, it is one of the most common beans worldwide. It has multiple uses in addition to being eaten, many of which were developed by George Washington Carver.

**Pinto beans.** Dried. Named after the horse with similar coloring, brown splotches on a pink background. Commonly used in Mexican cookery.

**Pinkito beans.** A pink bean that goes well with barbeque.

**Pink beans.** Dried. Used in South American cookery.

**Red beans.** Dried. One of the favorite beans for making chili. Also used in Creole cookery especially in red beans and rice.

**Red kidney beans.** Dried. The second most commonly used bean around the world. Although usually associated with chili, they are favorites in Scandinavia, France, and England. In the U. S. they are found in soups and salads.

**Soy beans.** Dried, fresh, and preserved. The most valuable bean in the world. They are used for cattle and pig fodder, in manufacture, to make soy sauce and tofu, to extend meat and make fake meat, and eaten cooked in Oriental dishes. In China they are roasted and eaten like peanuts. Soy beans come in a variety of colors, yellow, green, brown, black or multi-colored.

**Snap beans.** Fresh. A variety of string bean that snaps apart when bent.

**Snow peas.** Fresh. Eaten when immature for the pod, not the pea. Common in Oriental cooking.

**Split peas.** Dried. Both green and yellow.

**String beans.** Fresh. Eaten for the pod. There is a stringless variety.

**Wax beans.** Fresh. A yellow and sweeter version of the green bean.

Eaten with the pod.

*Yellow eye beans.* Similar to Black-eyed peas with many of the same uses, but they don't confer good luck.



***My Point of View***  
***Of Scrabble and***  
***Politics***  
*by*  
***Mike Moakley***

*“What we have in this country is socialism for the rich and free enterprise for the poor.” – Gore Vidal.*

In last month's SCAM, I stated that one of the worst errors we liberals commit is to allow ourselves to be defined by our opposition. Too many times, this places us on the defensive, frustrating our efforts to present our own agenda. One recent example is a statement I read alleging that liberals complain bitterly that someone is more affluent than someone else.

Rather than respond to such an obvious distortion, let us for a moment digress, and talk about Scrabble. Most likely, many of you are quite familiar with this game that involves forming words crossword style by placing letter tiles on the designated game board. Although luck does come into play (what tiles did I draw?), Scrabble is considered a game of skill. Clearly one who consistently wins at Scrabble can be said to be a superior player. Like most such games, Scrabble must be played by explicit rules governing all the players' actions.

Now, if you would, imagine yourself engaged in a game of Scrabble where one of your opponents is the winner of last year's national Scrabble tournament (let's call him Ken). All concerned are well into the game, and much to your amazement, your running score is within a point or two of being equal to Ken's. Ken notices this, too, and is becoming increasingly concerned at the prospect of losing to someone he considers to be inferior at the game. Stunning all the other players, Ken suddenly announces, "We need to modify one of the game rules. From this point on, if any of us land on the Double Word or Triple Word Score squares, only I may double or triple my word score; the rest of you must accept only the face value of that word."

Before we leave this scenario, I pose two questions here: Would you not resent someone such as Ken who would resort to such a tactic to secure his victory? Would you resent Ken had he won fair and square? At this point, we exit the imaginary Scrabble game and reenter the real world of politics. After all, politics is simply the way we form the rules we play by in day-to-day life, either through our elected representatives or by referendum. Do we not wish to be treated equally under the law, and to be protected from abuse of power? Yet too often, by the literal

purchase of elections by those who can afford to do so, the rules are altered much to the advantage of the super rich, and much to the disadvantage of everyone else. For example, we have “welfare reform” for the allegedly lazy poor, while we have “corporate bailouts” to help firms that pay their CEOs literally millions for obviously poor performance while at the same time laying off hundreds of thousands of their workers. We have “bankruptcy reform” for the big guys to collect from us more easily, while we have “tort reform” to prevent us from collecting from the big guys. Is something wrong with this picture, or is it just a bad case of “sour grapes”?

In a capitalist system such as ours, some will fare better than others. This is expected, and even desirable. At its best, it is certainly an incentive for achievement, and we as a society are the better for it. However, when the rules of the game have changed to secure the power and benefits of the privileged few at a cost to everyone else, it is simply not fair. In fact it is cheating; this is what liberals take issue with, NOT the mere fact that someone might have won the game. The worst part, however, is that if such cheating continues, eventually we all, rich and poor alike, will end up losing.



**Double Takes**



by  
**Anne Nonymuss**

Here's a quiz to while **away** a few minutes of your time. It will require vocabulary skills and the ability to find one word which can be anagrammed to fit both definitions.

Example: to discontinue - round, fairly deep containers. STOP means to discontinue and POTS are round, fairly deep containers; STOP and POTS are anagrams. Got the idea? Now try these...

1. NaCl - Measure of weight equal to 4,000 pounds
2. Type of dagger - Plumbers tool
3. Outermost ring of archery targets - A flexible twig
4. An accessory to mountain climbing - skewbald
5. An animal's spine - funeral hymn

*(Answers will be found below)*



**We Have....**



**The Answers!**

1. salt - last
2. skean - snake
3. white - with
4. pion - pinto
5. ridge - dirge