

The

SCAM

pace oast rea ensa

2002 Newsletter Owl Nominee

A Lot of Love in a Little Body



Dusty Woodall-Mloran

1985 - 2002

Volume 21, No. 2

February, 2003

*The
Newsletter*
SCAM
pace coast reg mensa



Editor J.T. Moran
Assembly/Circulation
Helen Lee Moore
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 February Birthday

- 01 – Steven Henshaw, Jr.
- 02 – Shirley Flynn
- 03 – Louis Daboll, Jr.
- 04 – Dana Stetser
- 05 – John Dibble
- 07 – Heather Howard
- 07 – Robert Stubbe
- 11 – Michael Moakley
- 13 – Craig Reynolds
- 14 – Wynn Rostek
- 17 – Robert Lipton
- 24 – Phyl Sopkin
- 24 – David White, III
- 26 – Linda Martin

Welcome to SCAM and Mensa

Samuel Beckett – Vero Beach

Daniel Morgan – Melbourne

Welcome to SCAM

Beth Caswell – Cape Canaveral

John Stephens – Titusville

Judith Wiksten – Edgewater

Welcome Back to SCAM

Alvin Baker – Tallahassee

*On the
Firing Line*



*J.T. Moran
SCAM Editor*

For Rent or Lease

Vacancy - Inquire Within

This Space To Let!

Help Wanted

Now Hiring

What you see above is what you are going to have to face in just a few months unless one of you are willing to step forward and assume the mantle of Editor.

When the new ExComm is seated at the June meeting, all appointed offices become vacant, and I will not accept reappointment this time around.

I have had a good run, but by the time June comes around I will have been Editor for over 4 years. And frankly, I need a break. I will finish my time in the saddle with the July 2003 issue.

Herein lies the problem for those of you who are actually taking the time to read this: there will not be much of a newsletter without someone sitting in the Editor's chair. The bylaws require the printing of certain items: the minutes of the ExComm meetings, the calendar, and any treasurer reports. And that is all that the ExComm can do with a newsletter. Our group's bylaws prohibit the Editor from being a member of the ExComm (a good thing, in my opinion!) and the job truly calls for one single arbiter of the final product.

The SCAM belongs to the group, and the ExComm as a whole is the publisher; however, there can be only one Editor.

I am more than willing to help someone take over the reins of this award-winning newsletter, but you must step forward soon.

Otherwise many of these pages will be blank; even worse, blank with articles waiting to be published. No-one wants that.

Please help.



Mewsing About



**Clara
Woodall-Moran,
LocSec**

Now we are in the home stretch...the last few months of the 2002-2003 SCAM ExComm term. I've really been having a good time and hope that you, the membership, have had a good time as well. It is time, though, when we have to call on at least a few of you to step up to the plate. We need candidates for the offices and we will need an editor, come June. All that is really required is a bit of organization and, if handled properly, only an hour a month for the ExComm and less than 8 hours per month for the editor's job.

The ExComm offices are Local Secretary, Assistant Local Secretary, Recording Secretary, Treasurer, and Member-at-Large. Now, these jobs don't really require too much explanation. In the past the Recording Secretary merely kept the minutes of the meetings, but when I first sat in the LocSec seat, I started a new process. The Recording Secretary now keeps all of the records including a copy of the newsletter, the minutes as written by the RecSec, the recorded version of the meeting, and all correspondence. These items can be put on floppy or a CD-ROM. This is for posterity. We've had some disagreements in the past about what transpired at meetings that had nearly gone out of mind for those who were there and not many records of them existed. This will not stop all such incidents but will provide some proof of whatever actually occurred.

The only correspondence not kept by the RecSec is the correspondence received by the Treasurer. This is due to the requirements for the Treasurer's records. The Treasurer must maintain the financial records.

The LocSec acts as the chairman of the ExComm, and as the liaison between the Group and the National organization. The Loc Sec also functions as an ex officio member of all committees.

The Assistant LocSec steps in when the LocSec is unavailable, and performs other tasks as necessary.

The Member-at-Large fills out the ExComm and acts as the voice of the membership at meetings. Preferably this member should be very active, but it is not mandatory.



SECOND NOTICE

Assembly/Circulation Manager for *The SCAM*

Now later than the mailing of the July issue of the newsletter, Helen Lee Moore will no longer be available for Assembly/Circulation. A volunteer is needed for the job, which requires no more than five (5) hours per month.

If you would be interested in this position, contact Helen at 76764.3242@compuserve.com to learn the procedures for getting *The SCAM* mailed.



Minutes of the ExComm Meeting



Met at Helen Lee Moore's 3:00PM on the 5th of January.

All Current members of the ExComm present. Guest present: Pat Aronna.

Previous minutes

Treasure gave a report at last meeting. December minutes amended to so reflect by unanimous vote.

Officer Reports - Treasurer was the only officer with a report.

Committee Reports

Bylaws: No Report

Editor/Web: Problem with parked page for domain has been repaired.

Membership: 221 members as of 12/31/2002

Publicity: Prepared records for the next publicity chair – wants to do a retrospective of the year and needs info on the Scholarship winner. Clara commented she will ask for this from the winner.

Scholarship: No one has volunteered for this position

SIGHT: New email address – prefers: ***Karen@freiberg.com***

SIG: No Report

Testing: 7 at the RG and 4 more at November's session. 2 have joined.

Old Business

RG account close: \$900.00+ dollars remain in checking account. Helen recommended sufficient be added to it to buy a \$1000.00 CD. Helen so **moved**; Joe **seconded**; **unanimous** vote. Helen will shop for a good interest rate.

Added George Patterson to the NomElCom: Helen **moved**; Joe **seconded**; **unanimous** vote.

No RecSec or Scholarship chair candidates have been identified.

Editor's guidelines have been modified to accommodate the addition of the webmaster role to the editorial staff. Clara provided a revision – these have been edited. Will table any decision until after changes have been incorporated. Other revision were suggested to handbook.

Clara suggested a standing rule be added to incorporate the duties of records custodian to be added to RecSec duties. Also introduced a form to be used as a cover sheet for any new guidelines or standing rules that will provide accountability, responsibility and formalize the process of retaining such records. Clara so **moved**: To formalize the handling of guidelines and standing rules and make this a duty for the RecSec (to maintain the official copies of such) starting from the current time. **Second**: Helen; **unanimous**.

Next meeting - Rita's in Palm Bay, Wednesday 2/5/03 at 6:30PM

Move to adjourn - Joe; **Second** Rita. **Unanimous**. 4:10PM



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



Ken Thornton-Smith

© 2003

Episode $n = n+1$:

A long time ago, in a pasta factory far, far away...

It should not have happened, but one thing is certain: it did happen. Defying the Iraqi oil embargo, Blueberry Muffins and even the weather report, the Wabasso Triangle has struck again...

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

It was Wednesday, and I'd hit a brick wall in my investigations – I was stuck. Well and truly stuck. On the crossword. There were no pending pasta impeachments and it was raining, so I couldn't hit the beach with my binoculars and check out the Lotionographers. I'd read the entire paper, every single word, and even the Pastascope held precious little entertainment value:

Rigatonius, The Tube (Oct 22nd to Nov 23rd): Today, Vermicelli moves into Marinara, your opposition, while Linguini lingers in your third house. So don't take any notice of authority, and especially don't believe everything you read!

Take notice of authority? Moi?

Depressed, I returned to the crossword, but it was hopeless. Just think – me, unable to finish the crossword. I haven't been so embarrassed since I asked for a reading primer in the local ABC: "I'm sorry, sir, we don't sell books, we're a liquor store..."

There's nothing worse for morale than failure. What I really needed

today was a success. Even a tiny success like 24 Across would do, but this newspaper was only destined to be wall-to-wall parrot carpet. The clue to 24 Across was 'Singing with the mob?' The answer looked like 'SOPRANOS', but what is the Mafia doing at the Opera?



Then, out the corner of my eye, I noticed a pile of electronics – my prototype pasta overcooking detector. As you know, 'al dente' is simply a small area of pasta, deep inside, that remains white when you bite it because it's not thoroughly waterlogged. The idea was straightforward enough – beam some infrared through pasta to detect the amount of cooking. And it worked great, but not at boiling point. It was no use if you couldn't put it in the saucepan

and check the pasta while it was cooking...

Have you noticed that there's nothing worse for failure than morale?

A huge pile of ziti later, and the overcooking detector still wasn't performing at higher temperatures. Disheartened, I made a few adjustments, poked the sensor inside another piece of ziti to try one more time, and... what's this? A small rolled-up piece of paper fell out. It was soaked, and some of the blue ink had smudged on one end, but it was still perfectly legible:

Please Help me, I'm being held captive in a pasta factory!



I carefully spread out the sliver of paper and left it to dry on top of the toaster – it was looking like the Wabasso Triangle had struck again. As Post-Existentialists are aware, the Wabasso Triangle just is. That's only one of the many unsolved mysteries of the bi-magnetic anomaly we know as The Wabasso Triangle.

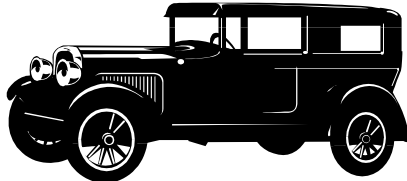
Anyway, where did this pasta come from? The boxes! I rummaged in the trash and produced five ziti packets. Five packets! Anybody going through the trash wouldn't believe that I've lost 25 lbs since I started The Pavarotti Diet. The bottom two packets were soggy and moldy, so I discounted them and that left three. The two red boxes were imported, and that left just the one... and there it was, hidden in the small print:

Macchi-Castoldi Organic Pasta Products, Palm Bay, Fl.

As there wasn't much happening around the office I decided to head over there, then make an early start on lunch.

My trusty Buick Testudo slowly fired up, one cylinder at a time, as I considered the possibilities: Is the evil boss keeping his stepchildren hostage to increase the profit margin? Are they using slave labor to produce pasta? Do they feed the slaves pasta? Are there any vacancies? All these questions and more raced through my head. I was lost in thought, and it was unfamiliar territory.

Halfway there, I pulled to the side as, sirens blaring, an ambulance from The Arnold Palmer Hospital swung past. Poor soul – probably another golfer put his back out with a bad swing.



I switched the radio over to NPR to appear more sophisticated, as if that was possible. It sounded like the Andante from Kalashnikov's Symphony No. 47, that would do fine, so I turned it up as we swung into the parking lot.

The receptionist was busy being Barbie's Jealous Sister, but I eventually got to meet the sales manager, Ray Jingball, who was most accommodating – he showed me the production and quality control areas and then we were off to the staff canteen for lunch. The Primavera was edible, but their Turkish Wedding Soup was grounds for divorce. Ray was nice – too nice, which confirmed my suspicions. No one can pull the wool over my eyes that easily.



After dark, I went back for a look around – being a Community Pasta Detective is a 24/7 commitment to this naughty noodle business. I was busy being nosy by sticking a flashlight in each window when a searchlight pinned me to the wall.

“Chianti – what are you up to?” It was Detective Inspector “Raving”



Ravioli of the Serious Pasta Crimes Squad. They had been staking out the place and were not amused that I'd blown their cover.

The Serious Pasta Crimes Squad dragged me back to their HQ and took turns to give me the third degree. I told them that someone was being held hostage, but they were not at all interested. They insisted that Macchi-Castoldi was a front for Islamic Yeehaw, the fundamentalist redneck group, and was basically a money laundering operation. I asked to see the washing machines; they asked what I was doing there. I asked them why they were asking me questions when they already knew the answers. They asked me what I knew about Macchi-Castoldi, I asked what hair color Detective Inspector “Wide Parting” Ravioli stated on his driving license. They asked if I knew about the stake-out, I asked them if they thought ‘skin’ was really a hair color.

They soon gave up their delusions of adequacy and the interrogation was over. Back home, I headed for the kitchen and the last slice of Friday's pizza. There, on top of the toaster, was the slip of paper, now stiff and dry, that started it all. I picked it up and read it again: “Please help me, I'm being held captive in a pasta factory!” Then, for no real reason, I flipped it over. On the back it read: “Love, Mom.”

Poor Mom, her colorful practical jokes were often a metaphor for life itself.

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.



**The Gourmet's
Guide:**

**British Public
Urinals**

by

Art Belefant

©2003

(belefant@juno.com)

I thank Bob Tuck for directing me to the following news article. I have shortened the news item to leave out some irrelevant information.

Fox News Channel: Friday, September 13, 2002

LONDON

It's the latest contraption designed to solve that chronic problem in entertainment districts worldwide -- how do drinkers and clubbers relieve themselves after a long night out?

In Britain, police officers spend much time nabbing those who just can't wait, and shopkeepers are often forced to hose down their doorways in the morning.

The UriLift, a stainless steel cylinder that rises from the ground in two minutes and disappears just as quickly, already has been well-received in one English town and will be arriving at two London hotspots later this month.

When the nightlife arrives, an officer standing within a few feet of the UriLift can activate the hydraulic motor via remote control. There is room for three men to use the sleek device at the same time, and it is lighted, though there are no doors.

There's no need to worry about smell because the UriLift, with its automatic flushing, is connected to sewage mains for disposal of urine and flush water. No one has to empty those temporary plastic urinals that some towns employ outside bars.

For the time being, women must hold it in a little longer. A prototype for females is not yet ready.

London, which last month celebrated the 150th birthday of the city's first public toilet, is getting two UriLifts in the Westminster section. One will be installed outside a subway station and the other outside the Palace Theatre.



BPU Closeup

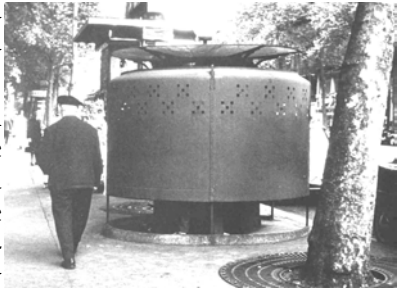
During my last visit to London (November 2002), I found that the described article does exist, it is not a figment of some Web designers fancy. As of this writing there is one unit installed in London just outside the Charring Cross Underground station. A second is being installed near Trafalgar Square. The one that is installed is operated only on Friday and Saturday evenings. As my visit to London did not encompass those two days, I could not see the device in operation, but I could and did see the closed unit.

In cities in past centuries men would urinate in public places, on the sides of buildings and in secluded alleys. In Europe it was not unusual then, nor even today, to see long ceramic urinals placed on the side of public buildings such as the Cathedral at Chartres. These urinals provided little if



any privacy. They were also not usually provided with flushing water although they often were connected to a sewer.

During the nineteenth century, until the middle of the twentieth century, France installed *pissoires* on the main streets and boulevards of Paris and other cities. These facilities provided a place for men to urinate with some privacy and in a sanitary manner. France was hailed for its advanced sanitation facilities. Men no longer, it was claimed, had to go down alleys to urinate.



In actuality, the *pissoires* did not afford complete coverage; the men's feet could be seen below the skirting and every one knew what they were doing behind the barrier. But the *pissoires* were more sanitary than urinating on a wall. Flowing water and a drain to a sewer were provided.

Around the middle of the last century, increased cultural sensibilities and the need for equal access for women compelled the French to replace the *pissoires* with fully enclosed automatic toilets useable by men and women. I am surprised that now, fifty years later, the Brits have tolerated this new device that leaves men to expose themselves on a public street. Except for the improved sanitation these open urinals regress back to a lustier and more open time, although now the sight of men urinating is no longer considered taboo. Indeed, some recent movies from Hollywood depict that activity.

Regardless of that, I do not see those urinals being installed in the U. S. Even if we are becoming less Puritanical in our attitudes towards sex and elimination, we are becoming more concerned with sexual equality.

As for sexual equality, there are no facilities for women in this British urinal. How would that be accepted in the USA? In New York City several years ago, the city tried to install public toilets similar to those now used in France. There was a difficulty; the facilities are not wheel chair accessible. Because of that, there was so much protest that New York abandoned the idea. If one city in the U. S. could not put in a public facility because it was not accessible to a very small minority of the people, how will the public tolerate a facility that is limited in its use to less than half of the population.

But in that majority there are some women who can urinate standing up. What would happen if such a woman decided to use the described facility -- and it was a male Bobbie guarding the loo - and there were men using it too?

Like the woman's urinal that I commented on elsewhere, I think this too will pass.



Paris Public Toilet



Your Health



Arthritis

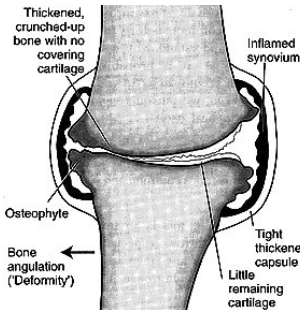
Ann Schindler

©2003

Arthritis means inflammation of the joints. It is a painful condition suffered by one in three Americans or nearly 70 million people and the numbers are increasing. Costing America about \$80 billion a year in medical costs and lost time from work, additional research is needed to learn more about the condition, especially as the “baby boomer” generation ages and more people are finding themselves at the age when arthritis is a common problem.

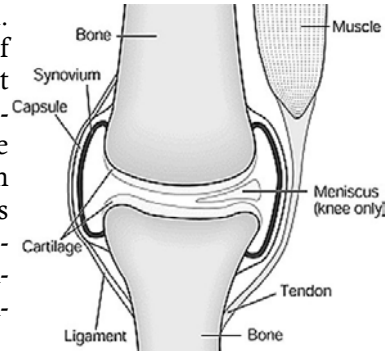
There are many types of arthritis, but the two that most people have knowledge of are osteoarthritis and rheumatoid arthritis. These are totally different conditions, though many symptoms are shared. Other diseases and conditions that are included in discussions of arthritis are carpal tunnel syndrome, gout, fibromyalgia, bursitis, tendonitis, and many others.

Osteoarthritis (OA), also called degenerative arthritis or “wear and tear” arthritis, is what you may expect as you age. OA is a disease of the cartilage, the tough elastic material that is found in the discs between the vertebrae of the spine and at the ends of the bones of the joints, the place where two bones meet. A fibrous joint capsule, called the synovial capsule, encases the joint. The cartilage allows the bones to glide smoothly over each other. Also, because cartilage is 70% water, it can change shape with movement and thus cushion the joint. As the cartilage is worn away with age, the ends of the bones rub against each other, allowing damage to occur. The cartilage also becomes less elastic, causing the joint to become stiff and more likely to become damaged.



Severely Osteoarthritic

This increased viscosity helps protect the joints. (The opposite of a dilatant liquid is a thixotropic liquid, which becomes thinner or less viscous under shear. Quicksand works on these principles.) Arthritis can affect any tissue in the joint or around the joint, including bone, cartilage, muscles and tendons. OA causes pain, stiffness, and cracking or popping sounds (crepitus) in the joints. As the disease progresses, symptoms worsen and



Normal Joint

February 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 10th & 24th
6:00PM, Merritt Island, across from Merritt Square Mall

C.A.B.A.G.E. (North) at Books-A-Million: Wednesday, the 5th & 19th
Merritt Square Mall

C.A.B.A.G.E. (South) at Books-A-Million: Wednesday, the 12th
7:00PM, 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 *Karen@freiberg.com*

C.A.B.A.G.E. South Host: Clara Woodall-Moran *cew@cfl.rr.com*

31st, 1st and 2nd
Friday to Sunday

Central Florida Mensa's Smarti Gras RG
Registration and Hotel Costs SS/NP

Join the crowd at CFM's great annual RG, being held once again at the *Holiday Inn Select, 12125 High Tech Ave., Orlando*. Games, fun and a weekend of relaxation and good fellowship awaits you starting at 3:00PM Friday and lasting until about Noon on Sunday. Let the Good Times Roll!

Eddie Truelove

etruelove@cfl.rr.com

8th
Saturday

5:00 p.m. and 7:00 p.m.
Meal Cost and \$3.00

Sushi and Cinema
SS/NP

Dan Lange invites us to join him at *Haru's Sushi Bar & Grill (676-5159) at 192 & Wickham in Melbourne, in the Metro West Center* for great dining, followed by a trip to his apartment for a night of movie watching. His DVD collection awaits. A movie can be chosen by the group and munching and rehashing will, in all likelihood, be included. Dan has a third story walk-up, so the faint-hearted are forewarned! *E-mail Dan for Directions.*

Dan Lange

dlange@klx.net

8th
Saturday

6:00 p.m.
Free

Great Books Discussion Group
NS/NP

Come out to *Barnes and Noble on Merritt Island* to join in a discussion of the Great Books. Former local member and friend of SCAM, Luke Setzer, asks us to join him and others in this "shared inquiry" setting. This event will include Mensans and non-Mensans alike, and the recurring theme will be books of interest to Objectivists. The Great Books programs is what the group is currently exploring. Please feel free to contact Luke Setzer ahead of time for further information, or go to the URL listed below

full details.

Luke Setzer

<http://WideSCOPE.tripod.com>

10th

NL and Calendar deadlines

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

14th

6:00 p.m.

Pub Night

Friday

Food and Drink cost

S/NP

Helen Lee Moore takes us to the *Shamrock and Thistle Pub* in Titusville for a night of tasty ales and lively conversation. You can look for this event every other month, alternating with J.T.'s Firearms and Fried Rice. One month shoot darts; the next, bullets. Food is no longer available at the pub, but you can carry or order in. The pub is at **2035 Cheney Highway, Titusville.**

Helen Lee Moore

76764.3242@compuserve.com

15th

7:00 p.m.

Games Night

Saturday

\$3.00 Kitty

SS/Cats

Clara and J.T. invite you to a Games Night at their Port St. John home. You can, of course, do other things, but the emphasis tonight is on dominoes, and card games such as hand-and-foot and double elimination hearts. If you're feeling competitive (in a friendly way, of course) then let's play! *E-mail for Directions.*

Clara & J.T. Moran

cew@cfl.rr.com

16th

11:00 a.m.

Brunch with Jim

Sunday

Meal cost

NS/NP

We'll join Jim for his monthly Sunday brunch at the *Colossus Restaurant* at **380 N. Wickham Rd., Melbourne.** You must be seated no later than 11:00 a.m. or you may not be seated with us: we can't save any seats for latecomers.

Jim Trammell

dulabeans@aol.com

20th

6:30 p.m.

Dining Out

Thursday

Meal Cost

SS/NP

Many people on the Space Coast think that the best Mexican food in the area is served at Fiesta Azteca in Melbourne. Chet Young agrees, and he would like for you to join him there. *Fiesta Azteca* is located at **2242 Sarno Road, Melbourne.** Phone **242-5966.**

Chet Young

chetlind@bellsouth.net

21st

7:30PM

Party/Games Night

Friday

\$3.00

SS/NP

Those consummate hosts, Marc and Suzanne, once again open up their beautiful oceanfront condo for a night of games and good fellowship. Play games, enjoy great food, or just sit and look at the ocean in a night guaranteed to help relieve the stress of the weekly grind. *E-mail for Directions.*

Suzanne and Marc Leichtling

suzl@cfl.rr.com

22nd

6:30 p.m.

S.N.O.R.T.

Saturday

Meal Cost

SS/NP

Wasabi! Join us at our best-attended monthly event and sample some great Japanese fare; take a break from the mundane for some sushi, teriyaki, and tempura. *Miyako's* is located at **1511 S. Harbor City Blvd. (US1) in Melbourne.**

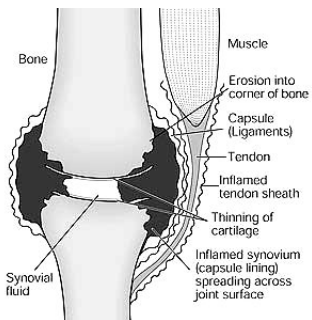
J.T. Moran

morwood@cfl.rr.com



increasing disability is common. Genetics seems to play a role in the likelihood of acquiring the disease, along with obesity, repeated injuries, and overuse or repetitive movements. Diagnosis relies on symptomology, x-rays, and blood and urine tests. Various treatments have proven helpful. Most common is the use of over the counter anti-inflammatory medications as aspirin, acetaminophen (Tylenol), etc. These medications are referred to as NSAIDs (nonsteroidal anti-inflammatory drugs). Your physician may order other stronger prescription strength medications or other specific anti-arthritis medications. Steroid medications reduce pain, but may have other side effects, and a physician should closely monitor their use. Thermal treatment, heat or cold, is often successful. Heating pads or hot tubs can soothe and relax tired aching muscles and joints. Be sure to avoid excessive temperatures and avoid the use of analgesic creams, or rubs, in combination with heating pads to avoid burns. Other people find the use of cold packs to be more effective in alleviating pain. Whichever is used, never keep either heat or cold packs on your skin for longer than 20 minutes at a time. One of the best things you can do for arthritis is remain active and exercise daily. A stiff painful joint will only become more stiff and painful if it is not moved. Surgery is not usually necessary for OA, but may be required to “clean” the joint capsule of debris, or possibly fuse, reconstruct, or replace the joint in cases of severe disease.

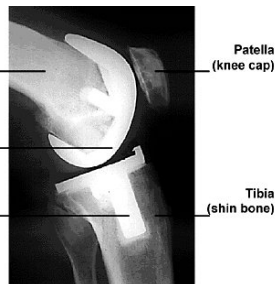
Rheumatoid arthritis (RA) is an autoimmune disease. These are diseases in which the immune system attacks the cells of a person’s own body instead of invading organisms. There are numerous autoimmune diseases including multiples sclerosis, psoriasis, Crohn’s disease, and lupus erythematosus. Each of these diseases affects a different organ or body system. In RA, the body produces antibodies to collagen, one of the precursors of cartilage. The synovial linings of the joints are affected, resulting in an inflammation called synovitis. This begins to destroy cartilage and bone within the joint, and also keeps the muscles, tendons, and ligaments from working properly. Numerous joints can become affected at the same time, becoming painful, swollen, and hot to the touch.



Severely Rheumatoid

Abnormal flexion or hyperextension of the finger joints can occur from tendon and ligament involvement (swan-neck and boutonniere deformities). Nodules (bumps) under the skin can form in areas as the knuckles, elbows, and spine and irreversible joint involvement can occur. Other organs, including the lungs, blood vessels, and the eyes can become affected. Symptoms may also include fatigue, fever, loss of appetite, and weight loss. RA is a condition that can be acquired at any age including childhood. There is no cure for RA and treatment is directed at slowing the progress of the disease and preventing the destruction of the joint and slowing other complications. Remission can occur, but is

very rare. NSAIDs may be helpful, but the most frequently ordered medications include corticosteroids, and immunosuppressive drugs. A new group of medications called disease modifying anti-rheumatic drugs (DMARDs) slows the disease process and prevents joint destruction. Physical therapy and exercises will keep the joints flexible and strong. Surgery may be necessary to relieve pain and restore joint function. Joint replacement or fusion can become necessary. The Proisorba Column is a new treatment that filters the blood in order to remove inflammatory antibodies. The procedure, similar to kidney dialysis, is done once a week for 12 weeks. It separates the plasma and filters it, removing the inflammatory cells, then remixes the blood and returns it to the patient. The procedure takes about 2 hours. It is used in people who cannot tolerate DMARDs or have not found them beneficial. Not everyone is helped by this treatment, but if successful, the benefits can last over 1½ years. Though only approved by the FDA in 1999 for RA, the Proisorba Column has been used since 1987 for a blood platelet disorder.



Glucosamine and chondroitin both occur naturally in the body. Glucosamine is an amino sugar that is important for cartilage formation and repair. Chondroitin is a protein that imparts elasticity to cartilage along with being an anti-inflammatory agent. They are sold in health food stores as a nutritional supplement and touted to rebuild cartilage and relieve pain. If you are diabetic, on blood thinners, on diuretics, or are pregnant, check with a physician before starting these supplements. Numerous studies have been conducted on these supplements, with some finding them helpful, some not. If you have taken them for several months with no benefits, consult your physician for other treatments.

Research has been responsible for important progress in the field of arthritis treatment and holds great promise for the future. Gene therapy and gene replacement is another exciting area that will be explored. When we understand more about cartilage and bone, and the various factors affecting the changes that occur, we will be more equipped to help the sufferers of these diseases.

Sources

Ariss, Kathleen. Osteoarthritis. 4 May 2001. Online. Healthwise, Inc. Internet. 11 Nov 2001. Available <http://my.webmd.com/encyclopedia/article/1681.50780>

Cook, Kerry: Rheumatoid Arthritis. 5 Sept 2002. Online. Healthwise, Inc. Internet. 13 Nov 2002. Available <http://my.webmd.com/encyclopedia/article/1834.50745>

Underwood, Tina: Proisorba Column. 5 Sept 2001. Online. Arthritis Insight.com. Internet. 10 Dec 2002. Available <http://www.arthritisinsight.com/medical/meds/prosorba.html>



***A View... From
Somewhere Else***

***A View From
The Carriage***

by

Hank Rhodes

©2002

The author came across an old, but useful expression recently - "Potemkin village."

This expression originated during the reign of Empress Catherine II in Russia, who lived from 1729 to 1796, and is commonly known as "Catherine the Great."

Although Catherine stands in the front rank of the leaders of Russia, she was in fact a German by birth, and her family were minor members of the nobility. At sixteen, she was forced to leave her home, travel to a strange land, and

enter into an arranged marriage with an heir to the Russian throne.

This was a time of political instability and social change in Russia. Since the death of Peter the Great in 1725, Russia was ruled by a succession of weak leaders. Two branches of the ruling Romanov family competed for the throne. Seizing the opportunity provided by the vacuum in authority at the top, the members of the nobility were attempting to increase their power, and the rising urban middle class worked to assert their rights, as they consolidated wealth. Meanwhile, at the bottom rank of society, the lot of the commoners remained dismal. In the countryside, some peasants were held by the landowners in a state of serfdom. This institution, which was a hold-over from feudalism, strongly resembled slavery.

Catherine was scorned by her husband, and ignored by the Russian nobility, which turned out to be a grave mistake. Six months after her husband's accession to the throne in 1762, he had proved himself to be an incompetent and unpopular leader. Catherine engineered a coup that made her the absolute ruler of that huge nation for the next 34 years.

Like the other rulers of Russia who stand out, Catherine is characterized by her struggle to bring the nation into the modern era against great resistance. Catherine was well-educated and subscribed to the ideals of the enlightenment, such as equality, rule of law, and the rights of man. She recognized how the nation was lagging behind Europe, and initially Catherine worked to accomplish reforms within Russian society.

While not surrendering any of her dubiously-acquired power, Catherine reorganized the nation's administrative, judicial, and educational institutions. This resulted in greater efficiency, more elective offices at the local level, a general rise in prosperity, increased literacy, and a reduction in official corruption. It would remain for one of her successors, however, to take the drastic step of freeing the serfs.

In an era where greatness was largely measured in terms of territorial expansion, under Catherine Russia's borders were pushed westward and southward at the expense of Poland and the Ottoman Empire, bringing new land and peoples under her domain.

Catherine's husband died under mysterious circumstances shortly after she seized power. For the rest of her life, Catherine cohabited with a series of men who shared their Empress' bed, but rarely any of her power. Once he passed out of Catherine's favor, each former lover usually retired to an

estate provided by his Empress. An exception to this pattern was Gregory Potemkin, who held a series of important government posts.

With the passage of time, however, Catherine became more conservative in her outlook. Since she was in fact no better than a usurper, Catherine faced challenges to her legitimacy throughout her reign. There were several rebellions by disaffected members of the populace, which were put down violently. The wealthy and powerful resisted any reform that might undermine their position. At the same time, social philosophers publicly criticized Catherine for the slow pace of reform, some going so far as to promote emancipating the serfs, views which resulted in their own imprisonment.

While sympathetic to enlightenment principles, Catherine remained an autocrat to her death. Although she accomplished a great deal, Catherine at best can be described as a benevolent despot.

In 1784, Catherine went on a grand tour of part of her domain. To assure the Empress of the welfare of her subjects, Potemkin is said to have arranged for cardboard facades to be erected along the route, to create the impression of happy, prosperous communities. The peasants were garbed in costumes, and coached to give their Empress a warm and enthusiastic welcome. Thus, any elaborately crafted show of false success for the purpose of impressing an important visitor is known as a “Potemkin village.”

Historians agree that the conditions in the country improved during Catherine’s reign, and some go so far as to suggest that the concept of the “Potemkin village” was created and promoted by her political enemies, to discredit her program of reform. What the Empress actually saw of the Potemkin villages from her carriage is uncertain, but the author suspects that Catherine was not easily fooled.

It seems there are plenty of Potemkin villages around today, and one wonders how many contemporary leaders are deceived by them, either unwittingly or willingly. In our world of half-truths, contradictions, and outright fabrications, we must always attempt to look beyond the surface. Otherwise, who knows what hides behind an appealing facade?

Epilogue: Potemkin’s name resurfaces in the history books in the early twentieth century. In the Russian Imperial Black Sea Fleet, the crew of the *Potemkin* revolted against their officers in 1905. Although this mutiny accomplished little, and was quickly suppressed, the sailor’s uprising was later regarded as a heroic precursor to the Communist Revolution. Noted filmmaker Sergei Eisenstien depicted the event in 1925. *The Battleship Potmekin* is regarded as a technical landmark, and is best remembered for the scene of an unattended baby carriage rolling perilously down the stone steps of the city of Odessa, an image generally interpreted as a metaphor for the old regime’s incompetence and neglect. Ironically enough, the Soviet system of five-year plans and pre-assigned production quotas elevated the Potemkin village into a science.



My Point of View

Education

“Opportunities”

by

Mike Moakley

For the last several years, it seems all we’ve heard from the politicians, especially here in Florida, is how our public school system is failing to adequately educate our children. A wide range of reasons is offered as to why the system seems to be a failure. It seems that the public schools are failing because we are not holding them accountable. If only we could subject the public schools to

“market forces” like the private sector, it seems that would fix us right up.

Such was the state of affairs in 1998, or so it would seem. This issue was a major factor in Jeb Bush’s victory in the Florida gubernatorial election. So what was the solution that propelled Jeb and Company into power? The Republican way to ensure that each Florida child in Grades K-12 would be afforded a quality education was, in part, through “Opportunity Scholarships” (You’ve got to hand it to the Republicans; they sure know how to market their proposals). For those not yet familiar with the Republican lingo, “Opportunity Scholarships” is their euphemism for VOUCHERS, that is, using public funds to send students to private schools.

Another solution Jeb and Company introduced is the FCAT, that standardized test designed not only to assess the students, but their schools as well. This is the centerpiece for grading the schools based on their students’ achievements. As part of this program, a new funding formula was put in place to “reward” the top achieving schools and to “punish” the failing schools. Part of the “punishment” is to offer vouchers, excuse me, “opportunity scholarships” to students of such schools to use at the private school of their choice.

Now that “Opportunity Scholarships” and the FCAT are reality, are our children finally getting that better education that would be sure to follow? Well, as was brought out by the 2002 gubernatorial campaigns, Florida schools are still near the bottom of the pile, with an overall ranking of 47 out of 50 states (thank God for Mississippi, Louisiana, and New Mexico; without them, we’d be at rock bottom). Not very encouraging. Yet, what about the benefits of competition, the “free market” forces? I will have to concede here that our education landscape is beginning to show some real changes. Yes, I’ll have to hand it to the free enterprise system, that “entrepreneurial spirit” we so often hear about.

One such example is the rise of “Homeschool Academies”. One such “Academy” now occupies a commercial building near my home; it used to house a day care center. And here I thought “home schooling” meant one of the parents stayed home and taught the child at HOME all the academics normally taught at school (I guess I can blame my ignorance on my public school education)! As it turns out, “Homeschooling” is quite the burgeoning industry of the 21st Century. Moreover, the Homeschooling Industry has its own legal defense fund known as the Home School Legal Defense Association (HSLDA) to represent their interests.

But, one might argue, wouldn’t home schools be better for the children,

since, after all, they are not “Government Schools”, and are thus competitive? Let’s take a look at two key HSLDA issues. First is the issue of teacher competence. The HSLDA has gone on record as *opposing* any teacher certification requirements, contending the certifying of teachers has no correlation to student performance. In support of their position, the HSLDA quotes Dr. Donald Erickson of UCLA:

“Some of the worst teachers I’ve ever seen are highly certified. Look at our public schools: They’re full of certified teachers. What kind of magic is that accomplishing? But I can take you to the best teachers I’ve ever seen, and most of them are uncertified....”

It would almost appear that the HSLDA believes that uncertified teachers would be better teachers than their certified colleagues. After all, they imply, just compare student performance. Which leads us at this time to the second key issue: Testing.

After all, what better way to see for ourselves how well the students absorbed the wealth of knowledge passed on to them, right? Wrong! As it turns out, the HSLDA does not approve of standardized tests, either. According to the National Center for Home Education (a division of HSLDA):

“Since its birth, HSLDA has opposed any form of a national standardized test. It is our belief that such a test is hazardous because it would logically lead to a national curriculum and in turn adversely influence the home education process. Over the last several years the National Center for Home Education has monitored legislation and lobbied against any national legislation that would implement such a test.”

“The greatest danger of a national test is the federally approved curriculum it will inevitably require. University of Kansas professor John Poggio stated, “What gets tested is what will be taught.” His statement encompasses the common concern among homeschools and private schools alike.”

In essence, the Homeschool Industry does not wish for us to check student performance results either. Well, how are we supposed to know how well “Free Market” forces are working in education? What about “accountability”? We will not be able to count on the State of Florida to help here. The FCAT, according to Chapter 1008.22, Florida Statutes (2002), are strictly for public schools, and NOT to be used to measure any private schools (or their students).

Evidently, the voucher program is NOT about accountability, nor is it about sending our children to better schools, as we are not allowed to objectively determine whether those schools are really better.

What, then, do we do? For starters, let’s ditch the voucher program. It does not work. Moreover, it does nothing to improve our taxpayer-supported public schools. We should not be spending our tax money on schools that are not accountable to taxpayers. This would include abolishing the “hidden voucher” program as well. In Florida, there is no individual state income tax. There is, however, a state corporate income tax. There is

a little-known provision in the law, however, where a company may, if it chooses, divert up to 75% of the tax due for a scholarship program for kids in elementary, middle, or high school to attend private schools if they wish. See Chapter 220.187(3), Florida Statutes (2002). Let's do away with this and instead reserve that 75% for use by our public schools.

Let's change the way we allocate funds to our schools. The current system allocates the money based on property tax receipts, that is, wealthier school districts with properties paying higher taxes have more resources for their schools than poorer school districts. This is in addition to the new "incentive" program now in place. All school districts should get the same allotment per student, as well as any additional funding for special needs also made available on an equal basis (such as Head Start, handicapped students, etc.).

These are not all of the answers, but they would surely provide a good starting point for real education opportunities for our children, at no additional cost to Florida's taxpayers.



The 10th Story
by
Elissa Rudolph,
RVC10
RVC10@us.mensa.org

With a good start on 2003, we are rolling on, with just a short report from the tenth story. News on the hotel for the 2006 World Gathering next month.

Regional Newsletter Highlights:

Mary Matthews (editor of *Tampa Bay Sounding*, January 2003 issue) discusses "Men and Women in Mensa," one explanation of the disparity in numbers. As Victor Serebriakoff observed in the mid-1980s, "In Mensa, women are underrepresented." Basically Mary's article compares left brain/right brain activities, how men/women process information and how, with the ubiquity of computers, the proportion of women in Mensa is rising. (mothermary@extremelysmart.com)

On the humor front, Darcy Schiller, editor of *BrowBeat*, Broward Mensa's publication, makes us laugh with Florida slogans: "We count more than you do." "We're number one! Wait! Recount!" "If you think we can't vote, wait til you see us drive." Hey, if we can't poke fun at ourselves, we've lost our sense of humor. (dsnyp@aol.com)

At the end of 2002, the new Mensa members report (split up by various generational proportions) shows that the 17 to 36 year (Generation X, born between 1966-1985) segment had the greatest jump in numbers—56%! Next highest segment was the Baby Boom segment (born between 1946-1965)—32%. Now that's good news for those of us known as the graying generation—no, we won't tell you when we were born!

'Til next month, have fun at *Smarti Gras* in Orlando (Jan. 31-Feb. 2)!

February 14-16, *ValenTime RG*, <http://www.nwflorida.us.mensa.org/>, for details for Northwest Florida's first ever RG!



**A View
from the Right:
The Unbearable
Lightness of
Being... Liberal**
by
J.T. Moran
(morwood@cfl.r.com)

"A lie told often enough becomes truth"

Vladimir Ilich Lenin

Every now and then, a Liberal bigwig will say something so outrageous that it sticks with me for a long time. Over the course of that time it will be repeated and reinforced in the media and by other liberals, until the slogan becomes a catch-phrase or a buzzword. Such words and phrases rarely have any foundation in truth, but they don't have to for a Liberal with complete media support. The old saying is just as true today as when said it.

I have listed here a few of these, in no particular order:

Diversity is Good! – Possibly the single most repeated buzzword in the Liberal lexicon is “Diversity”. Like all other Liberal codewords and phrases, it has become a mantra of the religion of Liberalism. One to which failure to toe the line of Liberal Orthodoxy is heresy, causing you to be forever cursed as a “bigot”, “racist”, or “homophobe” unless you cough up a large penance in a public arena.

Like most of the Left's orthodoxy, “Diversity” fails the test of its own definition. It is trumpeted as a philosophy wherein “all viewpoints have merit”. Of course, the orthodoxy insists that the fine print between the words “viewpoints” and “have” be micron-sized. Under close enough scrutiny, the fine print reads “... that agree wholly with ours...” For under any examination it is readily evident that policies and beliefs that do not conform to the Liberal Orthodoxy, such as Christianity, or the Boy Scouts refusals of homosexual scoutmasters or atheist members, cannot be admitted into the utopia of Diversity.

Such an example is currently found in California. Numerous lawsuits, all of which have failed, attempt to force the Scouts to accept lifestyles and beliefs that are anathema to the principles the organization was founded upon. For example, how can the Scouts accept atheists as members? The Scout oath states: “On my honor I will do my best to do my duty for God and my country.” Will they be forced to remove “God” from the oath, since by definition an atheist cannot swear to do his duty for God? Most certainly such would be attempted – just look at the lawsuit to remove “under God” from the Pledge of Allegiance. Scouts also pledge to be “reverent” - something rather difficult for an atheist to do.

But while the Liberals are trying to force the Scouts to accept members, they are also trying to force California judges to cease any affiliation with the Scouts, by virtue of a law expressly forbidding judges to be members of the Boy Scouts of America.

An interesting use of logic: to both argue for and against the First Amendment - protected freedom of association in regards to the same social organization.

The truth of the matter is that in practice the Liberal version of “Diversity” is nothing more than a method of discrimination – against what is traditionally considered the norm in America. Diversity emphasizes only physical attributes – race, gender, and religion – and does not promote that which is traditional – Christianity, marriage, the two-parent family, etc.

The best current example of the discriminatory nature of Liberal Diversity can be found in the case soon to be heard in the Supreme Court concerning the admissions policy at the University of Michigan. The University will grant 20 points to non-white applicants based solely on the color of their skin. In contrast, a perfect score of 1600 on the SATs will garner an applicant only 12 points. Diversity? Sorry, that’s pure racial discrimination.

Can’t We All Just Get Along? – Tolerance is prated about by the Left in a manner that is almost synonymous with Diversity. However, in tolerance they supposedly espouse the intellectual intent that they discarded under diversity. But again, like diversity, tolerance is a rather one-way concept.

Religious philosophies are one area where “tolerance” fails to live up to its name. In schools of all levels, Christian studies and principles are banned, while those of other beliefs are supported.

After 9/11, schools in California had an immersion day on Islam. Elementary school kids wore robes and burqas, adopted Moslem names, and were led in daily prayers by the teacher. These same schools denied the use of school facilities to Christian students for after-school meetings and worship on the grounds of “separation of church and state.” Which, if either, is the violation of the First Amendment restriction that “Congress shall make no law respecting an establishment of religion, or prohibiting the free exercise thereof”? So why are the two beliefs treated differently?

In the Senate, the majority of conservative nominees for the federal courts were denied the opportunity of a full vote of the Senate by the Democrat-led Senate Judiciary Committee. Yet nowhere is there mention of such power to a committee. It is the Senate as a whole that has the duty of advise **and** consent with respect to judicial appointment. To a Liberal Democrat (a redundant description in the majority of cases), bipartisanship means the Republicans give in to them.

Fairness – We continue to hear the old Liberal Democrat chestnut that President Bush’s tax plan consists of only “tax cuts for the wealthy” and that it isn’t fair that low-income Americans don’t get nearly as much from it. We even hear that it is unfair because the people who don’t pay taxes at all don’t get a tax cut! The Dems, as usual, offer instead a “tax rebate” for all Americans, even those who paid nothing in the first place.

It is a shame that the members of the leftist media have suborned their duty of reporting the facts in a fair and unbiased manner to their need of forwarding their personal socio-political agendas. Their failure to confront the Liberal Democrats who rant on about “tax cuts for the rich” with a few questions of devastatingly simple logic shows how ethically bankrupt they

both are. A simple question like: “Senator, you are opposing these tax cuts because you say they are for the rich. Wouldn’t it be more accurate to say that they are for anyone who actually pays taxes? And, when you consider that the IRS reports that the top 50% of all wage earners (*those who earned more than \$26,000!*) paid 96.1% of all income taxes in 2000, don’t you think that giving them a break is the fair thing to do?”

Don’t hold your breath waiting for the Dan Rathers of the media to ask that one.

Spirit of the Law – Nobody proposes more laws than the liberals in power. And very few of those proposed do anything more than restrict the rights of everyone... except those who are counted among their minority and special interest groups. A shooting someplace? Propose gun control/ban/confiscation law 24,001. Some minority member get assaulted by a white? Propose one more “hate crime” law that fails to provide “equal protection under the law”.

Yep, they love to pass new laws. Too bad they fail to abide by them themselves. What’s that, you have a 20 year-old law that mandates that all ballots must be tallied within a given period, and you can’t make it? A Liberal simply files suit to ignore that particular law. Your senator is so far behind in his re-election bid that he can’t possibly win, so he drops out of the race 11 days after the latest date state law mandates he can be replaced on the ballot. Do the Liberal thing: ignore the law and replace him with someone who can win. After all, they really didn’t mean it when they passed that law, did they? They probably meant it to be two weeks later.

I Feel Your Pain – Liberals love to act concerned. What better way to seem caring than to claim empathy with your audience? Trouble is, their empathy can’t stand up to a passing glance, no less intense scrutiny.

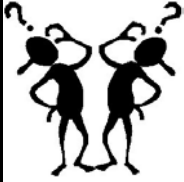
Empathy is the ability to put yourself in the other guy’s shoes, to understand what he feels. Bill Clinton told the poor and working class, “I feel your pain.” How? Bill Clinton had never held a public sector job in his life, had never in his life had to go without. So from whence comes the empathy? Can anyone truly believe that Ted Kennedy has any concept of what low and middle income people go through in their daily lives? The man has enjoyed the wealth, prestige and protection of his family name since birth.

Can any of the 26 Senate and 71 House millionaires actually have a clue as to what the “regular people” go through every day to put food on the table? Can individual legislators making \$155,000 a year, with all the perks and benefits thrown in, know what Americans feel and experience, when their constituents must make do on a median family income of \$43,000? Can those with the power understand what it is to never have it?

They should live as we do, under all the laws, liabilities and limitations they impose on us. THEN they’ll know our pain.



**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 anagram words.

For each pair of definitions, you are 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 - Clumsy, stupid persons - a Chesterfield
- 2 - Spring festival - one who makes fun of
- 3 - Followed - prepare for publication
- 4 - An egg-producing hen - near the beginning
- 5 - Measure of duration - a little spider

(Answers will be found below)



Arachnae's Threads

by
**Clara Woodall-Moran
Webmaster**

The website is getting improved as we go along. I've learned a lot about adding "readability" to the page. Gone are most of the white spaces that were formed by the original program used to create the pages.

There are many ways in which to create the HTML format files and I chose one source because it was easy; but, like cheap, easy is not always the best bargain. These pages became labor intensive and, after much editing, did not have the crisp appearance we look for in a web page. Check out the new and improved first four pages: the front page, the links page, and the officer and volunteer pages. I think you will be pleasantly surprised.

Check this site out: <http://www.marchbunny.com> produced by SCAMster Peb Elliott. It provides a nice perspective on the St. John's River. Camp Holly, mentioned on her page, offers boat tours: someone might want to schedule something there.

Phone: (407) 631-3548 FAX: (407) 690-2295

focusonbrevard.com

A product of
Cyberspace HomeSites & Associates, Inc.
(CH&A)

Charles L. Schuenger

PO Box 560017
Rockledge, FL 32956

webmaster@focusonbrevard.com
Created by www.chna.com



We Have....



The Answers!

- 5 - time - mite
- 4 - layer - early
- 3 - traced - readact
- 2 - easter - teaser
- 1 - oafs - sofa