

Augusta, KS 67010

POB-151

Seeds Editor

Kansas Mensa Sunflower Seeds



February-March 2023, Volume-51, Issue-2

SATURDAY EVENTS

Mar. 4th	PIG-OUT 12:45	Vora Restaurant 3252 E Douglas www.vorawichita.com
Mar. 11th	Meeting 2:00	Fairmount Coffee 3815 E 17 th ST N www.fairmountcoffee.com
Mar. 18th	Field Trip 1:30 (new time)	Wichita-Sedgewick County Historical Museum www.wichitahistory.org
Mar. 25th	Gathering 7:00	Barnes & Nobles 1920 N Rock RD www.barnesandnobel.com
Apr. 1st	PIG-OUT 12:45	B&C Barbecue 355 N Washington www.bbqwichita.com
Apr. 8th	Meeting 2:00	Fairmount Coffee 3815 E 17 th ST N www.fairmountcoffee.com

PIG-OUT



Our group has met here before and everyone seemed to enjoy the food and the atmosphere.



Field Trippin

Wichita-Sedgewick County The Historical Museum



We toured the museum several years ago and had a great time. We will meet at 1:30 PM.



Regional Scholarship Judges Needed

We are looking for judges for the Mensa Foundation Scholarship Essay Contest for the regional competition for region 7. Judging involves reading essays submitted by scholarship applicants and scoring them for points to determine the winners. Regional judging will be done over the internet and will take place between February 28, 2023, and April 11, 2023.

Anyone who is interested in volunteering, please Contact: Tim Winkelman (303)698-1897 timwinkelman@yahoo.com

RVC Region-7 Column

Greetings, all!

During our last RVC / Regional call, one of our local leaders asked a great question about marketing to local colleges and universities. This is a great opportunity to let you know I followed up with Becky at our National office!

Becky provided some great information, which I've copied / pasted below. I also used this - along with my perspective - to craft the month's RVC column for your newsletters, which is attached here in Word format.

Becky mentioned the successes of one local group and I'm happy to reach out if you want more information on this. You're also welcome to reach out to Doreen if you want, especially with specific questions. I'm sure you can find her contact info in the National directory.

Feel welcome to let me know if you have questions on all this! I know marketing is tough as we come out of Covid, but we're all - local and National - doing our best. Thanks!

<snip...Becky's reply>

Many years ago, Mensa put effort into recruiting at the college level; not sure about establishing student groups. All this was in an era when schools weren't quite as locked down and more open to outside groups: booths during freshman orientations, etc.

That said, historically university students aren't long-lasting members: they don't have any money and frequently many other groups/organizations demanding their time. The best appeal to them was finding a mentor in their chosen field. These students sometimes come back once they've established themselves in their careers.

Metro Washington Mensa is one of the only groups I know that has a college liaison: College Liaison: Doreen Rizopoulos. I talked to her when she was just starting out and wondering if there were others like her in other groups. She was the only one I could find at the time. I'd be interested in her experiences.

Beth Anne Demeter

A Short Course in Adiposity, Part II

How to Re-regulate One's Fat Mechanism, Greatly Simplified

By Grace Ulrich

Wild animals maintain a more or less stable weight, regardless of how much or little they eat. Gary Taubes, author of Why We Get Fat, referenced ground squirrels preparing for winter as an example. He cites a study that shows the ground squirrels gain the same amount of weight whether there is feast or famine, when it is time to put on weight for winter, almost doubling their weight in just two weeks. They will gain the weight no matter how

much they eat. But they are entirely healthy in their weight, and not obese.

In 1948, German biochemist Ernst Wertheimer said that mobilization and deposition of fat go on continuously, regardless of the nutritional state of the animal. Fat from fat cells circulates and provides fuel that muscles burn for energy. If the fat that circulates is not used for fuel, it is returned to the fat cells.

At a meal where both fat and carbohydrates are consumed, fat gets set aside immediately into fat cells to get it out of the way so that the body can deal with the carbohydrates. Your body produces insulin to deal with the carbohydrates. Indeed, your body produces insulin merely at the *thought* of food. Insulin deals with glucose, which is what carbohydrates become during digestion. Some glucose will be used immediately, and some will get stored for future use. As blood sugar in your body decreases, insulin production decreases also.

Fat comes in 2 different forms, fatty acids (fuel) and triglycerides (stored fat). Triglyceride molecules are too big to flow in and out of fat cells. Fatty acids can be bound together to form triglycerides. Or they can be pulled apart to become fatty acids for use as fuel, and in that form can flow into and out of fat cells as needed. Bundling makes one fatter, because it is harder to use, and un-bundling allows us the energy we need for daily activities.

LPL (the enzyme lipoprotein lipase) is distributed unevenly around the body, and there are differences in LPL distribution based on gender, too. Genetically, LPL

distribution is the cause of where each person's weight ends up within the body as well.

Exercise makes little difference in fat distribution, and in fact makes little difference on weight loss at all. Exercise has many excellent benefits, but weight loss isn't one of them. The presence of LPL decreases on fat cells and increases on muscle cells during exercise. That causes us to release fat from fat cells and burn it in muscle cells. When we stop exercising, the process reverses. Fat cells restock whatever they lost during exercise. Also, we get hungrier. And if insulin levels are high, it tells your body to store fat. The higher the insulin levels, the more fat you store. If you eat more carbohydrates, then you need more insulin, which causes you to store more fat.

Cortisol is another hormone that causes us to store fat. Cortisol is released during stress or anxiety. It causes insulin resistance, which means that it takes even more insulin to do the same amount of work that less insulin would ordinarily do. And in the presence of more insulin, more fat is stored.

Therefore, the only way to lose weight is to decrease insulin levels in our bodies. This can be done by avoiding the foods that require insulin for their digestion (carbohydrates), and decreasing cortisol levels by decreasing tension and anxiety in our lives.

This summary is greatly over-simplified, yet I think it essentially contains enough information to show how fatter people and less-fat people become and remain as they

are. This explains why the poor are generally fatter because carbohydrates are much cheaper to buy than meat, eggs, vegetables, nuts, and similar foods that do not cause production of insulin.

Addendum, by request:

Booze is another category. It provides little to no actual nutrition, but it is handled differently in the body. Sweet wines require more insulin to process than dry wines, and beer and ales require a lot of insulin for digestion. Hence, the beer gut blossoms in dedicated beer drinkers. I have not consider processing of alcohol within the body, because it is outside the scope of this discussion. But the kind of alcohol consumption in which one indulges does indeed make a difference in fat production.



CRIME AND PUNISHMENT

There are many kinds of crimes. They are committed for a variety of reasons. One may commit a robbery to help make his house payment, or he may do so to buy a better car, or feed his children, or impress his girlfriend, or give money to charity.

Should one reason for criminal action be more or less justified than another? Should a person who steals money to buy a car be punished differently than a person who steals money to feed his children, or impress his girlfriend? Some of us say yes. Some say no.

There are other kinds of crime besides robbery, of course. Murder is one example. Why does one person murder another? There can be many reasons. One is self-defense. Most would say that is justified. Another reason would be to take his money. Most would say that is less justified. Another reason might be that the victim simply offends me. Is killing justified in that instance? Most would say no. Revenge is another reason, as in this example. A person rapes and kills my 10-year-old daughter. I know whom it is but can't prove it. I kill him. Where does that rank on the scale of justified and unjustified action? Hmm.

Another example of revenge might be this. I am robbed. I look in my neighbor's window and see my stuff. I know who did it. The next day, the stuff is gone. Now I can't prove who did it, but I still know. I set his house on fire. Where does that rank?

Our laws do say that the severity of a crime is partially determined by the criminal's motive. For example, if I attack a person because I do not like his homosexuality or his race, that is worse than if I was trying to steal his wallet. If it was only because I don't like his politics or his foul language, that is not so

serious. But if my motivation was that I didn't like his race or religion, that is more serious, and the penalty should be doubled. Is that reasonable? Whether it is his race or his politics that makes me attack him, it is hate, and it seems that makes it a "hate crime." Neither one is justified. Also, many people who murder their spouse do so because they hate him/her. However, that is not considered so serious, and would not even be called a "hate crime." Does that make sense?

For whatever reason, our politicians have determined that some kinds of hate are far worse than others. The bad ones must be punished at twice the rate of non-hate crimes, or crimes that are based on hate that is not so serious. Has our nation become a nut case?

How about this as an alternative?
Harmful actions will be put into five categories.

1) Victimless crimes are acts that hurt only the perpetrator, such as using recreational drugs. These acts should not even be considered crimes.

2) Self-defense attacks. They are justified, and have no punishment, unless the attack is far more than necessary for self-defense.

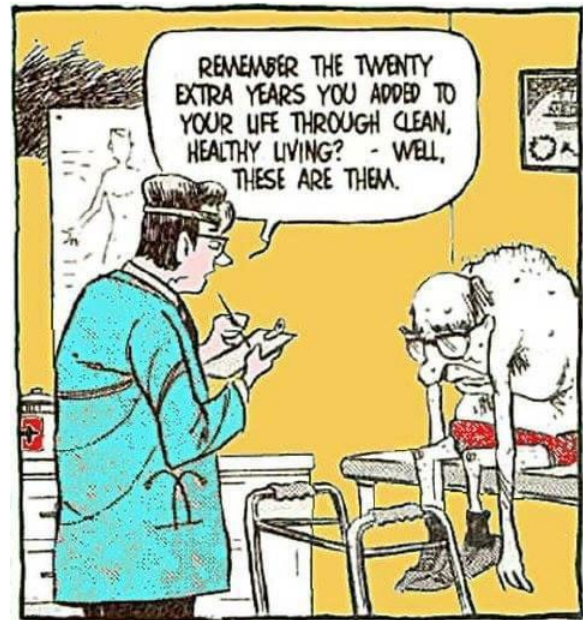
3) Accidental crimes are punished to varying degrees depending on how careless the perpetrator was deemed to be. In all cases, the punishment is small.

4) Greed crimes are normal crimes like burglary or fraud. They should be punished much as they are now.

5) Hate crimes are any attack committed for the purpose of injuring the victim, rather than benefitting the perpetrator. These would include most of what we now call hate crimes. Other crimes in that category would be vandalism, revenge attacks, and

attacks against others we do not like for any reason. These crimes should be punished about the same as greed crimes.

Mortimer Snerd



Susan Small Daggett submitted:

Hat tip to Ron Peabody for this jewel:

These insults are from an era "before" the English language got boiled down to 4-letter words.

1. "He had delusions of adequacy" Walter Kerr
2. "He has all the virtues I dislike and none of the vices I admire."- Winston Churchill
3. "I have never killed a man, but I have read many obituaries with great pleasure. - Clarence Darrow
4. "He has never been known to use a word that might send a reader to the dictionary."-William Faulkner (about Ernest Hemingway)
5. "Poor Faulkner. Does he really think big emotions come from big words?"- Ernest Hemingway (about William Faulkner)

6. "Thank you for sending me a copy of your book; I'll waste no time reading it." - Moses Hadas

7. "I didn't attend the funeral, but I sent a nice letter saying I approved of it." - Mark Twain

8. "He has no enemies but is intensely disliked by his friends." - Oscar Wilde

9. "I am enclosing two tickets to the first night of my new play; bring a friend, if you have one." -George Bernard Shaw to Winston Churchill

10. "Cannot possibly attend first night, will attend second... if there is one." - Winston Churchill, in response

11. "I feel so miserable without you; it's almost like having you here" - Stephen Bishop

12. "He is a self-made man and worships his creator." - John Bright

13. "I've just learned about his illness. Let's hope it's nothing trivial." - Irvin S. Cobb

14. "He is not only dull himself; he is the cause of dullness in others." - Samuel Johnson

15. "He is simply a shiver looking for a spine to run up. - Paul Keating

16. "He loves nature in spite of what it did to him." - Forrest Tucker

17. "Why do you sit there looking like an envelope without any address on it?" - Mark Twain

18. "His mother should have thrown him away and kept the stork." - Mae West

19. "Some cause happiness wherever they go; others, whenever they go." - Oscar Wilde

20. "He uses statistics as a drunken man uses lampposts... for support rather than illumination." - Andrew Lang (1844-1912)

21. "He has Van Gogh's ear for music." - Billy Wilder

22. "I've had a perfectly wonderful evening. But I'm afraid this wasn't it." - Groucho Marx

23. The exchange between Winston Churchill & Lady Astor: She said, "If you were my husband, I'd give you poison." He said, "If you were my wife, I'd drink it."

24. "He can compress the most words into the smallest idea of any man I know." - Abraham Lincoln

25. "There's nothing wrong with you that reincarnation won't cure." -- Jack E. Leonard

26. "They never open their mouths without subtracting from the sum of human knowledge." -- Thomas Brackett Reed

27. "He inherited some good instincts from his Quaker forebears, but by diligent hard work, he overcame them." -- James Reston (about Richard Nixon)

The first stop light in the U.S. was installed in this city.



The first parking meter in the U.S. was in this city.



Royce Hailey's Pig Stand was the first ever drive-in. Which town was it in?

The first true filling station was opened in this city in 1919. Answers next month.



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Sunflower Seeds is the Official Publication of the Wichita Kansas Sunflower Mensa #670, published twelve times a year. The member subscription fee of \$5.00 is included in annual dues paid to Wichita Sunflower Mensa and American Mensa, Ltd.; other subscriptions for mailed version is \$36.00 per year (USA only) for 12 issues.

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