

Augusta, KS 67010

POB-151

Seeds Editor

Kansas Mensa Sunflower Seeds



January-February 2023, Volume-51, Issue-1

SATURDAY EVENTS

Feb. 4th	PIGOUT 12:45	YaYa's 8115 E 21 st ST N
Feb. 11th	Meeting 2:00	Fairmount Coffee 3815 E 17 th ST N
Feb. 18th	Field Trip 11:00	Museum of World Treasures 835 E 1 st ST
Feb. 25th	Gathering 7:00	Barnes & Nobles 1920 N Rock RD
Mar. 4th	PIGOUT 12:45	Vora Restaurant 3252 E Douglas Ave
Mar. 11th	Meeting 2:00	Fairmount Coffee 3815 E 17 th ST N



At **YaYa's EuroBistro**, it's our pleasure to provide a dining experience that consistently exceeds expectations. Whether it's lunch, dinner, Sunday brunch, banquets, catering, you'll find from-scratch favorites built on the basics—the essential elements of delicious and satisfying cuisine.

Our experienced team knows great food starts with only the highest quality and freshest ingredients. That's why we proudly feature Yoder Farms pork and Premium Sterling Silver steak, Colorado lamb, vegetables from local farms and freshest fish delivered six days a week.

Stop in and experience Wichita's finest dining for yourself, conveniently located in Bradley Fair at 21st and Rock Road.

Field Trippin

Museum of World Treasures



Experience a trek through time at the Museum of World Treasures. History comes alive as you delve into the lives of dinosaurs, Ancient Egyptians, past presidents, and so much more. From shrunken heads to an extensive World War II collection, there are incredible stories around every corner of the Museum. Bring the whole family for an adventure that will educate, entertain, and hopefully ignite a love for lifelong learning.

Abraham Lincoln

Dad: When Abraham Lincoln was your age, he walked miles to school in the snow every day.

Son: Yeah? Well, when he was your age, he was President!





Not sure where I got this graphic, but it looked cool and had a sunflower.

A Short Course in Adiposity, Part I

Who is to Blame?

By: Gracie Ulrich

The language of prevailing fat theory is that one gets fat because one eats more than he or she burns as energy. But in the book [Why We Get Fat](#) by Gary Taubes, the author claims that such a statement is redundant. It is like saying that a house is burning because it is on fire. In no way does either statement address any cause of each respective dilemma. Taubes says, instead, that we eat more because we have added fat. The question is, what causes the person to get fat? Regarding the house, what caused the fire to start? I shall give a short explanation, perhaps enough to whet your appetite, so to speak, but I'll be leaving a lot out in this short article.

Taubes points, for example, to an experiment done on rats by George Wade in the early

1970s, when he and his students removed the ovaries from rats, and due to the resultant hormonal imbalance of failure to produce estrogen, the rats immediately grew obese. Then he repeated the experiment, but he controlled for the variable of availability of food. He measured pre-ovary-removal food consumption, and limited food availability to that same amount post-surgically. The rats got just as fat, just as fast, but unfortunately for the rats, they remained constantly and ravenously hungry, and became almost totally sedentary. They moved only when food was available. Therefore, they ate because they were becoming fat; they didn't eat to get fat.

When estrogen was supplied to the rats, post-surgically, they did not gain weight or become slothful. Removing estrogen had thus forced the rats to store calories as fat instead of being able to burn them for daily activities. Estrogen inhibits the activity of LPL (lipoprotein lipase) on fat cells. LPL pulls fat from the circulatory system into fat cells. If it remains in circulation, it can be used by muscles as needed.

This experiment begins to get to a cause for obesity, instead of making a useless, redundant statement. For the house, a fire inspector might have found that an accelerant had been used, and he might have called the house fire arson, for example. He would want to actually get at the cause of the fire, in other words. Thus, we get fat because of the way in which our fat is regulated within the body, not because of eating too much. We eat too much because of dysregulation of adipose tissue.

Well, there's more to it than that, of course. But I hope this was enough to give you a general idea of why you ought not blame yourself for physical dysregulation of adipose tissue. What interested me most is how to gain some control on re-regulating adipose tissue more effectively. We will continue the discussion next month.

WHAT IS ACCEPTABLE?

By: Mortimer Snerd

I recently had a conversation with a neighbor. She had told my wife that a mutual acquaintance had a new baby. My wife made a baby blanket for her and brought it over. The neighbor said that was unacceptable because she had told my wife about that baby, and that was private information. Giving the mother a blanket showed that my wife knew information she was not supposed to know. The neighbor said that was private information. She soundly condemned my wife for divulging that and informed her that people of color considered such information private. Neither my wife nor I did, so that was new information to us.

This brought to my mind the whole question of what was private information, and what was not.

I remember a conversation I had with someone years ago. I told him that asking a person how much money he made was considered unacceptable. He said that he once lived in France, and that asking a person there what his salary was, was OK. Really?

This brings up the whole subject of what is acceptable and unacceptable behavior in America. To start off, most of us would understand that the standards for behavior and speech is a local matter and is not the same in every country or locale (or race, per my neighbor).

At one time, when I was much younger, I went to a Christmas party at a new company I had recently gone to work for. When each employee come in with his wife, each man there kissed her. This was a scandal to me since most of the parties I had attended previously were church gatherings. No such conduct was allowed. Were they right or wrong? It's hard to tell.

Another category we might try to diagnose is what is an acceptable comment to one of the opposite sexes. If a man tells another man's wife, or girlfriend, that she had nice hair or a nice dress, or is just looks nice, is that acceptable. One might even say that not making some such comment is unacceptable. O well, try and figure!

RECIPE from Mike Dickson

From my friend Amsnda Paa at Heartbeet Kitchen. For those craving a bit of tasty extra while losing those #'s of holiday indulgence with intermittent fasting: No bake gluten free granola bars.

- * 1 1/2 cups rolled oats
- * Half cup finely chopped gluten
- * fat free or regular pretzels
- * 1/2 cup chop toasted pecans
- * Half cup dried cranberries or tart tart cherries
- * 1 1/2 Tsp orange zest
- * Generous pinch of salt
- * Half cup natural peanut butter
- * 2 TBSP honey
- * 1/4 cup + brown rice syrup
- * 1 Tsp vanilla

Mix oats, pretzels, pecans in a bowl. In a small saucepan, heat peanut butter, honey & brown rice syrup on low to warm, just to combine. Do not simmer. Remove from heat & stir in vanilla. Then pour on dry ingredients, stirring to coat the mix completely, even using hands to assure complete coating. Make a parchment sling for a bread loaf pan & transfer the mix. Press down firmly with the back of a measuring cup sprayed with non-stick spray. Refrigerate for an hour. Keeps up to 2 weeks in a fridge.

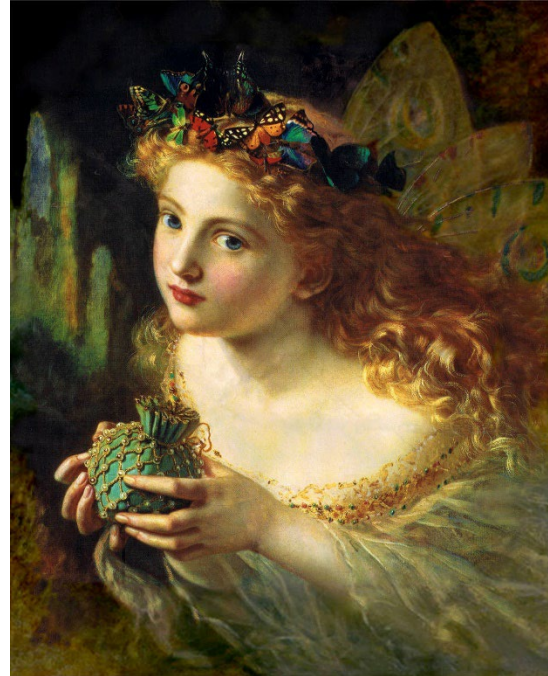
The World Of The Fae

I always wanted to meet a fairy, but I doubt I ever will. I'm not sure they're real. Fairies inhabit our imagination and mythology and live in every culture. They take on as many forms as the imagination can invent. Every generation reinvents fairies and fairy tales in new forms. Science fiction aliens are inspired by fairies. If fairies are so constant throughout folk stories, how could they not be real? Could they just be a group of remarkable people who left society for their own lifestyle? Maybe there's a fairy hiding in your mirror.

In our inherited mythology fairies can be good or evil or just tricksters. They bite, make love, do good and bad things, correct wrongs, and are mostly misunderstood. They avoid Humans because they're offended by our crude behavior and live just outside of our sight, preferring to be active at night. They are often pictured without clothes because they are modest in thought and do not carry our impure thoughts, or so the mythology goes.

Being tricksters, fairies are like humans, but are much more imaginative and motivated in their trickery. For example, a witch turns a prince into a mouse who was hoping to escape the spell, but instead, is eaten by an owl who is another prince hoping to escape his spell by eating the right mouse, who is in turn hunted by a wolf, being trapped in a spell. We trick and trap people all the time. We are conduits for products, corporate slaves for someone else, and only a few of us escape to become who we really are. Imagination sets us free and inspires us to achieve our dreams, to become our real selves.

This is all wonderful for dreams and fantasy stories, but where in human psychology do these magical beings come from? They must be hidden in some primordial memory we inherit. This book for young adults and the young at heart, explores the fairies that live in the 21st century imagination.



A portrait of a fairy, by Sophie Gengembre Anderson (1869) from Wikipedia

A friend sent me pictures of fairies and orbs. She believes they're real. I'm the sceptic and was not convinced. "Prove it," is my mantra. I am equally convinced that they do exist, at least in some form or another. The orbs and fairies in her pictures looked to me like artifacts of light refraction through the lens, camera, and environment. She was frustrated that I didn't believe at face value. When taking aura photos, orbs are usually seen as guardian angels. I want concrete proof. Pictures with clear detail would be a beginning of good proof. An orb is a kind of magical force or being that float through the night air. Sometimes an orb is the spirit of a departed fairy. I wish I could meet a fairy in person. Then again, prove that they don't exist. Maybe I met a fairy and didn't even realize it. Another friend sent me a video of orbs that she believes are angles. They don't look like any kind of artifacts of light from a camera lenses or equipment that I know of. I'm well acquainted with camera lens artifacts. I use them for enchanted photography. Her story is very credible. I can't refute it.

In a photograph magic can come alive. It's too easy to put orbs into photographs. Light refraction will do it even better. Catch a sunburst from behind a tree and there they are. Photography lens manufacturers design lenses to avoid lens flares for technically perfect pictures. Cinema lens manufacturers design lenses to include lens flares to make movies more cinematic, or more emotional. Putting a believable fairy in a photo is another trick. Photoshop would just look fake. A properly fitted costume on a very petite model along with some props might just do the trick if the light and composition was just right. But that is still just trickery, yet trickery is all about being a fairy.

Hiking through the woods it seems almost impossible to compose an enchanted forest scene in a photo. Going through old photos it's the same. Getting the picture is so dependent on light, environment, weather, and just plain luck. The picture on the front cover of this book is in golden light. It caught the sunlight through the trees at the best angle to make natural light refractions in the lens. The scene is four miles from the nearest trailhead. The picture on the back cover is in blue light, just after sunset.

Magic is just science we don't understand. The human mind has been studied so much and yet there is so little we know. The science of what makes up the life force is an unknown, at this time. Life goes against entropy. Entropy is order moving towards chaos. Life goes from chaos to order. There is a force in the mind that moves matter. Enchantment is the imagination exploring the unknown. Science fiction springs from imagination today and leads to the hard science of tomorrow. Space flight was imagined before it became real. Maybe someday we will find a fairy. She might even be hiding in your mirror.

Humans need time in nature. We need to run through forests, prairies, and deserts. A roll in the snow or splash in a pond makes us alive. Heat, cold, mud, wind, sweat,

and sunlight make us alive and healthy. The concrete and lumber boxes that we live in are useful, but only if they don't take us away from the magic of nature. Nature is as much of a part of our human heritage as is our imagination.



Cottonwood tree by: Gracie

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

Editor's note: Even with my limited abilities, I did volunteer to help judge papers for a past Mensa scholarship. You do not have to be an English professor to do this. I certainly am not! Any reasonably educated Mensan can help separate the literary wheat from the chaff and allow a deserving individual to help pay for their college degree.

RVC Region-7 Column

Writing this during the last few days of 2022 (due to publication timelines), I reflect on 2022 and how leading Region 7 has gone. Personally, my glass is always full-full, so I'm inclined to say it's been great!

On a personal note, I traveled to AMC meetings around the country, shared experiences with local leaders at Regional Gatherings, spent time mingling and working at the Annual Gathering, met new members and more! In between the travels and events, I've dedicated quite a lot of time to online discussions related to AMC business, on various national committees, assisting with the upcoming Annual Gathering and helping coordinate local Regional Gatherings. Whew!

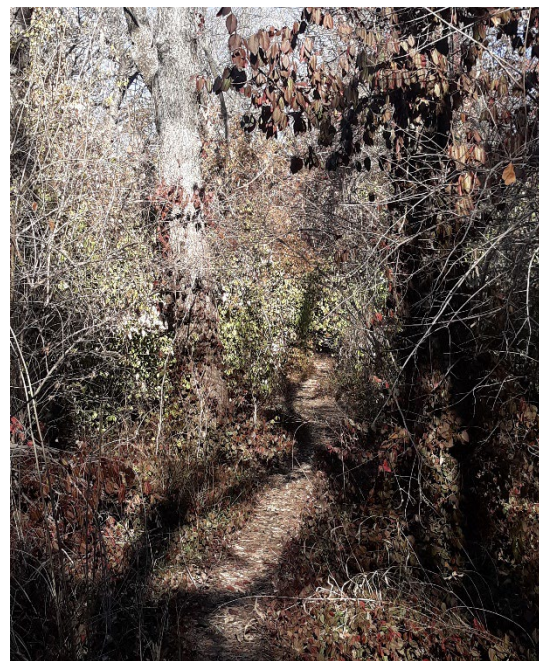
On a more quantitative note, I also sent a survey to local leaders in the 12 local groups throughout region 7 asking how the RVC is doing. A total of ten survey respondents shared my positivity!

- When it comes to their level of happiness, two respondents chose "Great! No complaints" while another eight chose "Pretty good. I'm happy and don't need anything at the moment." Other responses not chosen were "Pretty good, but I could use a bit more support" and "Terrible." That's nice to hear!
- If there were any leadership areas that could be improved upon by the RVC (and this was a multi-answer question), four chose "None", two chose "Planning & executing Leadership Development Workshops", two chose "Stronger connection with National", one chose "Sharing leadership strategies", one chose "Visits to local functions" and one chose "Other" with a further answer to say they weren't sure if their chapter still existed!

- Asking if anyone wants to help volunteer at the regional level, eight respondents said no, with one saying the Regional Ombudsperson and one saying regional events or LDWs.
- Going further to ask why respondents don't want to help, five replied they're tapped out with their current roles. One replied "None" of the answers fit and two replied "Other" to note family commitments and geographic location as reasons.

Respondents had a few more suggestions, and I'll be sure to include all of them in my leadership plan for the coming year! We'll continue monthly calls and I'd sincerely like to plan a Leadership Development Workshop, whether that's in person or virtual. And, since the survey was anonymous, feel welcome to chime in here if you're someone who would like to help with these efforts!

Overall, it's been a pleasure serving as your Regional Vice Chair for the past, now, year and a half. Let's keep up the good work! And Happy New Year!



Wooded pathway by: Gracie

The Last Word Editorial:

To Bitch or not to Bitch?

English is my second language, so I try to be unambiguous while conveying thoughts and ideas as misinterpretations can destroy the intended meanings. Colloquialisms often represent concepts much more succinctly than a more politically correct euphemism. I would like to examine a word that should have been included in George Carlin's famous list. The word "bitch", and its derivatives. It seems that some people would equate the versatile term with some sort of derisiveness against females. Huh? Just because some words have similar spelling does not equate with equivalent meanings.

In common parlance "to bitch" (verb) is to complain incessantly, belittle, and find constant fault, often with little regard to fact or logic. To be negative and to spread negativity, to disregard the feelings of others, and in fact to derive pleasure from dominating and making people uncomfortable.

To be a "bitch" (noun), a person of either sex must exhibit the aforementioned traits to a significant degree. Originally used as an insult to women, the word is now almost gender neutral, being used to debase both sexes equally. Today the term is most offensive to gay males or convicts, being seen as the lowest, most loathsome state of interacting with reality, a person worthy of contempt.

In fact, the term, "bitchin" has become a synonym for being very cool and desirable. "Did you see those bitchin rides at the car show"? And the saying: "aint that a bitch" is a totally gender neutral way of showing intense disapproval of something.

Although probably considered indelicate in some circles, I am not stupid, and pick my

words carefully. At times crude and offensive subjects dictate that appropriate verbiage be employed. We are not far removed from apes, so emotions must often be expertly packaged with fact to elicit the desired degree of comprehension. Strong emotions and concepts require strong language to back them up.

I strive to interact with all readers as presumed equals, not as a master dictating to impressionable children. You get enough of that from the government, school, church, and TV. Grownups must use grown up words and concepts. This is while knowing quite well that a few may take offense. I am at a loss to remember the author, but the quote goes something like: "you can't please all of the people all of the time...".

R. Klaus Trenary



"Genius might be the ability to say a profound thing in a simple way." — Charles Bukowski

"Science knows no country, because knowledge belongs to humanity, and is the torch which illuminates the world. Science is the highest personification of the nation because that nation will remain the first which carries the furthest the works of thought and intelligence." — Louis Pasteur

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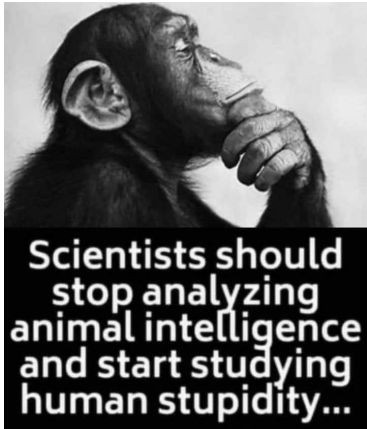


Puberty (1894-1895) by: Edvard Munch

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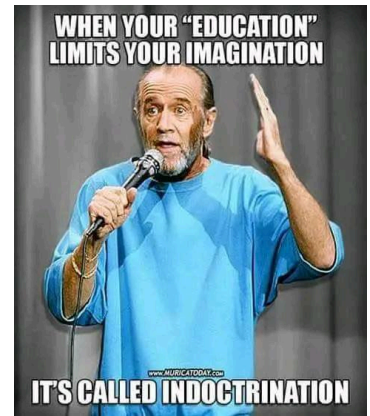
Study Finds 100% Of Men Would Eat Any Fruit Given To Them By A Naked Woman



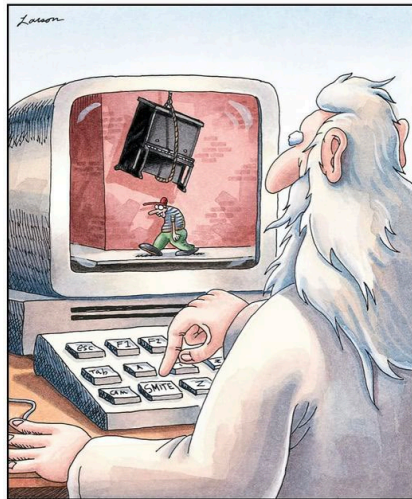
Scientists should stop analyzing animal intelligence and start studying human stupidity...



A Russian Jailhouse Tattoo. Even mass murderers like cats there.



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