

EDITOR'S CORNER

President Ben Best deserves a lot of credit for initiating the cryonics rescue training day at CIHQ. It was informative and well worth the trip from Florida. Bob Ettinger sat in on a couple of sessions Saturday morning and hosted a dinner that evening at a local restaurant, giving everyone a chance to socialize.

We were sorry to hear that Gina Miller, of Nano Girl News fame, has been diagnosed with Multiple Sclerosis. She's a talented young woman, and is currently undergoing chemotherapy. We hope she'll be back to work soon. In addition to her column, she's a cryonicist, a futurist and an accomplished animator. Some of her work can be seen at The Museum of the Future:

<http://nanogirl.com/museumfuture/index/htm>

While the chance of fire at CI was extremely low, there's an old saying, something about "anything is only as strong as the weakest link." Well, that link has been strengthened. We weren't aware that Andy Zawacki had recently coated all the cryostats with a fire retardant that withstood a blow torch's flame for a full minute. Andy, Ben, that was a photo op !!

We were surprised to see unsalted popcorn listed as a one of the ten top anti aging foods. (See postponing your death date, pg .) So we went to our favorite reference source, GOOGLE. This was one of many entries:

It's hard to believe a snack food that tastes so good can actually be good for you! With suggestions from organizations such as the National Cancer Institute (NCI), the American Dental Association (ADA) and the American Dietetic Association (ADA), there's no doubt popcorn is a perfectly sensible snack to fit into any meal/fitness plan.

Popcorn contains fiber, providing roughage the body needs in the daily diet.

Popcorn is low in calories -- only 31-55 calories in one cup of unbuttered, and when lightly buttered, one cup still only has 133 calories.

Popcorn has no artificial additives or preservatives, and is sugar-free.

Popcorn contains energy-producing carbohydrates.

Popcorn is ideal for between meal snacking since it satisfies and doesn't spoil an appetite.

Popcorn inspires creativity. While there's no doubt hot buttered popcorn is pleasing to any palate, popcorn also can be enjoyed when combined with seasonings, spices and other foods like raisins, fruit and cheese providing a nutritious, delicious snack

LETTERS

We received this handwritten message in the mail the other day. We tried calling Frank to explain a few things and get a photo or two from him,. We left a message, but never heard from him. One with him playing tennis would have been nice.. He lives in northern Michigan. This is what he wrote:

MEET FRANK POLLARD

I've been reading about Bob Ettinger for decades. I listened to Ben Best when he addressed our SE Michigan Mensa Group, and ran into him again at a Mensa Regional lecture on nanotechnology.

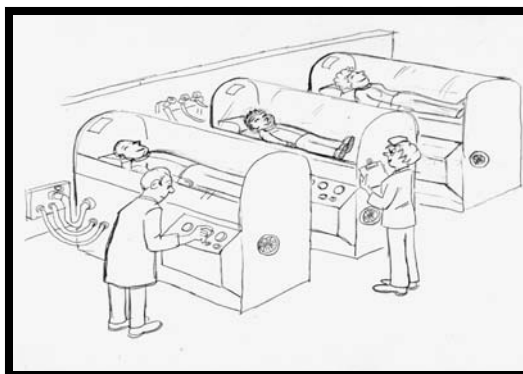
I'm a new member of the Immortalist Society. Like Drew Simpson, I got my education in Windsor Ontario and more at two weeks at Kingston.

I've spent most of my career in metal coatings. (Does your car body rust through in five years like they used to?) This helped to keep Lake Erie from becoming a swamp.

Scientific curiosity got me into ESP and the trichotomy of religion, science and metaphysics. I do workshops on boosting your intuition, telepathy and mind-body healing. My main interest is in teaching people to create and then sing their own song for their own disease. This uses humor, imagery and positive affirmations and music a.k.a. Psychoneuro-immunotherapy. (?) At age 87 I am still playing tennis three times a week. Curiosity is driving my interest in cryonics.

"Cryonics will never work!" I don't know people who have said exactly that but-- A regular churchgoer who believes in God and heaven asks "why. do you want to delay your trip to heaven by living in a tank for years. Don't you have family and friends waiting there for you now?"

A new-ager who believes in reincarnation says you must experience several lifetimes to get it right before reaching the Omega Point. (Teilhad—Chrlin) and become one with God. Cryonics won't accelerate the process. And in both cases if you feel that after a few years in the tank you would rather go to heaven or on to another life, won't you be leaving the Cryonics Institute in a mess. (?)



This guy looks like he's freezing, I'd better turn up the heat.