



WWURA NEWS



November 2010

www.wwu.edu/~wwura

Serving Retired Faculty and Staff

WWURA President's Letter

I remain amazed at how smoothly the Board members of WWURA function as a team. They faithfully carry out their constitutionally assigned tasks as well as volunteer to take on new tasks as they arise. And, believe it or not, they seem to enjoy making things work so well. Please take time to personally thank them for their dedicated service and commitment of time and energy.

Our interest groups are a relatively new addition to the WWURA program of activities. It has occurred to me that some of us may enjoy starting a *WWURA Writers Interest Group*. Members would find someone to coordinate the group, then meet on a regular basis to sit together and work on their individual projects. They would share ideas, reports of their progress, and samples of their prose and poetry and expository writing. They could invite writing experts to share hints. They could have times where they invite their friends to gather and hear the fruits of their labor. They could publish a journal of their work. Any takers?

We have some great entertainment lined up for upcoming functions. *What the Chelm*, Bellingham's resident klezmer band, will play for our Holiday Potluck Party at the Squalicum YC. I understand that they even plan to teach us some traditional Jewish group dances.

For our Spring Retirement Party and Banquet, we have lined up Johnny Barnes, First Tenor of The Platters, to sing for us. A real trip down Memory Lane is in store. "*You Are So Beautiful*" and "*Smoke Gets In Your Eyes*" should be on the program.

Larry S. Richardson --- 715 N. Garden St, #202, Bellingham, WA, 98225
Phone: (360)671-4277 Cell: 360 303 3082

WWURA Travelogue Presented by Brian Griffin "A Baltic Adventure"

Wednesday, November 17, 2010

Squalicum Yacht Club

(located between the Bellingham Yacht Club and a large boat yard.)

6:30 pm for socializing

7:00 pm presentation

On September 8, Don and Donna Rochon led a group of twenty "Bellinghamsters" on a trip cruising the azure waters of the Adriatic on OAT's 50-passenger ship, *The Artemis*. We began our historical discoveries in Athens and Delphi and continued on to explore some of Croatia's stunning islands and historic coastal cities. We explored the World Heritage Sites of the Plitvice Lakes, the Palace of Diocletian, Dubrovnik's Stari Grad (Old Town), Kotor, Corfu's Old Town, and Butrint. A number of us continued on to explore Lake Bled and Lake Bohinj in Slovenia. While there, we journeyed by foot and underground train to view the stalagmites, stalactites, pools and colorful limestone formations of Postojna Caves. It was a great trip!

Come share this journey with us as we view the multi-media presentation put together by Brian Griffin.

If your name begins with **A though L**, please bring a dessert to share. WWURA provides coffee and tea.

Plitvice
Lakes



OTC NSAIDs (non-steroidal anti-inflammatory drugs)

Health Notes by Evelyn Ames

Non-steroidal anti-inflammatory drugs are generally over-the-counter medications that do not require a physician's prescription. When the dosage is higher than the OTC limit per dosage, NSAIDs become prescription (e.g., ibuprofen at 200 mg is OTC whereas a 600-800 mg pill is prescription). The medical uses of NSAIDs are to relieve pain, inflammation, and fever. Names of common generics are ibuprofen (Advil, Motrin), aspirin, naproxen (Aleve), and ketoprofen (Orudis). Acetaminophen (Tylenol) is not a NSAID because it does not pharmacologically affect inflammation.

NSAIDs affect prostaglandins (a family of chemicals produced by cells of the body). Prostaglandins promote "inflammation, pain, and fever; support the blood clotting function of platelets; and protect the lining of the stomach from the damaging effects of acid" (www.medicinenet.com/nonsteroidal). "Prostaglandins are produced within the body's cells by the enzyme cyclooxygenase (COX). There are two COX enzymes, COX-1 and COX-2. Both enzymes produce prostaglandins that promote inflammation, pain, and fever. However, only COX-1 produces prostaglandins that support platelets and protect the stomach. Nonsteroidal antiinflammatory drugs (NSAIDs) block the COX enzymes and reduce prostaglandins throughout the body. As a consequence, ongoing inflammation, pain, and fever are reduced. Since the prostaglandins that protect the stomach and support platelets and blood clotting also are reduced, NSAIDs can cause ulcers in the stomach and promote bleeding" (www.medicinenet.com/nonsteroidal_antiinflammatory_drugs/index.htm).

"NSAIDs vary in their potency, duration of action, how they are eliminated from the body, how strongly they inhibit COX-1 and their tendency to cause ulcers and promote bleeding. Aspirin is a unique NSAID, not only because of its many uses, but because it is the only NSAID that inhibits the clotting of blood for a prolonged period (4 to 7 days). This prolonged effect of aspirin makes it an ideal drug for blood clots that cause heart attacks and strokes." (Medicinenet.com)

Consumer Reports on Health: "All NSAIDs should be used with caution. All can have dangerous side effects, especially stomach ulcers and gastrointestinal bleeding. The FDA has warned that prolonged use at high doses of any NSAID may raise the risk of heart attack or stroke. NSAIDs (except low-dose aspirin) may not be appropriate for people already at risk of heart disease or stroke. Don't take them for long periods of time without consulting a doctor."

http://www.consumerreports.org/health/resources/pdf/best-buy-drugs/2pager_NSAIDs.pdf The National Digestive Diseases Information Clearinghouse of the National Institutes of Health reports that NSAIDs offer many benefits. "However, people who regularly take these medicines—such as those with chronic conditions like arthritis—are five times more likely to develop peptic ulcers than people who do not take them. Even occasional users of NSAIDs—of any age—can develop a peptic ulcer. But the risk of developing an NSAID induced peptic ulcer increases with dose and frequency of NSAIDs, use of multiple NSAIDs, length of time taking NSAIDs, age—more likely in those age 60 or older, gender—more common in women than men, a history of peptic ulcers, smoking, alcohol use, and use of corticosteroids, such as prednisone." <http://digestive.niddk.nih.gov/ddiseases/pubs/nsaids/#4>

Interactions of ibuprofen and naproxen with other medications. These two drugs are associated with several suspected or probable interactions that can affect the action of other drugs. They may increase blood levels of lithium by reducing the excretion of lithium by the kidneys. These increased levels may lead to lithium toxicity. They may reduce blood pressure-lowering effects of blood pressure lowering drugs. Why? Prostaglandins play a role in the regulation of blood pressure. People taking blood thinners (e.g., warfarin) should avoid taking ibuprofen and naproxen. (Medicinenet.com) The FDA currently advises those taking OTC naproxen to carefully follow instructions on the label and not exceed 220 milligrams twice daily nor take them longer than ten days. (FDA Safety Watch)

Simple comparison chart of major NSAIDs

<i>Product</i>	<i>Where Effective</i>	<i>Cautions</i>	<i>Comments</i>
Aspirin (ASA)	pain, fever, and inflammation; on medical advice, low dosage daily may prevent heart attack; possible preventive effect against colon cancer.	not to be taken by children under 16 with chicken pox or flu; not for pregnant women (causes bleeding); breast-feeding mothers; those with ASA allergy, gout, ulcers, stomach bleeding. Frequent use can lead to ulcers. Excessive use may upset stomach or cause ringing in ears.	highly effective, inexpensive drug; at least 40% of people have stomach bleeding (usually inconsequential) after taking it. May be helped by taking it with food.
Ibuprofen	pain, fever, inflammation; may inhibit blood clotting	fewer side effects than ASA; but those allergic to aspirin also allergic to this; may cause stomach bleeding; may interfere with diuretic and other anti-hypertensive drugs; children, pregnant and breast-feeding women should take only on medical advice. Caution relates to kidneys and liver.	less toxic in large doses; effective for menstrual cramps; does carry risk to damaging kidneys; may be better for fever and muscle aches accompanying cold since ASA and acetaminophen may promote nasal congestion.
Naproxen	pain, fever, inflammation; may inhibit blood clotting	may cause stomach upset and stomach bleeding in some but less likely to do so than ASA but more often than ibuprofen; not recommended for those with ulcers, asthma, kidney disease, or for heavy drinkers; children under 2 should not take; those under 12 and pregnant or breast-feeding women take only on medical advice	longer-lasting relief; thus good at bedtime; good for menstrual and post-partum pain; for those over 12, daily maximum is two 220 mg tablets with 8 to 12 hours between doses.
Acetaminophen (not NSAID)	aches, pain, fever; useful for children under 16 with chicken pox or flu; or for those allergic to ASA.	high doses over long period may damage liver and kidneys; should not be used by alcoholics or people with liver or kidney disease (hepatitis). Pregnant and breast-feeding women take only on medical advice. Do not mix with alcohol.	will not reduce inflammation; does not cause gastrointestinal bleeding. Reason for hospital use is that it does not thin blood.

Resources: Ksir, Hart, and Ray. *Drugs, Society, and Human Behavior*. 12th ed. McGraw-Hill. 2008. (This text is in WWU Wilson Library.)

<http://www.fda.gov/Drugs/DrugSafety/PostmarketDrugSafetyInformationforPatientsandProviders/ucm125225.htm> (ibuprofen)

<http://www.fda.gov/Drugs/ResourcesForYou/Consumers/QuestionsAnswers/ucm071879.htm> (aspirin)

<http://www.fda.gov/Safety/MedWatch/default.htm> (Med Watch FDA Safety Information and Alert Watch)

WWURA INTEREST GROUPS

WWURA'S interest groups are open to anyone who is interested. If you would like to become a part of a group, call the contact person. If you have an idea for another interest group, call Barb Evans, 650-9724.

November's interest group meetings are listed below.

BOOK GROUP - Donna Rochon, 647-2301

Meet at Evelyn Mason's, 914 17th St. 2:30, Tuesday, Nov. 16.

November's book is *Little Bee*

OPERA GROUP - Evelyn Ames, 734-3184

The Metropolitan Opera's Live in HD broadcast is shown at the Lincoln Theatre in Mount Vernon at 10:00 am. Call Evelyn if you need a ride or can drive.. November 13, *Don Pasquale*; December 11, *La Fanciulla del West*.

BRIDGE GROUP - Nick Bullat, 676-1156. The bridge group meeting is November 16 at 1:30 pm. at Carol Radke's, 508 Lyla Lane

DOWNHILL SKIING - Charlie Way, 734-0649. Call Charlie if you are interested.

INFORMAL DINING - On going, members will be contacted with group information.

Call Barb Evans, 650-9724 or Jan Berg if you would like to be added to the list.

Miscellaneous Items

Contact Barbara Evans, if you would like to received this newsletter electronically.

2010 Jingle Bell Run/Walk

WWURA 2010 Jingle Bell Run/Walk team has a web site for registering for the December 11, 2010 Bellingham Jingle Bell R/W. Go to <http://BellinghamJBRW.kintera.org/wwura> to register for our great team!



Jingle Bell Run/Walk
Last Year's Team

7th Annual Holiday Party

December 15, 6-10 pm

Squalicum Yacht Club

- Social hour at 6pm.
- Potluck dinner begins 6:30, roast turkey, ham, coffee & tea plus potluck items, as assigned below.
- Bring your own wine, if you wish.
- After dinner music by *What the Chelm*.
- Bring your own plates and silverware.
- Cost is \$10 person.
- Please bring dishes as listed below:
A-G Salad, H-Q Dessert, R-Z Side Dish.

Send your reservations and \$10 per person to cover the cost of hall, music, decorations, ham and turkey

Come and get into the holiday spirit with friends, good food and lively music,

Reservation Form

Names _____

Enclosed is a check for \$_____ for _____ people

Need a ride? Check here _____ Phone number _____

Return reservation form by December 1 to:

Karen Perry
3035 Barrell Springs Road
Bow, WA 98232

WWURA TRAVEL NEWS

The Route of the Maya April 11-24, 2011

Join our group for two weeks to explore the Mayan culture. To make a reservation, call Overseas Adventure Travel at 1-800-353-6262 and choose Option 2. Advise the agent that the reservation is with the Rochon group-#11246. All that is necessary at this time is to pay the \$350 deposit. The base price for this tour from Seattle is \$2,595.

In Honduras we'll visit two UNESCO World Heritage sites: Joya de Cerén, known as the "Pompeii of the Americas," and Copan, one of the Maya's most elaborate cities and the site of the Hieroglyphic Stairway. In the jungles of Guatemala, we will explore the magnificent ruins of Tikal that consist of nearly 3,000 separate stone structures ranging from temples and terraces to ball courts and ceremonial platforms. Over the course of our adventure, we will cruise the waters of Lake Atitlan, venture into rural Guatemala where we will attend a primary school in a rural village and have lunch with the students' families; visit a local jade factory and meet local families who will demonstrate the intricate art of weaving on a variety of Mayan looms.

When deciding whether or not to join us, this adventure is not appropriate for travelers using wheelchairs or other mobility aids. You must be comfortable participating in 6-8 hours of daily physical activities and sightseeing, and be able to walk 3 miles unassisted over the course of each day. Space is limited to 15, so to ensure you will be joining us, make your reservation with O.A.T. by calling 1-800-353-6262 (Option 2) today!

Holiday Markets Trip 2011

Kathy Whitmer is planning a December 2011 holiday markets trip (her 6th) to Europe. She has selected AMA Waterways' Rhine Winter Voyage. Her WWURA and friends group will fly to Amsterdam on December 2, 2011 and board the AMA Cello, a 148-passenger, Swiss-registered river boat. Besides Amsterdam, the cruise includes stops in Cologne, Koblenz, Rudesheim, Worms, Speyer, Strasbourg, a choice of Colmar or Freiburg, and Basel. Disembarking in Basel, the group will continue by coach to Lucerne and Zurich. Return to the U.S. is December 14th. All shore excursions are included. Cruise, land portion, airfare, taxes, etc. will be approximately \$3950. The group receives a 10% discount on the cruise as well as \$150 per person on-board credit. Deposit of \$400 is required to reserve. AMA Waterways offers several "innovative products" and has excellent standards in river cruising. More details at the Nov. 17 travelogue or by calling Kathy (733-4703).



Town Along the Rhine



Little train running from ship to town in Rudesheim

2011 OREGON SHAKESPEARE FESTIVAL

WWURA is planning another trip to the Oregon Shakespeare Festival (our 3rd) in Ashland in May. We will leave Bellingham on Tuesday, May 3, see plays May 3, 4, and 5 returning to Bellingham Friday, May 6, traveling with Bellair Charters. We have reserved a large block of rooms at the Best Western Bard's Inn which is conveniently located and a short walk from the theaters. In order to meet theater and hotel reservation requirements, the **deadline for reservations is March 10th**. A deposit of **\$212 per person** is due at that time. The bus portion of the total cost, **\$212 is non-refundable** because the bus cost is a set fee. If you are interested in travel insurance to cover that part of the cost, please let me know. It is also possible to find someone to take your place.

We are holding tickets for each performance of the following plays:

TO KILL A MOCKINGBIRD, by Harper Lee adapted by Christopher Sergel.

MEASURE FOR MEASURE by William Shakespeare. Who legislates morality. Shakespeare's tragicomedy is a toxic mix of our timeless obsessions--sex, religion and politics.

THE IMAGINARY INVALID by Moliere, adapted by Oded Gross and Tracy Young. Is there a doctor in the house? Moliere's comedy gets an injection of 1960's French pop culture. Original songs, satirical bite and the requisite bawdiness.

AUGUST: OSAGE COUNTY by Tract Letts. Run for the storm cellar. There's a funnel cloud over Oklahoma, coming your way, This Pulitzer Prize winner is a domestic disaster that's entertaining as all get-out.

THE LANGUAGE ARCHIVE by Julia Cho. Speaking of love--Cho's magical prize-winning tale, loaded with life's contradictions--love and loss, happiness and pain, endings and beginnings--explores the force and failings of words. (Strong language)

JULIUS CAESAR by William Shakespeare. Anatomy of an assassination. The volatile, complex nature of government and the fallibility of those in power boil down to one pressure cooker of a tragedy.

Please fill out the form below and send it with your deposit (checks to WWURA) to Barbara Evans, 622 Everglade Rd., Bellingham, 98225. For questions call 650-9724 or email <barbandhoward@comcast.net>.

Name _____

Address _____

Phone _____ Email _____

Tickets at the Bowmer Theater (B) will be \$15 and tickets at the New Theater (N) will be \$23. Please indicate the number of tickets for each play.

Tues. 5/3 _____ **8:00** To Kill a Mockingbird (B) _____ 8:00 Julius Caesar (N)

Wed. 5/4 _____ 1:30 Invalid (B) _____ 8:00 August (B)

_____ 8:00 Julius (N)

Thurs. 5/5 _____ 1:30 Measure(B) _____ 8:00 Invalid (B)

_____ 8:00 Language (N)

Type of room _____ 1 Queen bed--\$79 _____ 1 King bed--\$100 _____ 2 Queen beds--\$111 (plus tax)

Singles sharing a room, please list the name of the other person _____

Amount enclosed _____

Final payment is due March 30, 2011

WWURA Calendar

November

- 17 Travelogue—Brian Griffiin
Baltic Adventure

December

- 7 Board meeting
- 11 Jingle Bell Run/walk
- 15 Holiday dinner

January

- 7 Board meeting
- 19 Travelogue—Steve Mayo
Northwest Exploration History

Western Washington University
Retirement Association (WWURA)
Western Washington University
516 High Street
Bellingham, WA 98225-9020