



WWURA NEWS



October 2010

www.wwu.edu/~wwura

Serving Retired Faculty and Staff

WWURA President's Letter

It's fall at Western. Beautiful fall leaves; noisy students returning up Garden Street, passing my condo apartment between 10:00 and 12:00 PM Friday and Saturday nights. Western is up and running full blast. I relate to those noisy ones with no cars. And, this is the time accelerating WWURA activity.

Unfortunately, this year is quite different from the typical working years we knew. Budgets are a disaster. What to do, since we really care a lot about Western? Here are a few ideas:

1. Volunteer. You might be able to tutor students in your old department, or help with events such as commencement or the arrival of students.

2. Stay in touch with the funding situation and contact legislators and policy makers at appropriate times. An email to a State Senator can make a big difference --- a visit to Olympia can have a lot of impact.

3. Support scholarships. These are hard times for students and their families. WWURA has its own scholarship fund; departments have various scholarships; The Western Foundation has general scholarship funds; and individuals can set up specific scholarships in their own names for designated purposes.

4. Support Western in the community. Talk up Western and its achievements to folks who are not so aware of this gem and economic driver in Whatcom County.

5. Help WWURA remain the vigorous force it is by volunteering to serve on a committee, taking part in events and interest groups, and by generally staying in touch. Trust me --- being involved is a great experience. A lively and healthy WWURA is good for Western.

Larry S. Richardson --- 715 N. Garden St,#202, Bellingham, WA,98225

Phone: (360)671-4277 Cell: 360 303 3082

Halloween Land Excursion

October 27, 2010

5:30 social time, 6:30 dinner

Please join us for our fall land excursion to the Skagit Valley Casino Resort, 5984 North Daark Lane, Bow, WA 98232. Our dinner will be in the hotel convention center, Courtyard III. To get to the resort take I5 to the Bow Hill exit, turn left and cross the freeway and go to North Daark Lane, turn left and go to the **hotel**. Cost of dinner is \$30 per person payable to WWURA.

Please make your reservation by sending your check and reservation form with choice of entrée to Margaret Loudon, 2611 Mill Avenue, Bellingham WA 98225. **Reservations must be received by October 21, please reserve early to make sure your request is received by cutoff date.**

Our dinner menu with entrée choices:

Spinach Salad

Baby Spinach, candied Walnuts, Craisins, Feta Cheese and Red Onions served with Citrus Vinaigrette

Choice of Entrée:

1) *Hard Cider Chicken*

Washington-grown Chicken marinated in Sweet Vermouth with toppings.

2) *Flame Broiled Salmon*

Salmon with Mustard Dill Beurre Blanc

3) *Grilled Portobella and Cous Cous*

Marinated Portobella Mushroom, Zucchini and Yellow squash grilled and served atop Cous Cous

Dessert:

New York Cheesecake with Strawberry Sauce

Coffee and tea

Reservation Form

Name(s) _____

Choice of Entrée _____

Health Notes by Evelyn Ames

Sniffles and Sneezes and Over-the-Counter Medications

Over-the-counter medications are drugs that are sold without prescription. These drugs affect function and are used to treat, alleviate, and/or prevent various health conditions. OTC labels are required by FDA to contain detailed information about usage and warnings of use. Each label must list the active ingredient and amount of each dosage, the uses (symptoms or diseases drug treats or prevents), warnings (e.g., when not to use, possible interactions/side effects, when to stop use, when to seek guidance from health provider), inactive ingredient (e.g., colors, flavors), purpose (drug action such as antihistamine), directions for using (e.g., how to take, how much and how often), and other information such as how to store properly. In addition, expiration date, lot or batch code, name and address of manufacturer, packer, or distributor, net quantity of contents, and what to do if an overdose occurs are required. Do note that these label requirements do not apply to dietary supplements, as these are regulated as food products and are not required to be proven safe or effective, only to be manufactured in a safe and clean environment.

Many products are advertised and available to treat or prevent sniffles and sneezes. The question to ask is this: are the sniffles and sneezes due to cold viruses or are they due to allergies? The following information compares two major categories, antihistamines and nasal decongestants, that are individually or in combination on the market.

ANTI-HISTAMINES:

Basic purpose of antihistamines is to counteract the effect of histamine which is released during an antigen-antibody reaction. Their action is restricted to the pharmacological antagonism of the released histamine. When the body is exposed to an allergen, histamine is released. This release of histamine causes cells to swell (edema) and leak fluid, causing itching, sneezing, runny nose and watery eyes.

- Basic uses for which they are used include allergic reactions, sleep inducement, motion sickness, sinus congestion, and skin eruptions due to allergy.
- Basic side effects of antihistamines: drowsiness/sedation (highest frequency), thickening of mucus, dryness (of mouth, nose, and throat), insomnia, blurred vision, fatigue, tinnitus, and irritability. Less common side effects involve the digestive tract (nausea, constipation or diarrhea, loss of appetite). Other side effects include urinary frequency, headache, tightness in chest, and hypotension (low blood pressure).
- Names of common first generation OTC antihistamines: Brompheniramine (Dimatene), Dimenhydrinate (Dramamine), Chlorpheniramine (Aller-Clor, Chlor-Trimeton), Clemastine (Tavist-1), Diphenhydramine (Benadryl 25, Benylin Cough, Nytol, Sominex), and Doxylamine succinate (Vicks Nyquil and does cause more drowsiness than chlorpheniramine).
- First generation drugs can affect the inner ear and affect part of the brain (hypothalamus) that controls nausea and vomiting. This is why some are taken to prevent motion sickness.
- Names of second generation OTC antihistamines include Loratadine (e.g., Alavert and Claritin) and Cetirizine (Zyrtec). These newer antihistamines cause less drowsiness. *(cont'd next page)*

Halloween Land Cruise



Skagit Valley Casino Resort

- **High-risk groups:** people with glaucoma, liver disease, enlarged prostate, breathing problems (e.g., asthma or emphysema), thyroid disease, high blood pressure, and those who have difficulty urinating need to be cautious about using first generation antihistamines.
- **Medication interactions:** antihistamines increase sedative effect if taken with alcohol, narcotics, sleeping medications, muscle relaxants, or anti-anxiety drugs (e.g., tranquilizers); can cause dry mouth if taken with drugs taken for stomach cramps (anticholinergics).

NASAL DECONGESTANTS

- Basic purpose of nasal decongestants is to counteract bodily symptoms caused by cold viruses.
- Basic use for which they are used is for a stuffy nose due to a cold, hay fever, and/or allergies. They are also used as appetite suppressants. They are stimulant-type drugs.
- Basic action is to constrict blood vessels in nasal passages, thereby shrinking the swollen tissue and opening nasal passages with result of freer breathing, better drainage, and reduced stuffiness.
- **Topical** sprays and drops act fast (within 5 minutes): they should not be used more than 3 days in a row. If used too frequently, a rebound effect occurs. This means the condition, a stuffy nose, becomes the result of overuse of a topical nasal decongestant. In other words, overuse causes the condition for which the drug was originally taken to relieve. Names of commonly advertised topicals: oxymetazoline (Afrin 12-hour, Dristin 12-hour, Duration 12-hour), Phenylephrine (Neo-Synephrine, Vicks Sinex, Alconefrin). Afrin is usually used every 10 to 12 hours as needed, but not more often than twice in a 24-hour period.
- Oxymetazoline may cause side effects such as burning, stinging, increased nasal discharge, dryness inside the nose, sneezing, nervousness, nausea, dizziness, headache, difficulty falling asleep or staying asleep. If one experiences a fast heartbeat, call your physician immediately.
- **Oral** decongestants act more slowly (from 30 to 60 minutes). Basic side effects include insomnia, nervousness, and restlessness.
- Pseudoephedrine or phenylephrine may be the only active ingredient in a product or may be combined with other drugs (e.g., antihistamine, analgesic, cough suppressant, and/or hallucinogen such as belladonna alkaloids). Check nonprescription cough and cold product labels carefully before using two or more products at the same time. These products may contain the same active ingredient(s) and taking them together could cause an overdose.
- **High risk groups:** people with diabetes, heart disease, high blood pressure or overactive thyroid.
- Shot gun approaches for cold remedies usually contain 2-3 basic drugs: antihistamine, nasal decongestant, and an analgesic (pain reliever). A cough suppressant, dextromethorphan, is often included. **Best advice if using an OTC product: decide if you have a cold or if you are experiencing an allergic reaction? Then ask yourself what is/are your symptom(s) and read the label to find the active ingredient that targets the symptom(s)! Generally the shot gun approach is less effective than a single ingredient product.**

Internet Resources:

www.nlm.nih.gov/medlineplus/druginfo/meds/a606008.html

www.nlm.nih.gov/medlineplus/druginfo/meds/a608026.html

www.nlm.nih.gov/medlineplus/druginfo/meds/a606008.html

familydoctor.org/online/famdocen/home/otc-center/otc-medicines/859.printerview.html

vsearch.nlm.nih.gov/vivisimo/cgi-bin/query-meta?v%3Aproject=

[=medlineplus&query=antihistamines](http://vsearch.nlm.nih.gov/vivisimo/cgi-bin/query-meta?v%3Aproject=%3Dmedlineplus&query=antihistamines)

[www.fda.gov/Drugs/ResourcesForYou/Consumers/BuyingUsingMedicineSafely/](http://www.fda.gov/Drugs/ResourcesForYou/Consumers/BuyingUsingMedicineSafely/UnderstandingOver-the-CounterMedicines/ucm093514.htm)

[UnderstandingOver-the-CounterMedicines/ucm093514.htm](http://www.fda.gov/Drugs/ResourcesForYou/Consumers/BuyingUsingMedicineSafely/UnderstandingOver-the-CounterMedicines/ucm093514.htm)

Home Remedy recommended by primary care doctors: prepare a salt water solution (use warm water) and sniff/sort the fluid into your nasal passages to relieve congestion.

WWURA TRAVEL NEWS

WWURA's Travel Committee has some great trips planned for 2011. A group of travelers has just returned from a wonderful trip to the Dalmation Coast. Be sure to plan to attend the November Travelogue for a presentation about this trip.

On April, 2011 Don Rochon has an OAT trip called Route of the Maya (there is more detailed information about this trip in the September Newsletter); Marty Haines is planning a trip to China; and Don Rochon will offer a trip to the Baltic countries and Kiev and St. Petersburg in August and September 2011.

Closer to home Barb Evans is planning Shakespeare Festival May 3-6, 2011. As usual there are some wonderful plays to choose from. If you are interested in this trip, please call Barb.

And even closer to home Margaret Loudon has planned a Land Cruise to Skagit Casino on October 27, 2010. More information and a sign up form is in this newsletter.

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.

October's interest group meetings are listed below.

BOOK GROUP - Donna Rochon, 647-2301

Meet at Evelyn Mason's, 914 17th St. 2:30, Tues. Oct. 19.

October's book is *The Last Lion: Vision's of Glory* by William Manchester

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.

October 23, *Boris Godunov*

BRIDGE GROUP - Barb Evans, 650-9724 The bridge group meeting is October 26 at 1:30.

Members will be contacted with the location.

BIKING - Will begin again in the spring.

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

INFORMAL DINING - Dinners begin in October. 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

Brown Bag lunch meetings. WWURA would like feed back on whether this program should be continued. If so, what topics would be of interest to you.

Information item: Free concert of "What the Chelm", Sunday, Nov 7, 4pm, St Paul's Episcopal church for release of the Klezer Band C.D. # 3

If you are looking for places to volunteer, information can be obtained from the Senior Citizen Center.

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

Skill - Sharing Clearinghouse

Many of our members have unique skills and/or knowledge which other members would like to acquire and make use of. We are proposing a clearinghouse to get individuals from these two groups into contact. If you have a something you would be willing to share, let us know and we will spread the word. If you have something you would like to learn how to do, again let us know and we will try to locate a tutor.

To participate in this send the information to George Gerhold at
ggerhold@comcast.net (preferred or 733-9265

As a first offering George Gerhold is offering a series on "How to Digitize Slides". It will probably be 3 sessions and will show how to obtain results superior to standard commercial services. It would work best if the participants had portable computers and some slides they wanted to work on. It will be based on use of free downloadable software (Windows).

Much of it will apply to pictures taken with digital cameras as well. If interested contact George at the address listed above to arrange time.

Staff Arts and Crafts Show

March 7-11, 2011 ~ VU 565

WWU faculty are invited to exhibit!

ENTRY FORM

LIMIT: ONE ENTRY PER FORM

~ Entries due by Tuesday, February 22 ~

Name_____

Mail Stop_____ Department_____

Work Phone_____ Home Phone_____

Home Address_____

Title of Work_____

Space needed and Description of Entry_____

Send / fax entry form(s) to:

Nancy Phillips, Business & Financial Affairs, MS 9044 (OM 405), Fax 360-650-3037

~ Entries due by Tuesday, February 22 ~

<http://www.wvu.edu/depts/artscraftsshow/>

Questions? Contact Nancy Phillips (x3407) nancy.phillips@wvu.edu

WWURA Calendar

October

- 15 Fall Luncheon
- 27 Land Cruise

November

- 2 Board meeting
- 9 Benefits Fair
- 17 Travelogue

December

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

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