

President's Message

Our WWURA year coincides with the school year so here is my first effort of saying something worthwhile. I enter this office with some trepidation because the organization has such a host of activities, each with its set of details and requirements, that I hope I don't miss something important. I am assured by the other Board members that they will get me through the year. I am taking them at their word.

A reading of this newsletter should remind us all that WWURA offers a wealth of worthwhile activities. Together, these activities offer something for everyone. They contribute to a coherent variety of intellectual, physical, and social activities adapted to the needs and interests of our diverse members. What you see is a host of activities that have emerged over the years --- some new, some traditional.

I want to salute all of you who volunteer to make it all happen, from serving on the Board, to being a member of a committee, or simply as a volunteer for something. This organization has been around for over 20 years. If you want to stay alive, alert, and enthusiastic, participation in the workings of WWURA is a great outlet. While many members of our board have worked in management for years, there is a constant need for new blood, new ideas, and new points of view. Healthy evolution is the life blood of any organization.

One relatively new idea has been the development of interest groups --- from reading books to skiing, to dining in homes to biking and walking.

So here is a challenge for you this year. Try something new, either as a leader or as a participant. If you are not already involved in making some activity function, join the responsible committee and as a volunteer and make your contribution. You will be happy for your contribution to our little community of people who treasure our work at WWU and who want to keep our friendships alive.

- Larry Richardson

WWURA Travelogue Presented by Larry Richardson A Visit to Ostia Antica Wednesday, Sept 29, Squalicum Yacht Club 6:30 p.m. for socializing, 7:00 p.m. presentation

As part of a visit to Rome in preparation to a Mediterranean cruise, Marilyn and I followed the advice of her sister and visited Ostia Antica for a day. It involves a 2-hour train ride out of Rome to the mouth of the Tiber River to see an ancient Roman seaport.

The port was founded in 620 BC mainly to provide salt from nearby salt flats. Later, around 400 BC a Roman fort was established to protect Rome from attack by sea. Ostia is often called Rome's first colony.

By A.D. 150 Rome ruled the Mediterranean and Ostia emerged as Rome's key commercial seaport. It flourished as a warehousing and administrative center even after a larger port was installed to the south. But, with the fall of Rome, the port was abandoned and eventually silted up. The Tiber retreated to more than a mile away. The silt preserved the city in remarkable detail.

Today, one can walk the streets passing warehouses, restaurants, places of worship, guild halls, a huge forum, monuments, homes, and stores. One can conjure up people doing business, dining out, taking groceries home, getting married, loading goods on barges for shipment up the Tiber, and getting buried

If your names begins with M through Z, please bring a dessert to share. WWURA provides coffee and tea.

Save this Date— October 15th

Our Fall Luncheon speaker will be Jackie Caplan-Auerbach, WWU Associate Professor, whose talk is entitled, "Why All the Earthquakes."

More details and reservation form are on page 4.



Health Notes by Evelyn Ames Interactions of Foods and Medications (What you eat may interfere with drug absorption and metabolism)

Recent news articles (e.g., *Wall Street Journal* and *Consumer Reports on Health*) are highlighting the importance of protecting oneself from medication mistakes at home and in the doctor's office, hospital, and pharmacy. Errors may happen because of drug name similarity (e.g., Zantac vs. Zyrtec), look-a-like labels, incorrect phoned-in drug orders, and poor physician penmanship. Also, errors can happen when a drug interacts with particular foods or other medications (prescription and over-the-counter). Patient responsibilities include asking the doctor, pharmacist or other medical care provider how to take the medication (e.g., time of day, with or without food, and which foods to avoid). One suggested reason for the increase in adverse drug effects is due to people taking high doses of nutrient and herbal supplements along with their medications.

The Food and Drug Administration (<http://www.fda.gov/forconsumers/consumerupdates/ucm096386>) reports that "Consequences of drug interactions with food and beverages may include delayed, decreased, or enhanced absorption of a medication. Food can affect the bioavailability (the degree and rate at which a drug is absorbed into someone's system), metabolism, and excretion of certain medications."

"Americans increasingly view the food they eat as medicine to help lower cholesterol, reduce high blood pressure and control blood sugar. But as with prescribed drugs, the health-improving qualities of foods such as olive oil, nuts and fruit can interact with other medications, causing possible problems" (*Wall Street Journal Online*, June 22, 2010). Do note that a small amount of olive oil on pasta or in salad dressings generally does not pose any overdose problem.

According to the WSJ article, "Grapefruit is one of the most extensively studied foods for its impact on medication. Compounds in the fruit can increase the potency of statins and other medications to potentially dangerous levels by inhibiting cytochrome P450, a family of enzymes that break down the drug. Research indicates that drinking just one eight-ounce cup of grapefruit juice a day increases the strength of the drug." Recent studies are suggesting "that other fruits, including pomegranates, oranges (especially those from Seville), cranberries, grapes and black mulberries, could have a similar, although less robust, effect on statins in the body" (WSJ, June 22, 2010).

Some examples of drug interactions with food and beverages are found at the above listed FDA web site:

Alcohol: can increase or decrease the effect of many drugs. It is best to check with physician and pharmacist about drinking alcohol.

Grapefruit juice: "often mentioned as a product that can interact negatively with drugs, but the actual number of drugs the juice can interact with is less well-known. Grapefruit juice shouldn't be taken with certain blood pressure-lowering drugs or cyclosporine for the prevention of organ transplant rejection.... The juice can also interact to cause higher blood levels of the anti-anxiety medicine Buspar buspirone); the anti-malaria drugs Quinerva or Quinite (quinine); and Halcion (triazolam), a medication used to treat insomnia."

Licorice: "For someone taking Lanoxin (digoxin), some forms of licorice may increase the risk for Lanoxin toxicity. Lanoxin is used to treat congestive heart failure and abnormal heart rhythms. Licorice may also reduce the effects of blood pressure drugs or diuretic (urine-producing) drugs, including Hydrodiuril (hydrochlorothiazide) and Aldactone (spironolactone)."

Chocolate: "MAO inhibitors are just one category of drugs that shouldn't be consumed with excessive amounts of chocolate. The caffeine in chocolate can also interact with stimulant drugs such as Ritalin (methylphenidate), increasing their effect, or by decreasing the effect of sedative-hypnotics such as Ambien (zolpidem)."

FDA examples of drug interactions with dietary supplements:

St. John's Wort (*Hypericum perforatum*): an inducer of liver enzymes, it can reduce the concentration of medications in the blood. It can reduce the blood level Lanoxin, the cholesterol lowering drugs Mevacor and Altacor (lovastatin), and the erectile dysfunction drug Viagra (sildenafil).

Vitamin E: vitamin E with Coumadin (blood-thinning medication) can increase anti-clotting activity and may cause an increased risk of bleeding.

Ginseng: interferes with the bleeding effects of Coumadin; enhances bleeding effects of heparin, aspirin, and nonsteroidal anti-inflammatory drugs such as ibuprofen, naproxen, and ketoprofen. Combining ginseng with MAO inhibitors such as Nardil or Parnate may cause headache, trouble sleeping, nervousness, and hyperactivity.

Ginkgo Biloba: high doses could decrease effectiveness of anticonvulsant therapy in patients taking Tegretol, Equetro or Carbatrol (carbamazepine), and Depakote (valproic acid).to control seizures.

Some key questions to ask your doctor and pharmacist: How and when do I take this drug? Are there beverages, foods, activities, or medicine (including OTC) I should avoid? Will the new prescription interfere with the drugs I am now taking? What are possible side effects? To check your medication interaction online, consider this site from health line: <http://www.healthline.com/druginteractions> To obtain detailed information about drug—drug interactions, check out this FDA web source: <http://www.fda.gov/downloads/Drugs/ResourcesForYou/UCM163355.pdf> Two other sites to visits include the FDA Resources for Consumers <http://www.fda.gov/Drugs/ResourcesForYou/Consumers/default.htm> and the National Consumers League <http://www.nclnet.org/health/106-prescription-drugs/234-ncls-medication-adherence-campaign>

Book and Film Corner – Sept. 2010

Lynne Masland

Swedish nights may be cold, but Scandinavian mystery writers are hot! The northern countries' climate lend a frigid, dark, bleak and spare beauty to tales of murder and mayhem. Caffeine-laced coffee is the drink of choice – strong and often. And Scandinavian sleuths tend to explore contemporary social issues through their investigations: neo-Nazism, immigration, the sex trade, and treatment of the aging and impoverished.

Stieg Larsson's Lizbeth Salander is beyond doubt the most colorful of Scandinavian detectives and Larsson's trilogy about Mikael Blomkvist and the girl with the tattoos has sold over 20 million books in 41 countries, but other Scandinavian writers are soaring in popularity as well. Swedish crime writer Henning Mankell's Inspector Kurt Wallander is a java-drinking loner who has solved murders in nine volumes, including *One Step Behind*, *The Man Who Smiled* and *Dogs of Riga*. Norwegian mystery writer Jo Nesbo creates intricately plotted stories solved by Inspector Harry Hole, an aging policeman who drinks too much but is ahead of the others when it comes to intuiting "whodunit." *The Redbreast*, *Nemesis*, *The Devil's Star* and *The Redeemer* have been translated into English. Among other writers are Karen Fossum and K.O. Dahl of Norway; Sweden's Helene Tursten; and Iceland's Yrsa Sigurardottir

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!

WWURA INTEREST GROUPS

Now that September is here it is time to think about our interest groups starting to meet again. The Biking Group and the Book Group have met during the summer but the other groups have not. The Book Group read *The Hotel on the Corner of Bitter Sweet* and decided to take the train to Seattle to see the hotel in the book, which is the Panama Hotel in the International District. A good time was had by all. Our interest groups and their contact people are listed below. Please call or email the contact people if you wish to be included in any of the groups.

The **BIKING GROUP** will be meeting again next Spring. The contact person is Howard Evans email <howard.evans@wwu.edu> or phone 650-9724 if you would like to be included in the group.

The **BOOK GROUP** meets the 3rd Tuesday of the month at Evelyn Mason's home at 917 - 17th St. The contact person is Donna Rochon, email <djrochon1@comcast.net > or phone 647-2301. No meeting is scheduled for September.

Oct. - *The Last Lion: Visions of Glory* by William Manchester.

Nov. - *Little Bee* by Chris Cleave

Dec. - *Our Documents: 100 Milestone Documents from the National Archive*

The **BRIDGE GROUP** meets the 4th Tuesday of the month at various member's homes at 1:30 pm. We will start playing in October. The contact people are Ellen Broad at 734-5145 or Barb Evans at <barbandhoward@comcast.net >.

The **INFORMAL DINING GROUP** meets once a month at members' homes for dinner. People are divided into groups of 6 or 8 with each group having a host or hostess who contacts the others in the group with a date to meet and a choice of food to bring. The groupings are different for each month so you have an opportunity to have dinner with different people. We have 12 or 14 people signed up and would like to have more participants. So, if an evening a month out with great food and stimulating conversation sounds good to you, join this group. Please call or email Janet Berg, 733-4654 or <janetlila@hotmail.com > ; or Barb Evans at 650-9724 or <barbandhoward@comcast.net >. We will start meeting in October.

The **OPERA GROUP**: Opera Goers attend the MET HD at the Lincoln Theater in Mt. Vernon. The theater is easy to get to and is convenient! The MET's 6th season will transmit 11 operas. Most operas start at 10 AM, although everyone should check the MET web site or the Opera News magazine to see if earlier start times occur (e.g. Wagner's opera probably starts at 9 AM). Tickets can be purchased at the theater or ahead online. For anyone planning to attend all, or nearly all of the performances, consider purchasing a season ticket. Check the Lincoln Theater's web site in September to subscribe.

The Met: Live in HD 2010-11 Series

Oct. 9 - *Das Rheingold*; Oct. 23 - *Boris Godunov*; Nov. 13 - *Don Pasquale*; Dec. 11 - *Don Carlo*; Jan. 8 - *La Fanciulla del West*; Feb. 26 - *Iphigenie en Tauride*; Mar. 19 - *Lucia di Lammermoor*; Apr. 9 - *Le Comte Ory*; Apr. 23 - *Capriccio*; Apr. 30 - *Il Trovatore* and May 14 - *Die Walkure*.

The **SKIING GROUP** will start this winter. The contact person is Charlie Way, phone 734-0649 or email <cybway@aol.com >.

WWURA TRAVEL COMMITTEE

The Travel Committee has some great trips planned for 2010 and 2011! One group led by Don Rochon left on Sept. 8th for the Hidden Gems of the Dalmatian Coast . Next April Don is planning a trip called The Route of the Maya. More information about this trip will be found in this newsletter. Marty Haines is looking into a trip to China with Overseas Adventure Travel in 2011. A river boat cruise from Budapest to the Black Sea may be scheduled for next year.

Closer to home, Barb Evans is planning another trip to Ashland for the Oregon Shakespeare Festival in early May. We are planning another Land Cruise--this time to the Skagit Hotel (and Casino) for dinner on Oct. 27 at 5:30 PM. Be sure to save the date! More information will be found in the October Newsletter.

Fall Luncheon, October 15, 2010

Why All the Earthquakes?

Living with earthquakes in Haiti, Chile and Pacific Northwest

Talk by Jackie Caplan-Auerbach

Geology Department, WWU

During the first few months of 2010 it seemed that you could not pick up a newspaper without reading about a catastrophic earthquake. In January the city of Port au Prince, Haiti, was devastated by a magnitude 7 earthquake, and in March a magnitude 8.8 event rocked southern Chile, moving the city of Concepcion a full 10 feet to the west. Large earthquakes were recorded in Tibet, southern California and Sumatra. Is this level of activity unusual? Are these earthquakes somehow linked? What does this mean for earthquake hazard in Cascadia?

This presentation will provide an overview of global seismicity, describing where earthquakes occur, how seismologists measure earthquake size, and how often these quakes occur. The causes and effects of earthquakes will be described, with an emphasis on how local geology affects a region's response to groundshaking. We will discuss why the Haiti earthquake was 500 times smaller than the Chile event yet resulted in 500 times more fatalities. Because the Pacific Northwest is one of the few regions in the world capable of generating a magnitude 9 earthquake, it is important that we understand our local seismic hazard and how we can live safely in earthquake territory.

Jackie Caplan-Auerbach is an associate professor of geophysics in Western Washington University's Geology department. She is a seismologist whose research focuses on the earthquakes associated with volcanic processes and landslides. Caplan-Auerbach is a graduate of Yale University and the University of Hawaii, after which she spent five years participating in volcano monitoring with the Alaska Volcano Observatory. At WWU she teaches courses in geophysics, seismology, geological oceanography and mantle dynamics. She is the mother of 5-year old twins who can already identify quartz and sandstone and know that masonry is a poor choice for construction in earthquake territory.

Reservation Form for Fall Luncheon

Time: 11:30, Friday, October 15, 2010.

Place: Northwood Hall (behind Northside Restaurant) 3240 Northwest Avenue.

Cost \$15 for WWURA members/spouses and \$18 for guests.

Name(s) _____ Amount enclosed. _____

Please send reservation form and check (payable to WWURA) by October 8 to Janet Berg, 1029 16th St , Bellingham WA 98225. (Phone 733-4654)

The Route of the Maya

More than 3000 years ago, the Maya civilization was reaching the height of its power in the heart of the Americas. While experts are still searching for reasons to explain the sudden decline, Mayan ruins in present-day Central America offer insight into this highly structured and highly social culture.

Join our group for two weeks to explore this culture starting April 11, 2011. To make a reservation, call Overseas Adventure Travel at 1-800-353-6262 and choose option 2 to make a reservation. 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 for the two-week tour.

In Honduras we'll discover two UNESCO World Heritage sites: Joya de Cerén, known as the "Pompeii of the Americas," and Copán, one of the Maya's most elaborate cities and the site of the Hieroglyphic Stairway – a 63 step pyramid carved with more than 2,500 glyphs that constitutes the Maya's most complete historical record.

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 Atitlán, formed by a volcanic explosion more than 85000 years ago. Atitlán is the deepest lake in Latin America and was the heart of the Mayan civilization. We'll enjoy breathtaking views of this stunning volcano-ringed lake during a scenic morning cruise across its placid waters. We will have the chance to survey the landscape from a more exciting angle, during an optional canopy and hanging bridges tour of the Atitlán Nature Reserve, where there will be lush vegetation and colorful birds of the avian sanctuary to admire before descending by zip-line through the trees.

Mayan civilization itself has not been lost to history – it lives on in the indigenous residents of Central America today. When we venture into rural Guatemala, 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.

We will explore Guatemala City, the biggest city in Central America and discover the lively nightlife of its fashionable *Zona Viva*. Finally we will end our adventure in Belize City where we will return after exploring the Lamanai ruins and enjoy a farewell dinner and toast our completion of *La Ruta Maya!*

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!

- Don Rochon



Panajachel, Lake Atitlán, Guatemala

-2011 WWURA Officers and Committees

Officers

President	Larry Richardson
Past President	Margaret Loudon
President Elect	Howard Evans
Secretary	Donna Rochon
Treasurer	John Reay

Board (year)

2011	Maurice Schwartz
2011	Don King
2011	Janet Berg
2012	Lynne Masland
2012	Lee Taylor
2012	Marty Haines
2013	Karen Perry
2013	Bob Christman
2013	George Gerhold

Committees

Health Care	Evelyn Ames
Hospitality	Karen Perry
Membership	Pauline Palmer
Newsletter	Bob Christman
Program	Don King
Publicity	Lynne Masland
Reserv/arrang	Janet Berg
Travel	Barbara Evans
Travelogue	Janet Berg and Maurice Schwartz
Web Page	John Woll
E-mail	Barbara Evans

Addresses

WWU Retirement Assoc., WWU, 510 High Street, Bellingham, WA 98225-9020
Addresses and telephone numbers of all members are in the WWURA Membership Roster

Short Announcements

Karen Perry would appreciate assistance on knowing to whom she should send condolences or get-well-cards.

If you would like to receive this newsletter electronically, contact Barbara Evans
at <howard.evans@wwu.edu>

Updates of legislative actions may be found at <<http://depts.washington.edu/sswwweb/policyw/archive/>>

WWURA Calendar

September

- 7 Board meeting
- 8-26 Dalmatian Coast
- 29 Travelogue

October

- 5 Board meeting
- 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

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