



WWURA NEWS



April 2011

www.wwu.edu/~wwura

Serving Retired Faculty and Staff

President's Letter

We opened our April Board meeting with a discussion of this summer's Grandparents Weekend on the WWU campus. A flyer is included in this newsletter. WWURA members receive a \$25.00 discount. Assuming that you live nearby you can house your grandchild and commute to the activities. The sponsors recommend that you live in the dorm and take meals on campus. Live it up---nothing's too good for the grandkids.

In the vein of living it up, remember that our special guest performer at the **Retirement Banquet** is Johnny Barnes, former lead tenor of THE PLATTERS, and later, THE INKSPOTS. Just remember "Sincerely" , "Smoke Gets In Your Eyes," and "Only You." Johnny will join with The Prawns, our favorite instrumental group, to make the celebration truly memorable. Of course, we will enjoy wine and appetizers and honor the retirees, enjoy a really good meal, and tell our stories as best as we can remember. (They do get better with age.) The reception begins at 5:30, and we eat at 6:30 after recognizing and welcoming our new retirees. **Save the date: May 25, 5:30**, in the VU.

Our newest interest group, The WWURA Writers, will meet Thursdays, April 14 and 28, at the home of Lynn Maasland, 614 Forest Street, from 2-4 PM. Bring your writing gear and be a charter member of the new and exciting group, be you a poet, a historian, a fiction writer, an essayist, a journalist, or all of the above. Writing helps your brain hold up, you know.

Please remember that when paying your dues, there is also a call to contribute extra for the scholarships that WWURA sponsors. During these rough times with families a little shorter than usual, summer jobs hard to find, and rising tuition, every little bit helps. Why not dig a little deeper this year and help some really deserving students make it through another year? You'll be glad you did. One less dinner out for each member could equal a lot more scholarship help.

George Gerhold will present the upcoming travelogue down at the Squalid Yacht Club. Don't miss this chance to visit Peru and socialize with friends .

We have coffee and dessert and some of us like to bring along wine for our after dinner chatter.

The Northwest Regional Meeting of retirement association is slated for Corvallis this year. Our hosts have a lively menu of opportunities to enjoy the campus, share ideas, and enjoy the area, May 18-20. The meeting is open to all retirement association members, and we will be represented by four board members to more official deliberations. OSU's offering an opening reception, afternoon tours--choice of fermentation lab or Linus and Ava Pauling special collection in the library. Let me know if you are interested and we will get organized for the trip.

As I approach the end of my term as President, I want to especially thank our wonderful Secretary, Donna Rochon, and our efficient Past President Margaret Loudon, for keeping me somewhat organized. I warned our Board that I was not a great detail person, and by now they know what I meant. So, thanks WWURA Board, for keeping this wonderful organization rolling along, while constantly adapting to changing needs and situations. You give special meaning to the concept of community.

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

WWURA Travelogue Skirting the Beaten Path in Peru

Presented by George Gerhold

Wednesday, April 20, 2011

Squalicum Yacht Club

6:30 p.m. for socializing, 7:00 p.m. presentation

If your name begins with **M** though **Z** please bring a dessert to share. WWURA provides coffee and tea; some members bring wine, Contact one of the board members if you need a ride.

HEALTH NOTES by Evelyn Ames “Energy Drinks”: It’s the Caffeine!

The word "caffeine" came from the German word *kaffee* and the French word *café*, each meaning coffee. (<http://www.medicinenet.com/caffeine/article.htm>). Caffeine is a psychoactive stimulant drug found in many products (e.g., dietary supplements, chocolates, soft drinks, tea, coffee, and OTC drugs) and a main compound in the highly marketed “energy drinks.” Some comparisons of caffeine content in food products and beverages are provided in the following table:

Beverage	Milligrams	Energy Drink	Milligrams
Brewed coffee (8 oz)	60 – 120 mg	Monster Energy (16 oz)	160 mg
Decaf coffee (8 oz)	1-5 mg	Full throttle ((16 oz)	144 mg
Black tea (8 oz)	45 mg	Red Bull (8.5 oz)	80 mg
Green tea (8 oz)	20 mg	Spike Shooter (8.4 oz)	300 mg
Coca Cola (12 oz)	34 mg	SoBe No Fear (8 oz)	130 mg
Pepsi (12 oz)	38 mg		
7 up/Sprite (12 oz)	0 mg		
Dark chocolate (1 oz)	20 mg		
Milk chocolate (1 oz)	6 mg		
Jolt cola (12 oz)	72 mg		
Mountain Due (12 oz)	71 mg		
Diet Cola (12 oz)	47 mg		
		For comparison of OTC Vivarin	200 mg

Physiological Effects: At 200 mg, the cerebral cortex of the brain is activated, drowsiness is decreased, mental alertness and mood elevated, and arousal of brain waves (EEG patterns). At 500 mg, caffeine affects the autonomic centers of the nervous system in which the cerebral blood vessels constrict (may be helpful for some with migraines), dilation of coronary artery, and heart and respiration rates increase. The basal metabolic rate may be increased by about 10% in chronic users of caffeine whose intake is 500 mg or more a day. (*Drugs, Society and Human Behavior*) The U.S. Food and Drug Administration classifies a "moderate intake" of caffeine as "generally recognized as safe," meaning generally safe for most adults. Low to moderate intake = 130 mg - 300 mg per day; moderate = 200 mg -300 mg per day; high doses = above 400 mg per day; heavy use = more than 6,000 mg/day. For further pharmacological information about caffeine, check <http://emedicine.medscape.com/article/1182710-overview>.

Mechanism of Action: Caffeine (and other xanthines) blocks the brain's receptors for adenosine (a neurotransmitter). The purpose of adenosine is to produce behavioral sedation (a feeling of relaxation) by inhibiting the release of other neurotransmitters that would do the opposite (stimulate). Caffeine gets into the synapse area and blocks receptors for adenosine; therefore, there is a release of neurotransmitters that cause the CNS (central nervous system) to be stimulated.

Absorption and metabolism: Absorption is rapid after oral intake with peak blood levels reached in 30 minutes. The maximal central nervous system effects are reached in about 2 hours. Caffeine is metabolized in the liver but approximately 10% is excreted from the body unchanged.

Blood Pressure and Heart Rate! A study of “15 healthy young men and women drank two cans of an energy drink that contained 80 milligrams of caffeine every day for a week. All agreed to abstain from any other forms of caffeine for two days prior to and throughout the study.” The results showed that “within four hours of consuming the drinks on the first day, systolic blood pressure (the top number) shot up by 9 points; on the seventh day, it rose 10 points. Diastolic blood pressure (the bottom number) rose 5 points on both days” “Heart rate increased five beats per minute on the first day; seven days on the last” (<http://www.medicinenet.com/script/main/art.asp?articlekey=85045>).

Is caffeine physiologically addictive? In general, when withdrawal reactions (symptoms) occur, a drug is considered addictive. If a person were accustomed to drinking 3 caffeinated cokes a day and decided to go cold turkey and stop drinking coke, the most likely withdrawal symptoms would be a headache (18 hours later and several days to one week), decreased alertness, vigor, fatigue, lethargy and nervous

Variation in tolerance (the need to increase dosage to obtain effect) of the Xanthines: The Xanthines (oldest known stimulants) are (1) caffeine: most potent, especially on CNS and skeletal muscles; (2) theophylline, which is also in tea, has most potent effect on cardiovascular system and is a good bronchi dilator; theobromine, also in chocolate, is not very potent and has little effect on CNS and muscular system. There is cross tolerance among the xanthines. A person doesn't have to take ingest much to feel the effects. There is specificity to tolerance, meaning that a person doesn't have to increase the amount much to get the CNS stimulation effect on the brain. The direct action on kidneys to increase urinary output does show development of tolerance, meaning one has to increase intake to cause increase in urination. The increase in salivary flow also shows tolerance. The loss of tolerance may take more than 2 months of abstinence.

Energy Drinks: What is the concern, especially when young children and teenagers are drinking them? Energy drinks are classified by the FDA as dietary supplements, not as foods or drugs. This means there are no restrictions as to the amount of caffeine in these products nor are there regulations about the safety and effectiveness of such products. FDA does not require information or warnings of possible health risks of dietary supplements. Soft drinks are classified as foods and must meet FDA regulations as to amount of caffeine in the beverage. What ingredients might one find in an energy drink? Consider these ingredients found in Spike Shooter: N-acetyl-L-tyrosine (a mild central nervous system stimulant), Caffeine anhydrous, Yohimbine HCl, Vitamin B12 (1500 mcg). with other ingredients being carbonated water, citric acid, caffeine anhydrous, sodium citrate, natural and artificial flavors, sucralose, sodium benzoate, FD&C red #40, caramel color, FD&C blue #1. Yohimbe (an herb from tree bark) has been associated with high blood pressure, increased heart rate, headache, anxiety, dizziness, nausea, vomiting, tremors, & sleeplessness. Yohimbe can be dangerous if taken in large doses or for long periods of time. The herb is currently used for sexual dysfunction, including erectile dysfunction in men. (<http://nccam.nih.gov/health/yohimbe/>).

ABC World News Report (<http://abcnews.go.com/Health/report-shows-energy-drinks-harm-children/story?id=12901333&page=1>) reported on an article in the March 2011 issue of the Journal of Pediatrics. An on-line report warned "that caffeine-containing energy drinks like Red Bull, Rock Star and Monster -- not to be confused with sports drinks like Gatorade -- may do more than just give young athletes the jitters. They may harm the health of children, especially those with diabetes, seizures, cardiac abnormalities or mood and behavior disorders. Energy drink overdoses in children as young as 5 have been reported both here and abroad and in some cases have resulted in seizures, stroke and even sudden death." Interestingly, "Manufacturers of the popular beverages bristled at the notion that the products could put young people's health at risk," and "that the drinks already contain package warnings that they are not for sale to those younger than 18." "Because kids are smaller, the recommended dose of caffeine that's safe is lower," noted Tara Harwood, pediatric nutritionist at the Cleveland Clinic. "So for the average adult, what is recommended is less than 400 mg of caffeine per day. But in kids, they recommend less than 100 mg of caffeine per day. And the average energy drink, for 8 ounces has about 80 mg of caffeine. So for one 8-ounce can that's putting you close to that limit. Energy drinks do have about three times the caffeine of a regular soda."

Three web sites that compare milligram content of coffees, teas, chocolate, soft drinks, some OTC drugs, and energy drinks: Mayo clinic: <http://www.mayoclinic.com/health/caffeine/AN01211>; Center for Science in the Public Interest: <http://www.cspinet.org/new/cafchart.htm>; and Medicine Net /www.medicinenet.com/script/main/art.asp?articlekey=85045.

Book and Film Corner by Lynne Masland

English writer Edward Rutherfurd has chronicled the history of the English people in his massive novel *London* (1997), in which he traces the fortunes and misfortunes of a few families through twenty centuries. The fictional descendents of four Celtic, Saxon, Danish and Norman families persist through the ages, interacting in the great drama that is the story of London and the creation of modern Great Britain. From a pre-Roman Celtic village on the mud banks of the river we know as the Thames to the WW II German bombing of a great city, the saga unfolds in a James Mitchener-like panorama. It's satisfying reading for all those who love the city and its heritage.

WWURA TRAVEL NEWS The Baltic Bash is on!

Starting date - August 19, 2011. Return date - September 3, 2011. This does not include a five day pre-trip to Kiev which we are hoping Overseas Adventure Travel will arrange for us.

We start in Vilnius, Lithuania where we will see the KGB Museum and the Old Town, which is a UNESCO World Heritage site. While we are in that region we will visit the old medieval Lithuanian capital of Trakai. From there we head to Kaunas and Klaipeda. Klaipeda is a seaport founded by the Teutonic Knights and is Lithuania's oldest Town. Riga, Latvia come next. Again we will walk through the Old Town, visit the German Zeppelin hangars, and visit villages outside Riga. From Riga we head to Tallinn, Estonia. On the way, we will stop at Gauja National Park and have lunch in Cesis, a medieval town. We end with two and a half days in St. Petersburg. We spend three nights in most of the hotels, two nights in Riga, so we do not have to repack each day.

For a detailed itinerary visit <http://www.oattravel.com/blt11>

To hold a place for this trip: Call Overseas Adventure Travel at 1-800-955-1925, option #2. The Rochon Group service code is G111 246. The deposit is \$350 which is fully refundable for two weeks.

Note: we do not have much time to reserve space.

If you are interested in the five day pre-trip to Kiev, be sure to mention that. Also, please call Don Rochon at 360-647-2301 so he will know who is registered for the trip and how many people want the pre-trip. (We will try a little pressure on OAT for that pre-trip).

Cost: \$4595 from Seattle which includes air fare. Pre-trip = \$1095 with some additional costs for taxes and tips.

Holiday Markets along the Rhine - December 2 - 14, 2011

Two choice cabins are still available for our WWURA group aboard the AmaCello, a luxurious AmaWaterways river boat: a Category C cabin on the Cello deck and a Category E cabin on the Piano deck. Come along to enjoy the beautiful cities and towns along the Rhine from Amsterdam to Basel, then continue by coach to Lucerne and Zurich. Beautiful sights, holiday markets, great included shore excursions, wonderful onboard entertainment, delicious food and complimentary wine.

All-inclusive 7-night river cruise from \$1979 per person. Land portion \$920 pp. Airfare approximately \$1100. Port charges \$133. Shipboard credit \$150 pp.. Deposit of \$400 to reserve; final payment not due until Sept. 1, 2011. **Contact Kathy Whitmer, 734-7211 or Joyce D. Wilson, 733-4703.**

WWURA INTEREST GROUPS

Interest groups are open to anyone. If there is a group you would like to become a part of, call the contact person. If you have an idea for another interest group, call Barb Evans, 650-9724. April's interest group meetings are listed below:

BOOK GROUP - Donna Rochon, 647-2301 Meet at Evelyn Mason's, 914 17th St. 2:30, Tues. April 19th. The book is *Team of Rivals: The Political Genius of Abraham Lincoln* by Doris Kearns Goodwin.

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. April 9, *Le Comte Ory*; April 23, *Capricci* April 30, *Il Trovatore*.

BRIDGE GROUP - Barb Evans, 650-9724 The bridge group meeting is April 26 at 1:30 p.m. at Caryl Hinckley's house, 1804 Taylor Ave., 734-3728.

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

INFORMAL DINING - Dinners are ongoing. 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.

WWURA Interest Groups— continued

WRITERS GROUP—Evelyn Wright, 676-0227. This group will meet Thursday, April 14th and 28th from 2-4 p.m. at Lynne Masland's home, 616 N. Forest. Anyone interested in working on a project—fiction, non-fiction or memoirs—is invited to attend.

BIKING—Biking will begin this month. Rides are 1 to 2 hours on fairly flat ground. If you are interested contact Howard Evans, 650-9724 or <howard.evans@wwu.edu>.

Special Notice: Save May 25 for the Annual Retirement Banquet
More information and reservation form will be in the May newsletter

WWURA Board of Directors Election

The Nominating Committee has presented their slate of candidates for election to three-year terms on the WWURA Board of Directors. The ballot includes space for write-in candidates.

Kirsti Charlton Kirsti Charlton completed a 32 year career with WWU in 2008. She began at Western working with Teacher Corps, a federally funded legacy of the Great Society. Herb Hite, chair of the Department of Education, was the grant recipient. After taking several years off for family, Kirsti was re-hired at Western by Sam Kelly, Dean of the Graduate School, to manage the graduate school because of Berit Vassdal's retirement. The Graduate School remained her home until retirement, working with two other Graduate School Deans. They were Maurice Schwartz who became Dean when Sam moved "down the hall" in Old Main after the airplane accident and the current Dean of the Graduate School, Moheb Ghali. On a personal note, Kirsti is a 42 year resident of Bellingham. She currently serves as President of York Neighborhood Association and volunteers for several other local organizations.

Nanette Davis Nanette received her Ph.D. from Michigan State University in Sociology, and has a post-doctorate degree from Stanford University in "Organizations and Mental Health." She has taught at a number of universities, Central Michigan, Michigan State, Portland State, Chapman, and Western. Additionally, she received a Fulbright Senior Scholar award for studying homeless children in Australia, and spent academic terms for a three year period (1991-93) at three Australian universities (in Sydney, Northern New South Wales, and South Australia). Nanette previously served WWURA as a board member, and then president. She misses the excitement and fun of organizing WWURA events. She has also served on the board of Whatcom Writers and Publishers, and continues to write and publish about women caregivers from Northwest Washington who are providing end of life care for their loved ones.

Rudi Weiss: I started as an Assistant Professor in German at Western fresh out of a PhD program at the University of Colorado in the fall of 1970. Retirement came in December of 2008 after a little over 38 years of service to Western and after 41 years of teaching in the university system. While at Western my main responsibilities were as a Professor of German, but I also contributed administrative service as Chair of the Foreign language department for seven years and as Director of Linguistics for sixteen years. I consider as my most significant achievement in research, the designation as Laureate of the International Society of Phonetic Science and in teaching, my selection as recipient of the Outstanding Teaching Award in the College of Arts and Sciences. Although I still consider myself as a neophyte retiree, I am honored to be selected as a board member candidate of WWURA..

Ballot

_____ Kirsti Charlton	_____ Nanette Davis	_____ Rudi Weiss
_____ Write-in	_____ Write-in	_____ Write-in

Please mail ballots to Pauline Palmer, 2510 48th St, Bellingham WA 98229

WWURA Calendar

April 2011

11 Route of the Maya

20 Travelogue

May

3 Board meeting

18 Regional meeting

25 Retirement dinner

July

13 Summer Picnic

August

19 Baltic Bash

Western Washington University
Retirement Association (WWURA)
Western Washington University
516 High Street
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