



WWURA NEWS



October 2012

www.wwu.edu/wwura

Serving Retired Faculty and Staff

Inside:

WWURA Travel News	p.2
Scholarship Winners	p.2
Health Notes	p.3,4
Interest Groups	p.5
Book Corner	p.5
Poetry Corner	p.6

WWURA Fall Luncheon

Friday, October 12, 2012

Northwood Hall, 11:30 a.m.

3240 Northwest Ave

Mayor Kelli Linville, Speaker



A dynamic speaker, Mayor Linville will bring us up-to-date on what's happening in Bellingham these days and what the future might hold for the city.

President's Message



Welcome to the wonderful world of Autumn—burnished leaves, sunny days, chilly nights—and still no rain to dampen our enthusiasm for hiking, biking, or gardening or other outdoor activities.

Whereas we're looking forward eagerly to a year of travelogues, luncheons, holiday party and other festivities, it's worth mentioning that we've covered some solid ground already this year. Since the May Retirement Dinner with Lou Lippman and The Prawns (as well as the inimitable Johnny Barnes), we've had a fun-filled July picnic, a successful WWURA Board yearly planning meeting, and a kick-off of our first fascinating travelogue of the season with Marty and Gail Haines' wondrous trip through New England in June.

Another milestone is the scholarship awards for two highly meritorious students, Megan Cross and Jasmine Moffatt. Each recipient receives \$2000, thanks to all our on-going contributions to the WWURA Scholarship fund. Keep up the good work, WWURA members!

Don't forget to put the upcoming Fall Luncheon (October 12) on your schedule. Our speaker, Kelli Linville, is certain to provide a compelling look at

our local political issues.

Oh, yes, talking about membership, let's not forget to pay our very modest membership dues of \$15.—best deal in town. Check with Alice Healy at the October Luncheon to see if you're on the paid list. And don't forget to make that extra contribution for the Scholarship fund. As an organization, WWURA can well celebrate the scholarship program we've maintained over the years for very deserving, continuing education students.

Why join WWURA—as if you had any question about it? Let me count the ways; our planned events are second to none: delicious luncheons with first-rate speakers, fascinating travelogues from around the world, 10 percent off all books at Village Books and Eclipse (used bookstore), international and local travel opportunities, visiting with colleagues and old friends, and a host of interest groups, including opera, book, writing, informal dining, skiing and bridge. So, sign up today with Kirsti Charlton, membership chair, if you haven't already done so.

Let's get together at the October luncheon on Friday, October 12, 11:30 at Northwood Hall for more WWURA fellowship.

~ Nanette Davis

WWURA Travel News

Marty Haines and a group of WWURA members and friends are off to China with Oversea's Adventure Travel. It sounds like a wonderful trip and we look forward to hearing about it at a travelogue.

WWURA members and friends going on the December Danube holiday markets trip will meet for a Bon Voyage--Get Acquainted--Documents Party on SUNDAY, OCTOBER 28 at 3 PM at Joyce Wilson's home. Twenty-two have reserved to travel with Kathy Whitmer on her last holiday markets cruise. We are looking forward to the sightseeing, musical opportunities, and unique European customs in the Czech Republic, Germany, Austria and Hungary.

We are planning another trip to Ashland in the spring-April 30 through May 3, 2013. There will be a chance to see four plays, choosing from *Taming of the Shrew*, *Two Trains*, *Unfortunates*, *My Fair Lady*, *King Lear*, and *Streetcar Named Desire*. There will be a sign up sheet at the luncheon for those interested in going or you can call or email Barb Evans, 650-9724, <barbandhoward@comcast.net>.

At our last travel committee meeting we talked about the possibility of taking some short trips--one day or 2-3 day, and we would like some input from members. There will be a sign up sheet at the luncheon where you can jot down your ideas. You can also contact one of the Travel Committee members with your ideas. WWURA Travel Committee members are: Betty Cross, Nanette Davis, Barb Evans, Marty Haines, Burl Harmon, Margaret Loudon, Donna Rochon, Kathy Whitmer and we welcome new member, Alice Healy. If you have an interest in travel, please consider joining our committee. Just let one of the committee members know.

WWURA Scholarship Winners

Hello, my name is **Megan Cross**. I am a senior at Western this year and I am dual majoring in East Asian Studies and History. This fall quarter I am enrolled in Second Year Chinese Language (CHIN 201), Chinese History: 1800-Present (HIST 372), and The History of the Chinese Revolution (HIST 481). I am also volunteering this year as a Campus Friend with the Asia University America Program at Western. Upon the completion of my Bachelor's degree from Western it is my intention to travel abroad and teach the English language in East Asia, mostly in China but I do also plan to spend some time in South Korea and possibly Japan as well. While working abroad I intend to work on achieving a Master's in Teaching, and after an undetermined period of time abroad I wish to return to the United States to teach Mandarin Chinese at high school level.



My name is **Jasmine Moffatt**, and I will be a senior this year at Western. I am pursuing a double major in Management and Marketing along with a minor in Psychology. This upcoming quarter I will be enrolled full time and attending courses that apply to my fields; Teamwork Basics, Fundamentals of Marketing Research, and Project Management. I will also be working my two jobs, one in the Financial Aid Department and the other at Re/Max Realty here in Bellingham. Working hard and taking these courses I hope to become a little closer to reaching my goals. I would like to do many things and have a lot of big ideas. I currently want to provide intimate business analysis for companies that are struggling due to the economic situation. I also want to help the individuals that are at all levels in these businesses. I want to teach them the skills necessary to contribute to the health of their company, as well as themselves, and their environment. This, in turn, will provide them with the tools to improve their personal economic situations, which would then positively affect the community at large.



October 2012 Health Notes by Evelyn Ames

Energy Drinks: Americans spend about 9 billion/year on Energy (stimulant) drinks!

A perusal of lists of ingredients of various “energy” or “power” drinks found on shelves in a variety of stores showed an assortment of ingredients from vitamins and minerals to flavor enhancers, preservatives, sugars, and color additives, to a conditional amino acid (taurine) and the stimulants caffeine and guarana. Several products included inositol (a vitamin-like substance). First thing for readers to note is that vitamins and minerals are not energy inducers and do not give a person “pep.” Vitamins are organic compounds necessary for reproduction, growth, and maintenance of the body. Minerals are inorganic compounds needed for growth and regulation of body processes. “The popular high-caffeine, high-sugar beverages, typically sold in 8.3 oz aluminum cans (two-thirds the size of a standard size of Coca-Cola) contain about seven teaspoons of sugar and as much as two to four times the amount of caffeine (9 milligrams per fluid ounce) as Coke.”

http://www.johnshopkinshealthalerts.com/alerts/healthy_living/JohnsHopkinsHealthAlertsHealthyLiving3056-1.html

That said, energy/power drinks boost “energy” due to differing amounts of caffeine and guarana. These two compounds are stimulants of the central nervous system. One product contained inositol (57 mg), caffeine (47 mg), and taurine (27 mg). The bottom of this label gave this percentage: 3000% of RDI. RDI probably means recommended daily intake! Another product listed 1500 mg of taurine, 172 mg of caffeine, 125 mg of guarana, 50 mg of inositol, and 30 mg of white tea extract. The amount of liquid is 473 ml. Another product listed 80 mg of caffeine. To give an equivalent of how much caffeine 172 mg is, consider that a 5 oz cup of brewed coffee is generally equivalent from 90 to 125 mg of caffeine. Amusingly, one product said the caffeine was equivalent to one cup of premium coffee! According to FDA requirements, the presence of caffeine in a product has to be listed but not necessarily the amount! Some products do list the amount of caffeine; others do not.

“The use of energy drinks has [exploded](#) in the last few years, especially among young adults, but has been linked with elevated blood pressure and heart rate because of such ingredients as caffeine and the amino acid taurine” (<http://www.medpagetoday.com/MeetingCoverage/ESC/34460>). “The FDA currently considers energy drinks to be dietary supplements so the ingredients are not regulated as with soft drinks. Although caffeine is the main ingredient in most of these beverages, various additives such as guarana, L-carnitine, and ginseng are often mixed in to boost caffeine availability. Published reports have linked the drinks to serious adverse effects in young people, including seizures, diabetes, cardiac abnormalities, and [mood and behavioral disorders](#)” (<http://www.medpagetoday.com/MeetingCoverage/ESC/34460>).

Caffeine: is a natural chemical found in tea leaves, coffee beans, and cacao (think chocolate). Caffeine is generally recognized as safe when used in cola-type beverages up to a level of 0.02 percent or 200 parts per million (1-2 cups of regular coffee). Caffeine is rapidly absorbed after oral intake with peak blood levels reached in thirty minutes. Maximal central nervous system effects are reached in about two hours. A person does feel mentally and physically more alert (e.g., typists do make fewer errors according to various studies). The direct action on the kidneys is an increase in urine output. There is more of a tolerance to the effect on kidneys compared to the CNS. This means the habitual coffee drinker needs to increase caffeine intake to affect the kidneys. An interesting note about caffeine is that it dilutes the heart arteries whereas it constricts the brain arteries (which is why caffeine is sometimes used for migraine headaches). Caffeinism is generally defined as the habitual use of large amounts of caffeine, usually in coffee, but this could include large intakes of tea.

(cont'd on page 4)

Health Notes, *cont'd*

Guarana: is known as Paullinia cupana, paullinia, Brazilian cocoa, guarana bread, guarana paste or gum, and zoom. Guarana contains very high concentrations of caffeine and has been used as a stimulant and appetite suppressant. http://www.emedicinehealth.com/drug-guarana/article_em.htm “Guarana has not been evaluated by the FDA for safety, effectiveness, or purity. All potential risks and/or advantages of guarana may not be known.” People who have cardiovascular problems, high blood pressure, anxiety disorders, hyperthyroidism (overactive thyroid), or kidney disease are advised to discuss usage with their primary care doctor or cardiologist.

<http://www.drugs.com/mtm/guarana.html#UqFUxQvQPLRuDp1w.99>

What is taurine? “Taurine is an amino acid that supports neurological development and helps regulate the level of water and mineral salts in the blood. Taurine is also thought to have antioxidant properties. Taurine is found naturally in meat, fish and breast milk, and it's commonly available as a dietary supplement. Some studies suggest that taurine supplementation may improve athletic performance, which may explain why taurine is used in many energy drinks. Other studies suggest that taurine combined with caffeine improves mental performance, although this finding remains controversial. And in one study, people with congestive heart failure who took taurine supplements three times a day for two weeks showed improvement in their exercise capacity.” Little is known about the effects of heavy or long-term taurine use. <http://www.mayoclinic.com/health/taurine/AN01856> Detailed scientific explanation of taurine as a neurotransmitter can be found at <http://www.jbiomedsci.com/content/17/S1/S1>

Comments on “5 Hour Energy” drink product (that little yellow bottle): An October 2010 analysis by ConsumerLab.com found the caffeine content of a full bottle of 5-Hour Energy to be 207 mg of caffeine, about twice the amount in a 5 oz. cup of brewed coffee. What should be of concern to parents who have PKU children and to adults who were diagnosed at birth with PKU is that Phenylalanine is listed as an ingredient in this product. PKU diagnosed individuals must avoid this amino acid and as adults ingest only small amounts. All babies born in the United States are given a “[PKU](#) test to check whether a [new-born](#) baby has the [enzyme](#) needed to use phenylalanine in his or her body. Phenylalanine is an [amino acid](#) that is needed for normal growth and development. If a baby's body does not have the enzyme that changes phenylalanine into another amino acid called tyrosine, the phenylalanine level builds up in the baby's [blood](#) and can cause [brain damage](#), [seizures](#), and [intellectual disability](#).” “PKU is a treatable disease. Treatment involves a diet that is extremely low in phenylalanine, particularly when the child is growing. The diet must be strictly followed. This requires close supervision by a registered dietitian or doctor, and cooperation of the parent and child. Those who continue the diet into adulthood have better physical and mental health.” <http://www.nlm.nih.gov/medlineplus/ency/article/001166.htm>

Final comment: people with high blood pressure (and those taking medications for HBP) or other cardiovascular conditions are best advised to avoid energy-like drinks.

Note: “Gatorade and POWERade are simply mixtures of water, sugars, minerals, and salts, without chemicals aimed at increasing "energy" or alertness.”

<http://www.cbn.com/cbnnews/healthscience/2011/March/Health-Risks-Tied-to-Energy-Sports-Drinks/>



October Interest Groups

If you are interested in one of the groups please call or email the contact person.

BOOK GROUP--Donna Rochon, 360-647-2301, <djrochon1@comcast.net>

Meets the 3rd Tuesday of the month at member's homes.

We will meet October 16th at Barbara Davidson's, 806 17th Street.

October's book is Broken for You by Stephanie Kallos

November's book is Between the Woods and the Water by Patrick Leigh Femor

BRIDGE GROUP--Nicholas Bullat, 360-676-1156, <gnbmaestro@gmail.com>

Meets the 4th Tuesday of the month at member's homes. We will meet October 24th at Carol Radke's home, 508 Lyla Lane.

INFORMAL DINING -- Janet Berg, 360-733-4654, <janetlila@hotmail.com>

Meets in small groups each month at member's homes. The schedule for 2012-2013 has been sent out so members can expect a call from the host for their group soon.

OPERA GROUP--Evelyn Ames, 360-734-3184, <Evelyn.ames@wwu.edu>.

Call Evelyn if you need a ride.

- October 13 - Donizetti's *L'Elisir of Love*

Encore - Wednesday, November 7 at 6:30 pm

- October 27 - Verdi's *Otello*

Encore - November 14 at 6:30 pm

- November 10 - Ades's *The Tempest*, Met premiere

Information on venues is in the September newsletter.



Miranda -"The Tempest"

SKIING - Charlie Way, 360-734-0649, <cbway@aol.com>

Skiing usually starts in January depending on the weather.

WRITER'S GROUP - Evelyn Wright, 360-676-0227, <ewright410@comcast.net>

Meets twice a month. The groups are kept small so there is time for reading and critiquing each other's work. The first group is now closed, but if you are interested, please call Evelyn and discuss starting a second group.

Book Corner Lynne Masland

Just out is *Winter of the World* (Dutton), Ken Follet's second volume of his massive Century Trilogy. Following his first volume, *Fall of Giants*, *Winter of the World* continues the saga of five interrelated families in Europe and the United States as they grapple with the momentous events of World War II and its aftermath, from 1939 to 1949. The children of the American, German, Russian, English and Welsh characters from the first book are actors in and witnesses to the wars that threaten to engulf the world in destruction. Follet is a compelling storyteller and, although this book is nearly as lengthy as the first (960 pages), once started, it's hard to stop reading.

Poetry Corner

Tapestry

Is there such a grand design,
carefully planned,
If only I can find the key?
Or is life more like making a giant coverlet?
Some might say quilt, but I imagine
crocheting or knitting,
Stitch by stitch, yarns linked
in loops and circles.
Adding color, trying new patterns,
asking myself
What will the whole look like? What will it be?
Is there a pattern, a unity, a cohesiveness?
A pleasingness of color? A meaning? A use?

Sometimes as I knit I am surprised.
What seemed a mess, a tangle, a muddle
Now has form, substance, meaning.
I understand why it's there.
Those slipped stitches make possible the
design I'm working on now.
Perhaps at the end I - or others-
will see the design in full,
Appreciate the subtle hues and shades,
the contrasts of light and dark,
The dance of line, the warmth of the whole.

- Lynne Masland

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