



WWURA NEWS



March 2014

www.wwu.edu/wwura

Serving Retired Faculty and Staff

WWURA Travelogue

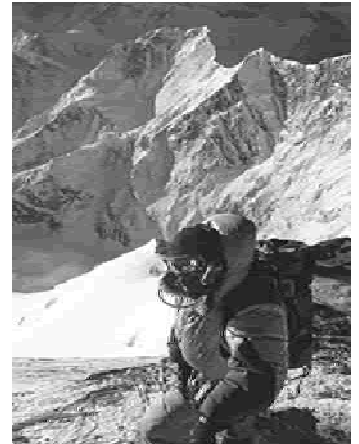
Wednesday, March 19, 2014

6:30 p.m. socializing; 7:00 p.m. presentation

Squalicum Yacht Club, 2633 South Harbor Loop Rd

Dave Mauro is a man of many talents in addition to being a really nice guy. He is a financial advisor in Bellingham; he performs improv at the Upfront Theatre and he has climbed the Seven Summits – the highest peaks on each continent. Only 65 Americans have climbed all seven summits.

In 1993 Dave was talked into climbing Mt. Baker, his first climb and at the time he thought his last climb. However, in 2006, his brother-in-law who is a TV anchorman and filmmaker in Anchorage wanted to film a documentary of a climb of Denali and wanted someone to play the role of a novice climber – Dave was the natural. Dave did not expect to make it to the top of the mountain but to everyone’s surprise, including his own, he made it. Since then, he has braved and survived many challenges. Dave’s latest climb was Mt. Everest – what an accomplishment! *Come and bring your friends for a very special evening.*



Members whose last name begins with **M through Z**, please bring a dessert to share. WWURA provides coffee and tea; some members bring wine. Please contact one of the board members if you need a ride.

WWURA Spring Luncheon

Friday, April 11, 2014

11:30 a.m.

Northwood Hall, 3240 Northwest Ave.

Speaker: Nanette J. Davis, Ph.D.

“What’s Ahead for Family Caregiving? A Glimpse at Outmoded and Future Scenarios”



Caregiving is a relatively new concept—even recent versions of Microsoft Word do not recognize that it no longer has two syllables, as in Care Giver. And frankly, it’s been an uphill battle to recognize caregiving as an integral part of both our contemporary culture and the medical teams that serve the ill and injured. With 11 million Baby Boomers heading into retirement every year, and vast demographic shifts in favor of the old and very old, the “silver tsunami” of seniors will virtually decimate existing models of family caregiving. These traditional approaches confine the lifesaving 24/7 commitment caregivers make to the isolated individual or even a few family members.

(cont’d on page 4)

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“Marijuana—often called *pot*, *grass*, *reefer*, *weed*, *herb*, *Mary Jane*, or *MJ*—is a greenish-gray mixture of the dried, shredded leaves, stems, seeds, and flowers of *Cannabis sativa*—the hemp plant. Most users smoke marijuana in hand-rolled cigarettes called *joints*, among other names; some use pipes or water pipes called *bongs*. Marijuana cigars, or *blunts*, are also popular. To make blunts, users slice open cigars, remove some of the tobacco, and mix the remainder with marijuana. Marijuana also is used to brew tea and sometimes is mixed into foods. <http://www.drugabuse.gov/publications/marijuana-abuse/what-marijuana>.

When pot is smoked, the main active ingredient, Delta-9-tetrahydrocannabinol or THC, rapidly passes from the lungs into the bloodstream and circulates throughout the body (the blood-brain barrier does not prevent THC from entering the brain). Effects usually last from 1 to 3 hours. When it is consumed in beverages or food, effects take longer to be felt (about ½ to an hour) and last longer (for about 4 hours). Note that often other ingredients/substances are added and the user generally does not know what those are. Due to enhanced cultivation practices, marijuana is generally more potent compared to previous decades.

How marijuana effects the brain. “THC binds to specific sites called *cannabinoid receptors* (CBRs) located on the surface of nerve cells. These receptors are found in high-density in areas of the brain that influence pleasure, memory, thinking, concentration, movement, coordination, and sensory and time perception. ... THC activates the reward system in the same way that nearly all drugs of abuse do: by stimulating brain cells to release the chemical dopamine” <http://www.drugabuse.gov/publications/marijuana-abuse/how-does-marijuana-produce-its-effects>). Marijuana:

- impairs a person's ability to form new memories
- disrupts coordination and balance by binding to receptors in the cerebellum and basal ganglia (this is area that regulates balance, posture, coordination, and reaction time).
- interferes with learning, doing complicated tasks, participating in athletics, and driving motorized vehicles and riding bicycles.

Reviewers of research studies at NIDA write that “Our understanding of marijuana's long-term brain effects is limited. Research findings on how chronic cannabis use affects brain *structure*, for example, have been inconsistent. It may be that the effects are too subtle for reliable detection by current techniques. A similar challenge arises in studies of the effects of chronic marijuana use on brain *function*. Although imaging studies (functional MRI; fMRI) in chronic users do show some consistent alterations, the relation of these changes to cognitive functioning is less clear. This uncertainty may stem from confounding factors such as other drug use, residual drug effects (which can occur for at least 24 hours in chronic users), or withdrawal symptoms in long-term chronic users.”

Effects on General Physical Health. “Within a few minutes after inhaling marijuana smoke, an individual's heart rate speeds up, the bronchial passages relax and become enlarged, and blood vessels in the eyes expand, making the eyes look red. The heart rate—normally 70 to 80 beats per minute—may increase by 20 to 50 beats per minute, or may even double in some cases. Taking other drugs with marijuana can amplify this effect.” “Limited evidence suggests that a person's risk of heart attack during the first hour after smoking marijuana is four times his or her usual risk. This observation could be partly explained by marijuana raising blood pressure (in some cases) and heart rate and reducing the blood's capacity to carry oxygen. Such possibilities need to be examined more closely, particularly since current marijuana users include adults from the baby boomer generation, who may have other cardiovascular risks that may increase their vulnerability.” “The smoke of marijuana, like that of tobacco, consists of a toxic mixture of gases and particulates, many of which are known to be harmful to the lungs. Someone who smokes marijuana regularly may have many of the same respiratory problems that tobacco smokers do, such as daily cough and phlegm

March Health Notes, cont'd

production, more frequent acute chest illnesses, and a greater risk of lung infections.”

<http://www.drugabuse.gov/publications/marijuana-abuse/how-does-marijuana-produce-its-effects>

Grandparents take note: How marijuana use affects school, work, and social life?

<http://www.drugabuse.gov/publications/marijuana-abuse/how-does-marijuana-use-affect-school-work-social-life>

- Marijuana's negative effects on attention, memory, and learning can last for days or weeks after the acute effects of the drug wear off.
- Someone who smokes marijuana daily may be functioning at a reduced intellectual level most or all of the time.
- Evidence suggests that, compared with their nonsmoking peers, students who smoke marijuana tend to get lower grades and are more likely to drop out of high school.
- A meta-analysis of 48 relevant studies—one of the most thorough performed to date—found cannabis use to be associated consistently with reduced educational attainment (e.g., grades and chances of graduating). Marijuana use among middle and high school aged youngsters may make them “dumber!” Also of concern is what is happening to the young person’s developing brain during this period of adolescent growth. Learning how to handle stress and other societal challenges is critical during adolescence.
- However, a *causal* relationship is not yet proven between cannabis use by young people and psychosocial harm.
- Study among postal workers found that employees who tested positive for marijuana on a pre-employment urine drug test had 55 percent more industrial accidents, 85 percent more injuries, and a 75-percent increase in absenteeism compared with those who tested negative for marijuana use.

[Margaret Haney](#), professor of clinical neuroscience and co-director of the [Substance Use Research Center](#) at Columbia University, debunks 5 myths about the physiological effects of pot.

- Marijuana is neither all good or all bad. Example: potential medical benefits include reducing nausea and vomiting from chemotherapy. Smoking is not the best way to administer because “it produces changes in lung function consistent with the development of cancer.” Marijuana has more tar than cigarettes and pot “smokers perform worse than nonsmokers on tests of respiratory function.”
- Marijuana can produce abuse and dependence but has a lower risk compared to alcohol and nicotine.
- Users often think marijuana is not addictive but data show that dependence can develop. “Epidemiological data suggest that about 42 percent of the U.S. population has tried marijuana and about 9 percent met criteria for dependence on marijuana at some point in their lifetime, while 15 percent met criteria for dependence on alcohol and 32 percent for [tobacco](#).” “Withdrawal from marijuana is associated with increased anger, irritability, anxiety, decreased appetite, weight loss, restlessness, disturbances in sleep onset and maintenance, and craving. Symptoms usually start after 12-24 hours after last use, peak in 2-4 days and last about 2-3 weeks.”
- “Adolescents and people with psychiatric illness (e.g., depression, anxiety, schizophrenia) or with other drug dependencies appear to be at a greater risk of developing dependence.”
- <http://www.britannica.com/blogs/2010/10/debunking-myths-about-the-physiological-effects-of-marijuana-5-questions-for-neurobiologist-margaret-haney/>

Sites for information: NIDA Home Page: <http://www.drugabuse.gov> NIDA Drug Facts:

<http://www.drugabuse.gov/publications/term/160/DrugFacts>

Easy-to-Read Drug Facts: <http://easyread.drugabuse.gov>

Driving a car while “stoned” on marijuana and alcohol is a recipe for a deadly car crash!



President's Message

Spring greetings to you all,

Thanks to those of you who responded to my clarion call last month for more volunteer participation in the organizing of WWURA. We have three board members whose terms are up in 2014: Rudy Weiss (faculty), Kirsti Charlton (administration) and Nanette Davis (at-large). In addition, Bill Smith (faculty) and Erlene Poole (at-large) have resigned due to other commitments. **Chris Gerhold** (at-large) and **Ron Ward** (faculty) have agreed to stand for election to the board for new three-year terms. **Nanette Davis** has agreed to renew her term and serve as Hospitality co-chair, and **Barbara Evans** will return to the board as Membership chair.

A big thank-you to Rudy, Kirsti, Bill Smith and Erlene for their service to the board! As Membership chair for three years, Kirsti kept track of new members, changing addresses and contact information and putting together the annual Roster. Bill and Rudi provided interesting, informative programs for our three annual luncheons, while Erlene helped with Hospitality.

More bio details on in-coming board members will be in our April newsletter along with your voting ballot.

Among our most popular WWURA activities are the Interest Groups. Scores of you participate in the Informal Dining groups, organized by Janet Berg, to enjoy a monthly dinner in various members' homes. The Book group is another very popular one, meeting monthly at Donna Moore's home on Bayside Rd. April's book choice is *The Elegance of the Hedgehog* by Muriel Barbery. The Bridge group also meets monthly for rounds of cards and fun together. For athletes, the Skiing group is active, while the Opera and Writers groups continue to flourish.

Our next big activity is the March 19 travelogue at the Squalicum Harbor Yacht Club (not the Boathouse), featuring David Mauro's ascent of Mt. Everest. I'll see you there!

- Lynne Masland

What's Ahead for Family Caregiving, *cont'd from page 1*

We'll take a look at some of the compelling conditions undermining outmoded caregiver-care recipient perspectives. My primary focus, though, will be on more viable and sustainable community models that integrate caregiver and care recipient with family, friends, neighbors and volunteers into a "paying it forward" or "giving back" project that benefit old and young alike.

Save the Date!

The **Retirement Dinner** will be held on **Thursday, May 8th** with an opening reception and dinner in the Viking Union. Details, including registration form, to come in the April newsletter.

Writers Group

"In his youth and long before his considerable fame, Roy Rogers used to chase outlaws by riding atop a gigantic rabbit. Although it was perfectly effective transportation, Roy was embarrassed by this deviation from the cowboy-hero norm. He was very sensitive and would fly into a rage at the slightest sign of ridicule. You might say that, at the time, he had a hare Trigger."

The above is one (and the shortest) of the 176 original stories from "Wince A Pun On Thyme-Scientifically Crafted Tales," by Lou Lippman, © 2013. Copies (\$12.95 + tax) can be obtained directly from Lou, (E-mail: lip-pun@yahoo.com<<mailto:lippun@yahoo.com>>; Phone: 734-5376); Village Books, WWU Bookstore, or Amazon.

Book Review

Bill Bryson Takes on the Universe

Bill Bryson's *A Short History of Nearly Everything*, in the words of *The New York Times*, "is destined to become a modern classic of science writing." Since it was published in 2003, it already has. If you don't already know Bill Bryson or this work of his, you're in for a treat. It is the most readable, most interesting, and wittiest, history of science that I know of.

Bryson starts his story with the Big Bang theory and its validation in 1965 by the Bell Lab scientists Arno Penzias and Robert Wilson, when they inadvertently detected the cosmic background radiation. It's not possible to summarize in a short space all of the areas of our scientific knowledge that Bryson covers. Suffice it to say that he covers almost everything—cosmology, astronomy, physics (including subatomic particle physics), chemistry, geology, biology. In all of it Bryson writes with ease, at home with difficult conceptual material, enlivening his explanation with interesting and sometimes quirky biographical stories about the habits and propensities of some of our odder scientists.

Bryson's writing is felicitously marked by several traits that I find appreciate much. He is able to find an unusual and interesting way into a topic, as when he writes about the immense meteor strike at Manson, Iowa, to begin his exploration of meteor strikes, volcanoes, and the interior of the earth. He constructs vivid illustrations and/or analogies to demonstrate his material. Take, for example, this explanation of the vast size of our solar system. "On a diagram of the solar system to scale, with the Earth reduced to about the diameter of a pea, Jupiter would be over a thousand feet away and Pluto would be a mile and a half distant (and about the size of a bacterium, so you wouldn't be able to see it anyway)."

Bryson is simultaneously readable, clear, amusing, witty, knowledgeable. And in preparing to write this book, he seems to have read almost everything. The bibliography is ten pages long. Perhaps the best summary is a sentence from the book. "The universe is an amazingly fickle and eventful place, and our existence within it is a wonder."

Readers who enjoy this book will no doubt enjoy others of Bryson's many works, only some of which are *A Walk on the Wild Side (Bryson and the Appalachian Trail)*, *In a Sunburned Country (traveling through Australia)*, *Mother Tongue: English and How It Got That Way*, *Shakespeare: The World as Stage (biography)*, *One Summer: American 1927*. They are all good.

- Bob McDonnell

Visit the WWU Employee Art Show

March 10-21, 2014

This is the 20th anniversary year of WWU's Employee Art Show, open to all present and retired staff and faculty. In honor of this milestone, the show runs for two weeks, March 10-21 from 11 a.m. to 4 p.m., Mondays through Fridays in VU 565.

Several talented WWURA members have works in the show. Lou Lippman's book *Wince A Pun on Thyme: Scientifically Crafted Tales* and Nanette Davis' *The ABC's of Caregiving* will be on display. Lynne Masland will have three paintings on exhibit as well as her new book *A Cup of Tea: Collected Poems*.

The Art Show has been organized for the past two decades by Nancy Phillips, executive assistant to the Vice President for Business and Financial Affairs, and Linda Strock (retired). Thanks for their energy and enthusiasm.

March 2014 Interest Groups

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

BOOK GROUP--Donna Moore, 360-733-5769 <dfmoore12@gmail.com>

We will meet Tuesday, Mar. 18th at 2:30 P.m. at Donna Moore's home at 346 Bayside Rd.

March's book is *Mr. Rosenblume's List* by Natasha Solomons. Available at the library under the title *Mr. Rosenblume's Dreams in English* (leader Chris Gerhold)

April's book is *The Elegance of the Hedgehog* by Muriel Barbery

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

Meets the 4th Tuesday of the month at member's homes. We will meet March 25th at Mary Jo Lewis' home at 209 S. Garden Terrace, 671-6402.

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

Meets in small groups each month at member's homes.

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

This group usually attends the opera independently or in small groups. Call Evelyn if you need a ride.

Metropolitan Opera HD Series for 2013-2014, check this website for cast and dates of encores: <http://www.metoperafamily.org/metopera/liveinhd/LiveinHD.aspx> In the left corner is Participating Theaters (click on United States and/or Canada for listing). There are 10 HD showings this season. Running times of each opera are listed at main web site.

Massenet's *Werther*, March 15 at 9:55 a.m.; Encore Wed. March 19, 6:30 p.m.

Puccini's *La Boheme*, April 5 at 9:55 a.m.; Encore Wed. April 9 at 6:30 p.m.

Lincoln Theater in Mt. Vernon: <http://www.lincoltheatre.org/welcome> (click on calendar)

Check the **Pickford Film Center** for European opera showings: <http://pickfordfilmcenter.org/>

SKIING - Charlie Way, 360-734-0649

It continues to snow in the mountains---be sure to let Charlie know if you want to ski this year.

WRITER'S GROUP - Evelyn Wright, 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 in a second group call Bill Smith, 647-4534, <rhetor16@yahoo.com>

Reservation Form

Spring Luncheon Friday, April 11, 2014

Northwood Hall, 3240 Northwest Ave., Bellingham, 11:30 a.m.

Name(s) _____

Address or Phone Number _____

Amount Enclosed _____ (\$15 member, \$18 for non-member)

Reservation Deadline is Monday, April 7, 2014

Make your check payable to WWURA and mail with this form to **Lynne Masland, 616 N. Forest St., Bellingham, WA 98225**. Questions? Call 676-9821.

WWURA 2014 Spring Calendar

March

19 –Travelogue—Climbing Mt. Everest

April

1—Board Meeting

11—Spring Luncheon—Speaker, Nanette
Davis

16—Travelogue—Portugal & Southern
France

May

8—WWURA Retirement Dinner

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