



WWURA NEWS



April 2015

www.wwu.edu/wwura

Serving Retired Faculty and Staff



President's Note

Spring is here, flowers are blooming and a lot is happening within the next couple of months for WWURA members. *The April luncheon at Northwood Hall is soon to happen! Hope April 10th is on your calendar.* Let's make it a large turnout! Ask a friend to come with you. See the March WWURA Newsletter for details about the **speaker, Fred Moody.**

We have our last travelogue of the current season on Wednesday, April 15. Come and socialize with friends and meet new people.

May 28 is the scheduled date for President's Shepard's retirement dinner to honor new retirees. Information regarding reservations for WWURA members who wish to attend will be in the May WWURA Newsletter. Cost for dinner this year is \$35.

OUR ANNUAL WWURA meeting occurs during the July picnic. **Mark July 7 on your calendar.** More details to be included in upcoming newsletters.

The Board of Directors has been updating WWURA's promotional brochure. Lynne Masland and Barb Evans, with Margaret Woll supplying pictures, have restyled our outdated brochure. With graphics design help from Chris Baker in the Office of University Communications and Marketing and Paul Cooke (Director of that office who responded to our plea for help), we have a classy-looking new brochure. We should have a few copies to display at the April luncheon and travelogue. Kudos to these individuals for spearheading this project. See you at the luncheon and travelogue!

Evelyn Ames

WWURA Travelogue

Wednesday, April 15, 2015

6:30 p.m. socializing; 7:00 p.m. presentation
 Squalicum Yacht Club, 2633 South Harbor Loop Rd



Retired airline pilot **Doug Cole** will take us on a 3,600 mile sail from San Diego to Tahiti on a 48' sailing vessel with stops at the Marquesas and Tuamotus. Come sail with us!

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.

A small donation of \$2/person; \$3/couple is requested to cover the cost of room rental and beverages.

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April 2015 Health Notes by Evelyn Ames

Coenzyme Q-10: Is Supplementation Necessary or Media Hype?

CoQ-10 is actually a vitamin-like substance found throughout the body. It is naturally made in the body, is used for cell growth, and helps protect cells from damage. Especially found in the body's heart, liver, kidney, and pancreas, it is also found in small amounts in meats and seafood, as well as being manufactured in laboratories. CoQ-10 levels are particularly high in organ meats such as [heart](#), [liver](#), and [kidney](#), as well as beef, soy oil, sardines, mackerel, and peanuts. First identified in 1957, it is widely used in Japan, Europe and Russia. Most of the substance used in United States and Canada is supplied by Japanese companies. It is made by fermenting beets and sugar cane with special strains of yeast. Coenzyme Q-10 is required for the proper function of many organs and chemical reactions in the body; it helps to provide energy to cells. There may be some antioxidant activity. What lessens the level of CoQ-10 in our bodies? Aging is an important factor as well as smoking. CoQ-10 is sold as a dietary supplement, which means it is not subject to FDA regulation for safety and effectiveness. Other names associated with it are Q10, Vitamin Q10, Ubiquinone, and Ubidecarenone.

The *Natural Medicines Comprehensive Database* rates effectiveness based on scientific evidence according to the following scale: Effective, Likely Effective, Possibly Effective, Possibly Ineffective, Likely Ineffective, Ineffective, and Insufficient Evidence to Rate.

Ratings of likely effective include Coenzyme Q-10 deficiency (which is rare) and mitochondrial disorders which limit energy production in the body's cells.

Ratings of several possibly effective uses include (though controversial) that it might be helpful when taken in combination with other heart failure medications and treatments; decreasing risk of additional heart problems in people who have had a recent heart attack; preventing blood vessel complications caused by heart bypass surgery; taken with other medications treating high blood pressure (may help lower blood pressure even more); and may help prevent (but not treat) migraine headaches.

Possibly ineffective: does not seem to decrease high cholesterol or triglycerides.

Likely ineffective for improving athletic performance or periodontal disease when applied directly to the teeth and gums. Little evidence, if any, that it increases life span.

Insufficient evidence to rate effectiveness for diabetes, breast cancer, male infertility, angina, fibromyalgia, and hypertrophic cardiomyopathy, hair loss due to use of warfarin, or Lyme disease.

What are the safety concerns in using CoQ-10? Taking more than 100 mg/day may cause mild insomnia, rashes, nausea, sensitivity to light, irritability, headache, heartburn, fatigue, upper abdominal pain, and dizziness. There are no known interactions with foods but studies suggest that use of red yeast (a supplement) might reduce coenzyme Q-10 levels in the body.

American Cancer Society reports "CoQ10 is sometimes promoted as a treatment for cancer (most commonly breast cancer), often in combination with other vitamins. Supporters also claim CoQ10 supplements may protect the heart from the damaging effects of certain chemotherapy drugs, such as doxorubicin (Adriamycin)." The National Cancer Institute rates the strength of evidence for CoQ10 in treating cancer as weak.

CoQ-10 is heavily promoted in printed and video media and on the Internet. Various web sites show CoQ10 supplements being promoted for heart disease, stroke, high blood pressure, muscular dystrophy, gum disease, chronic fatigue, Alzheimer's disease, AIDS, and other immune deficiencies. It is touted to improve athletic performance and help people lose weight. Some claim that CoQ10 can reduce pain and weight loss in people with cancer. It's also promoted to reduce the signs of aging when used in skin products. As noted above, most claims are weak or lack scientific evidence.

Health Notes, cont'd

Want additional information, consider reviewing the following web sites:

<http://www.mayoclinic.org/drugs-supplements/coenzyme-q10/background/hrb-20059019>
<http://www.webmd.com/heart-disease/heart-failure/tc/coenzyme-q10-topic-overview>
<http://www.fda.gov/ICECI/EnforcementActions/WarningLetters/ucm392761.htm>
<http://www.nlm.nih.gov/medlineplus/druginfo/natural/938.html>
<http://www.cancer.gov/cancertopics/pdq/cam/coenzymeQ10/patient/page1/AllPages/Print>
<http://www.cancer.org/treatment/treatmentsandsideeffects/complementaryandalternativemedicine/pharmacologicalandbiologicaltreatment/coenzyme-q10>
<http://www.nlm.nih.gov/medlineplus/druginfo/natural/938.html>



Spring is here!!!

APRIL 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, April 21 at 2:30 p.m. at Barb Evans' home, 715 N. Garden St. #502

April's book is *All the Light We Cannot See* by Anthony Doerr; treats -Chris Gerhold

May's book is *The Aviator's Wife* by Melanie Benjamin; treats --Inge Paulus

BRIDGE GROUP--Caryl Hinckley, 360-734-3728, <carylchinckley@hotmail.com>

We will meet April 28th. Location to be announced.

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

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

OPERA GROUP - Contact Evelyn Ames (734-3184) or evelyn.ames@wwu.edu for information on Metropolitan Opera offerings on HD or go to www.metoperafamily.org/metopera/liveinhd. Venues for viewing MET HD's include:

Regal Cinema at Barkley Square (check online or call 360-527-1320).

For those living close to Mt. Vernon, check with Lincoln Theater (<http://www.lincoltheatre.org/>).

Last MET HD for 2014-2015 season is April 25: Mascagni's *Cavalleria Rusticana* and Leoncavallo's *Pagliacci*.

Note that the Pickford Film Center (<http://pickfordfilmcenter.org>; 360-738-0735) and Regal Cinema offer opera and ballet from Covent Garden, La Scala, and Royal Ballet.

SKIING - Charlie Way, 360-734-0649. Over for this season.

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.

WWURA Board of Directors Election

The Nominating Committee (Evelyn Ames, Barbara Evans, Lynne Masland and Ronald Ward, Chair) presents the following slate of candidates for election to three-year terms on the WWURA Board. If you wish to write in the name of another WWURA member for any of the three positions, you may do so *provided you first obtain that person's agreement to serve.*

Faculty Position -George S. Kriz

George joined the chemistry faculty of Western Washington State College (!) in 1967. He spent his entire academic career at Western, eventually rising through the ranks to the rank of Professor of Chemistry. George retired from the faculty in June of 2014. George also served Western as Executive Assistant to the Dean of Arts and Sciences. He currently also serves as Director of Pre-Healthcare Professions Advising as a post-retirement appointment. George and WWU colleagues have co-authored a long series of highly successful organic chemistry textbooks – the eighteenth in the series was just published this spring. George served as General Chair of the 17th Biennial Conference on Chemical Education, hosted by Western 2002. Beyond Western, George has been a member of the bass section of the Whatcom Chorale since 1981. He is recovering from knee replacement surgery and expects to be on the golf course by the middle of this summer. George has two children and five step-grandchildren.

Staff/Administration Position -Ariel Marice (Cleasby, Heaven) Lennon

Ariel has been engaged with Western Washington University since 1955 when the first of the three Cleasby children became students. Ariel was one of the first 200 students admitted to Fairhaven College in the fall of 1968, finally earning a degree from that institution in 1999. Ariel earned her M.Ed. in Adult Education in 2009. Ariel began working at WWU in February of 1984 at the Conference Center in the Continuing Education office. After four years there she worked in a grant project that trained DSHS and DCFS employees for eight years. She finished her tenure at Western in the Extended Education Office at WWU. Retiring in 2012 after marrying another WWU alumni, Dr. Kenneth Lennon, in February she retired in July of that same year. Retirement has been spent traveling to places with volcanoes (her husband is a retired volcanologist), attending the Burning Man Festival every Labor Day in the Nevada Desert, as well as redecorating their home and learning to quilt.

Member-at-Large—Margaret Belzek

Margaret earned her BS, MS, and 6th Year degrees in education from Central Connecticut State College /University. She was an elementary and a Title I language arts/reading teacher in Hartford, Connecticut. After her husband, Frank, retired as a middle school assistant vice principal, they moved from Connecticut to Bellingham to be closer to their grandchildren. Both of them enjoy walking, biking, reading, and attending concerts and plays. They are members of various organizations including the City Club, Academy for Lifelong Learning and WWURA.

Please detach and mail your completed ballot to Barbara Evans, 715 N. Garden Street, #502, Bellingham, WA 98225 by Monday, April 20, 2015.

Ballot

Faculty	<input type="checkbox"/> George Kriz	<input type="checkbox"/> Write in _____
Staff/Administration	<input type="checkbox"/> Ariel Lennon	<input type="checkbox"/> Write in _____
Member-at-Large	<input type="checkbox"/> Margaret Belzek	<input type="checkbox"/> Write in _____

Book Review

The Tender Bar: A Memoir by J. R. Moehringer

This wonderful book makes me break my self-imposed rule of reviewing only new or recent books. It was published in 2006. It's captivating, hilarious, touching, even soulful. It's the story of a boy longing for his father and finding a surrogate in a saloon in a town that served as a setting of F. Scott Fitzgerald's *The Great Gatsby*. J. R.'s surrogate father is his Uncle Charlie, a bar tender at the saloon that becomes J. R.'s haven and his school for how to be a man.

J.R.'s mother, a paragon of grit and intelligence, moves with him back to her parental home which is ruled by her tyrannical and unfeeling father. Uncle Charlie also lives there. J.R. spends many of his nights glued to his radio, searching across the dial for the voice of his father, a violent alcoholic when drunk, whose mellifluous voice and frenzied life send him from radio station to radio station as an announcer.

J.R. also spends much of his days and evenings at Publicans, charming the regulars and learning by osmosis how to be a man. The place teemed with characters, all of them colorful and individual. J.R. took notes, of which we are the beneficiaries.

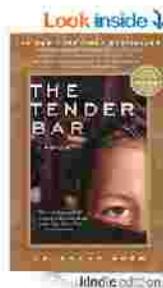
J.R.'s life moves by twists and turns as he gets a job at a book store and is taken under the literary wing of two eccentric men who run the place and love literature. He spends middle school in Phoenix, Arizona, where his mother has moved, to flee the turbulence of her father's house and to establish a life of her own. We are treated to fascinating reports of first love encounter, of his application to and acceptance by Yale, of his getting a job for a while at the *New York Times*,

Through it all, Publicans and its habitués provide J. R. and us with fascinating stories of life lived fully.

Other readers have found *The Tender Bar* "a fierce and funny coming of age story," "heartfelt, overflowing with longing," "emotionally engrossing, beautifully written," "an exquisite memoir."

I looked it up on Amazon. There are lots of copies available. Perhaps you can treat yourself to a wonderfully satisfying read.

- **Bob McDonnell**



WWURA 2015 Spring Calendar

April

- 7—WWURA Board Meeting
- 10—Spring Luncheon—Speaker, **Fred Moody**
- 15—Travelogue— Sailing with **Doug Cole**

May

- 5—WWURA Board Meeting
- 28—WWU Banquet for New Retirees

June

- 2—WWURA Board Meeting

July

- 7—WWURA Picnic & Annual Meeting

Poet's Corner

Lilac moon

Lily blossoms sleep alone,
droop in pre-dawn dark,
touch briefly, then rise violet.

Each begins to open,
stretches in morning dew,
traces sun turning red to gold

making some brighter way
across a periwinkle day.
By dusk, like them,

we come together, bloom,
casting one lavender shadow
under a lilac moon.

- Timothy Pilgrim

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