



The **EVERGREEN** Newsletter

Editor: Henny van Dijk

www.uthro.org

June, 2017

Overnight Casino Trip



Ever contemplated an overnight trip to Coushatta Casinos in Kinder, LA.
Tue. July 18 & Wed. 19
is your chance.

Casino Coushatta is a 2800 slot, 70 table entertainment center with excellent dining and hotel accommodations. The room charge is \$55 per room. Each room will accommodate up to 4 people in two beds. There is also a \$2 pp charge for luggage and the porters will take the luggage from the bus to your room.

This is a Pre-Paid trip—\$55 plus \$2 pp porter fee!

To give you some idea how good a deal this is—when two people occupy one room for \$55 (plus \$4 porter fees) and the casino hands each of them a \$23 voucher (a \$46 value) for however they want to use that voucher, the overnight cost has just dropped to \$13.00

Furthermore Tuesdays are Senior Day with a special \$5.50 buffet and a Free Senior Slot Tournament.

We must have at least 40 paid reservations in order to get our \$400 bus deposit returned.

We travel by a very comfortable private bus with video entertainment for the three hour trip to Kinder, and we leave OCB at 10:00 AM. We depart from Coushatta the next day at 11:00 AM to be in Houston before the traffic crazies start.

This trip is for UTHRO members and their guests only so make sure your dues are paid.

RSVP and Pay by June 26

Sherri Orioli, 281-859-8987, Sorioli@comcast.net
Sema Spigner, 713-662--2128, shspigner@yahoo.com
Linda Gilbert—lindangilbert@comcast.net—281-389-1067
Send your check for \$55 plus porter fees in care of UTHRO to

Jean Long, 12410 W. Little York Rd., # 315, TX, 77041
There can't be any refund after July 1, sorry!

Retiree Benefits Fair...

The Annual Retiree Benefits Fair has been scheduled for Wed. July 12.

The event will be held from 10:00 till Noon at UT's OCB Building, on the second floor, in the Rio Grande Room, 1851 Crosspoint Avenue, Houston, Texas 77054.

For more info look for it in the next newsletter. Representatives from UT System as well as representatives from BCBS, Express Scripts, Delta Dental, Superior Vision, Dearborn National and SilverSneakers will attend.

Thuy Van T. Le, Senior Benefits Analyst

We're counting on You...



Don't Miss

For those who have not yet renewed their UTHRO membership, about 14 still, please do it now! It's just \$15, but priceless to stay in touch.

Mail your check to Jean Long,
12410 W. Little York #315, TX,
77041



Welcome to Our Newest Members...



Carolyn Wade
School of Public Health
Brenda Brown



In this Issue

Page 1 Casino Coushatta Trip; Benefits Fair 2017
Page 2 Pedaling for Parkinson's; Osler Cup Winners
Page 3 Animal Metaphors; A Dutch Rebirth Story
Page 4 ...and now for something completely different!

Pedaling for Parkinsons

Parkinson's, the second most common neurodegenerative disorder after Alzheimer's disease, affects about 1 million people in the U.S. It is a disorder of the central nervous system that limits the brain's ability to produce dopamine, which helps control movement. Decreased dopamine results in symptoms that include tremor, rigidity, slowness of movement, and walking and balance problems. In 2003, while riding a tandem bike across Iowa with a friend who had Parkinson's, Cleveland Clinic researcher Jay Alberts, PhD, serendipitously discovered how intense exercise could improve the symptoms associated with Parkinson's disease. After just one day of rigorous exercise, his friend's symptoms— inability to write legibly, difficulty moving, problems with balance— improved. Research conducted at the Cleveland Clinic showed a 35% reduction in PD symptoms by the simple act of pedaling a bicycle at a rapid pace, optimally 80-90 revolutions per minute. This research inspired the launching of Pedaling for Parkinson's™ (PFP), an indoor cycling program geared specifically towards individuals with Parkinson's disease. Participants will either ride on a solo stationary bike or on a tandem bike with a volunteer "pilot" three times a week—a 10 minute warm-up, up to a 40 minute main exercise set, and a 10 minute cool-down. Participants will be closely monitored by program facilitators.



"At the time Allen was diagnosed, we never thought he'd be able to walk our daughter down the aisle—but he did," says his wife. "Thanks to the incredible support of his physicians and the therapists, and Allen's own determination to fight every single day to keep going, he's doing great."

Fast pedaling is not a cure of Parkinson's disease and should not be touted as such, but there is compelling evidence to show that it does make a real difference for many who try it. We do know that fast-paced cycling is changing the lives of increasing numbers of participants who, before this, had no hope beyond medication and eventually surgery to slow the progression of the disease.

Edited article by Angela Smith

McGovern wins the Osler Cup



A team of three internal medicine residents, Dr. Quintana Quezada, Dr. Uday Sandhu, and Dr. Giovanni Davogustto have won the 2017 Osler Cup at the American College of Physicians Annual Meeting. The team was coached by Dr. Jeremy Ross, chief resident of internal medicine.

The Osler Cup, also known as "Medical Jeopardy," is a three-day competition and a highlight of the ACP meeting, with each competing team representing an ACP chapter. The McGovern team advanced to the national round by winning first place in Texas – beating out 16 teams – in November. Each Medical Jeopardy round consists of five categories (with five questions in each) plus one final dilemma question. All questions are written by physicians in ACP's medical education division.

"It's very hard to feel prepared in this type of events, you never know what to expect. Internal Medicine is so broad, and we get tested on very fine details about common and rare diseases. However, we had been practicing together for a couple of years, and we were confident that our commitment and dedication was going to pay off," . "As preparation for this competition, we had to master a set of state-of-the-art knowledge in diagnostic and therapeutic strategies, uncommon presentations of common diseases, and common presentations of rare diseases. In many occasions while preparing for the competition, we have been able to directly apply this knowledge into caring for patients." Quezada said.

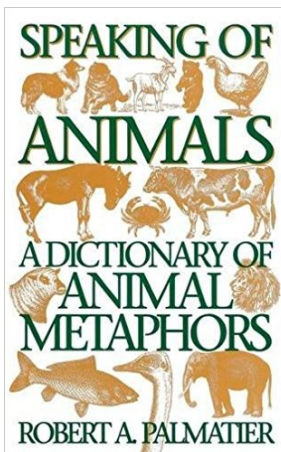
This win signals McGovern's first capture of the Osler Cup since the competition began in 1997. The University of Texas Medical Branch in Galveston is the only other Texas medical school that has won the cup – taking first prize in the early 2000s.

Based on an article by Darla Brown



UTSelect Benefit SilverSneakers makes it a cost effective way to start Pedaling for Parkinsons with over 13,000 participating gyms and fitness centers, unrestricted access and unlimited visits to every location in the national network.

Animal Metaphores



During the last election cycle I got to wonder about the origins of "donkeys" and "elephants" - what is the American fondness of organizations, clubs, sports you name it, with animals. Few other countries name their organizations after animals, so I started to google for this article. In politics there are Donkeys and Elephants and that's just the beginning of the parade; you got "left wing and right wing", "hawks" and "doves".

In sports almost no team is not named after an animal, The New England Patriots, Dallas Cowboys and Houston Texans are mere exceptions. The majority are Broncos (or Mustangs), Eagles, Cardinals or Bulls, Bears and Gators, while their mascots are often pretty hilarious and usual animal based, because the Texans might not be named after an animal, their mascot is - a Toro! And the San Diego Chicken is an act all itself. One of the most appropriately named teams would be the Pittsburgh Penguins.

And then there is the American car: Mustangs, Cougars, Thunderbirds, Pintos (now yeah car...), Sky-larks, Rams you can find a whole zoo of animals on the road and even the financial markets get in the act because you either have a "Bull or a Bear" market. This all starts pretty young when your Cub Scouts graduate ultimately to Eagles, while Fraternal groups are Elks, Lions or Moose.

So it is no wonder that our language has a enormous number of animal metaphors and while browsing I ran into this highly entertaining book "**Speaking of Animals: A Dictionary of Animal Metaphors**"

What about "see you later, alligator; after awhile, crocodile; what's the word, hummingbird" The alligator, crocodile and hummingbird sayings are terms of addressing swing musicians and their fans in the thirties and forties and were based solely on rhyme -, while others are referring to more metaphorical origins - A Trojan Horse, an Alley Cat, an Also-Ran, which of course referred to horse racing.

I had fun with these metaphors and like to leave you with a couple to just get you going on your own set - the Elephant in the Room, Lipstick on a Pig, a Cash Cow, about the Birds and the Bees, the Black Sheep or the 800 pound Gorilla and if you have some time send them to me. Again I got these from Robert Palmatier's book and it is so thorough to be the definitive dictionary on animal metaphors.

Ooievaars Dorp—Holland



The White Stork, symbol of new life and happiness, was once a ubiquitous sight in the Netherlands, nesting high on rooftops, church towers or wagon wheels on huge poles. But by the end of the sixties, the stork, a huge black & white bird with an orange beak and a very distinct sound like castanets, had virtually disappeared. The national organization for the preservation of endangered bird species bought several pieces of land, acres designed to re-introduce the stork similarly to the whooping cranes in Aransas National Wildlife Refuge.

Ooievaars Dorp (Stork village) is one of four such villages in Holland, solely concentrating on the survival of this endangered species. As a visitor to see those large flying fortresses, nesting and feeding their off spring relatively close-up, is to say the least exhilarating. After some thirty years of breeding the stork population had reached more than a thousand and the bird has returned to its rightful place in the Dutch landscape.

In Vianen, the city my wife and I usually vacation, a pair of storks nests on the roof of city hall and goes about the business of creating a new set of storks, not intimidated by the hustle and bustle of the city below them. Storks lay 2-5 eggs (slightly larger than a large chicken egg) and both parents are involved in the brooding process, changing every three hours or so, while leaving the nest to forage; they feed their young worms or insects, by regurgitating it directly in the nest and the young have to pick it up and swallow it.

After about 4 weeks the young get their feathers and the parents now leave the nest and go for food together. After about 10 weeks the young birds are ready to fly and join the flock. Most birds are ringed before they fly out so the organization can track the birds. I visited the village in 2008 and returned this year to see the progress and take some more images of these incredible birds.



UTHRO

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1851 Crosspoint, Suite 1.204
Houston, TX 77054

To update your address or phone number
please contact us at 713-983-0191

And now for something completely different ...

Words From The Past...



Would you recognize the word Murgatroyd? - "Heavens to Murgatroyd!" is an exclamation of surprise - American in origin and popularized by the cartoon character Snagglepuss - a regular on Hannah Barbera's the *Yogi Bear Show* in the 1960s, a fanciful expression made up because it sounded wacky.

Old expressions that have become obsolete because of the inexorable march of technology. Phrases like "Don't touch that dial," "Carbon copy," "You sound like a broken record" and "Hung out to dry."

Back in the olden days, life used to be swell but swell has gone the way of beehives, pageboys and the D.A, of spats, knickers, fedoras, poodle skirts, saddle shoes and pedal pushers. We discover that the words we grew up with, the words that seemed omnipresent as oxygen, have vanished with scarcely a notice from our tongues, our pens and our keyboards.

Where have all those phrases gone?

It turns out there are more of these lost words and expressions than Carter has liver pills. This can be disturbing stuff! We of a certain age have been blessed to live in changeful times. For a child each new word is like a shiny toy, a toy that has no age. We at the other end of the chronological arc have the advantage of remembering there are words that once did not exist and there were words that once strutted their hour upon the earthly stage and now are heard no more, except in our collective memory. It's one of the greatest advantages of aging.

Richard Lederer

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