



American Chemical Society Susquehanna Valley Section

FEBRUARY 2014 NEWSLETTER

Please join us at the four hundred and fourteenth meeting of the American Chemical Society Susquehanna Valley Section. The meeting will be held on Wednesday, February 12, 2014 in Room 120 in the Center for Natural and Health Sciences on the Marywood University campus in Scranton, PA. The meeting will begin at 7:00 PM and will be preceded by dinner at 5:30 PM at Pat McMullen's Restaurant. The speaker will be Dr. Joseph Vinson from the University of Scranton.

" **CHEMISTRY AND BIOCHEMISTRY OF COFFEE: A HEALTHY BEVERAGE?** "

Joe A. Vinson, PhD
Professor of Chemistry
Department of Chemistry
University of Scranton

Did you know that every day over 11 billion cups of coffee are drunk, making coffee the number two beverage consumed here on Earth? That coffee is also the second most valuable commodity after oil? This talk will examine the fascinating history of coffee from its beginnings in prehistoric time, interesting mythologies, and the reasons for its popularity in various cultures. The botany of the coffee plant, its cultivation in over 50 countries, the chemistry of the coffee bean, and the roasting process will be discussed. We will examine some of the more than 1000 chemical compounds that give coffee its aroma, taste and potential health properties. Caffeine, an important ingredient, will be scrutinized as to its positive and negative attributes. The biochemistry of the polyphenolic antioxidants in coffee will be featured and related to disease. Finally the health aspects of this amazing and complicated beverage will be discussed which will include mental acuity, physical performance, and disease prevention. Some important questions about coffee will be answered. Should I take it before a test? Will it help me be better in exercise and sports? Is coffee good for me, and how much is too much?

Dr. Joe Vinson was born in Arkansas and grew up in the San Francisco Bay Area. He attended college at the University of California at Berkeley where he received his B.S. in Chemistry in 1963. He received a joint PhD in Physical Organic Chemistry and Analytical Chemistry (two theses) in 1967 at Iowa State University. After a stint in industry at J.T. Baker Chemical Company, he is now Professor of Chemistry at the University of Scranton in Northeast Pennsylvania. His current research interests include the effect of foods, vitamins, and antioxidants on nutrition and health. He is a consultant for several nutritional supplement companies. Dr. Vinson is the author of over 100 publications and has presented his research at meetings and venues around the world. He is best known for his work with chocolate, tea, grape juice, cranberry juice and popcorn. Dr. Vinson has been featured on ABC Good Morning America Sunday and National Public Radio "The People's Pharmacy" and "All Things Considered" and even had a humorous cartoon in Time Magazine and a rant by Rush Limbaugh for his coffee work. For the last 30 years he has been a National Tour Speaker for the American Chemical Society.

Dinner: Dinner will be at 5:30 PM at Pat McMullen's Restaurant (570-346-2723), located at 219 East Market Street, Scranton, PA, which is about 1 mile from the Marywood University campus. Please contact Dr. Deanne Garver for dinner reservations on or before Tuesday, February 11th (dgarver@maryu.marywood.edu).

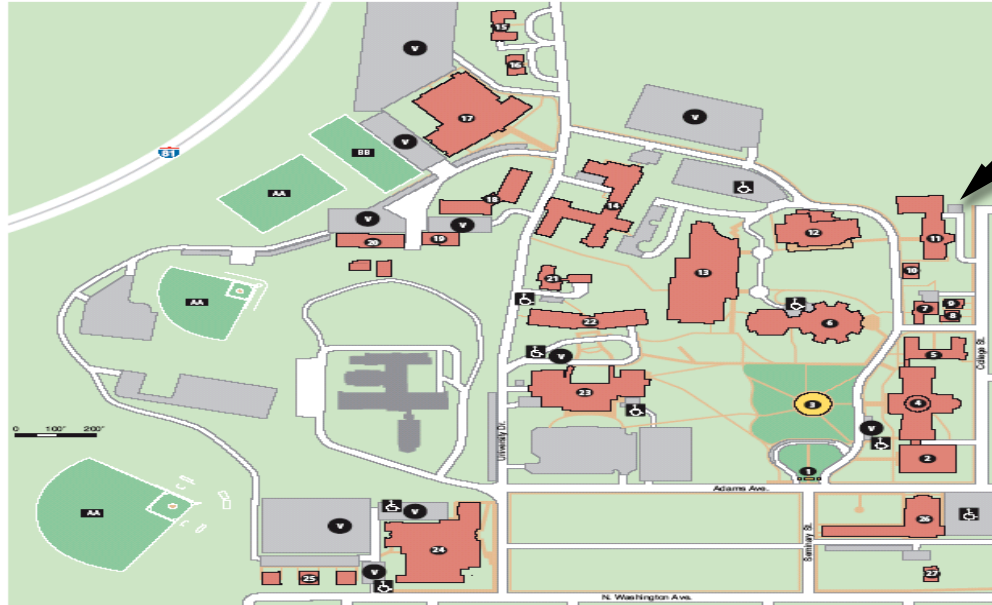
DIRECTIONS TO MARYWOOD UNIVERSITY:

From U.S. Interstate 81, Exit 188 (old exit 55): follow directional signs at the end of the exit ramp toward Dunmore (If you are traveling north on 81, make a left at the light at the O'Neill Highway, which becomes Blakely Street.) Follow Blakely Street to traffic light at Drinker Street. Turn right onto Drinker Street which merges with Electric Street. Proceed to second traffic light. At this intersection, turn right onto North Washington Avenue, and proceed

four blocks. At third stop sign on North Washington, turn right onto Seminary Street. Proceed up the hill to the Memorial Arch. Parking areas are located near the Memorial Arch and on other designated sections of campus.

Marywood University

Campus Map



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| <ol style="list-style-type: none"> 1. Memorial Arch 2. Regina Hall 3. The Memorial Commons 4. The Liberal Arts Center (The Rotunda) 5. Immaculata Hall 6. Center for Learning Resources/Media Center 7. Printing/Mailing Center 8. McCarty Hall 9. Perpetual Help Hall 10. Maria Hall 11. Center for Natural and Health Sciences 12. Insalaco Center for Studio Arts 13. Center for Health and Physical Education and Shields Center for Visual Arts 14. Loughran Hall and Chapel 15. Fricchione Day Care Center 16. Domiano Center for Early Childhood Education 17. Mellow Center for Athletics and Wellness 18. O'Neill Center for Healthy Families | <ol style="list-style-type: none"> 19. Power Plant 20. Maintenance Building 21. School of Continuing Education 22. Madonna Hall 23. Nazareth Student Center 24. McGowan Center for Graduate and Professional Studies 25. Woodland Townhouse Apartments 26. Sette laVerghetta Center for Performing Arts 27. Bethany Hall |
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| <p>V Visitor Parking</p> <p> Parking for Physically Disabled</p> <p>AA Baseball, Soccer, Softball, Lacrosse, and Field Hockey Fields</p> <p>BB Tennis Courts</p> |
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LOCAL SECTION ELECTIONS:

This year we will again be conducting electronic balloting, wherever possible, for the local section officers. Be sure to check your email for your 2014 local section eBallot. The deadline to return the ballot is 12-February. It's fast, easy and green so be sure to vote.

Section Web Page: <http://departments.kings.edu/SusquehannaValleyACS>
