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4 THE BATTALION LIFESTYLES

Tuesday • October 21

CAFFEINE

Continued from Page 3

Tarter also said people need to consider the serving size of the caffeinated drinks they consume.

"A regular dosage of coffee is about 5 oz., which is about what we consider half of a cup," Tarter said. "Some places offer big bowls of coffee, which are almost the size of soup bowls."

Matthew Brown, manager of Sweet Eugene's House of Java, said he has noticed an increase in coffee sales.

"I do not think it is due to caffeine addiction," Brown said. "There has been an increase of awareness of espresso drinks and an increase in gourmet coffee drinks."

"An espresso is about a 2 oz. shot of coffee," he said. "It has the same amount of caffeine as a cup of coffee. The bigger mugs that are used for coffee are about 11 oz. to 22 oz. The amount of caffeine in one mug would equal 300 mg to 600 mg."

According to many researchers, unless taken in abun-

dant amounts, caffeine cannot cause an addiction. Nikki Roths, a sophomore business major, realized she was drinking too many soft drinks and decided to quit.

"I would always joke around with my friends, a caffeine addict," Roths said. "I don't start my day with a Coke, but I have to have one during the day, at least two to three Cokes a day, and whenever I have to order a Coke."

Roths said she recently noticed this overconsumption of soft drinks.

"I noticed this summer that I was drinking Coke," Roths said. "I had two in the morning, one when I got home and one for dinner. I'm not healthy. Now I try to stock my place with water because I will not go out and get something to drink. I will be forced to drink whatever is in the room."

Roths said the caffeine does help her through late hours.

"If I have to study, then I will go out and get a Coke," Roths said. "When it is one o'clock and I cannot get to sleep, and I will be wired the whole day."

NICOTINE

Continued from Page 3

"I don't really have any health problems from it, really."

Bartlett has attempted to quit several times, but each time found himself going back.

"I tried to quit because I thought about why I smoke and couldn't think of any reason why I should and waste my money," Bartlett said.

"There's really no advantages to it. It's a big turnoff for girls."

The desire to have something to do with his mouth and hands has outweighed the desire for nicotine each time, Bartlett said.

"I'm not really addicted to nicotine," Bartlett said. "I've never had problems when I don't smoke. I've never gotten sick over it. It's the habit. It has nothing to do with my head. It's social. I don't smoke by myself."

The American Cancer Society recognizes that the habit of smoking is one of the hardest aspects of life to overcome.

They suggest changing habits that trigger the desire to smoke, such as after eating, drinking coffee and taking breaks. Perhaps the greatest aid to attempting to quit would be the habit of chatting and hanging out with friends who smoke.



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1. Karen, I called. They said you left the country. Where are you? I miss you! John

2. John, I'm in Scotland, waiting for Dowell. I love it! Sorry I can't say goodbye! Karen

3. Karen, What about us? Will they send me to Scotland? What about the ring that I bought you? John

4. John, I'm sorry, but it really is a great job! I'm a Field Engineer Trainee, working offshore. I'll be home from here. P.S. The ring turned green.

5. Karen, Will Dowell hire me? Will they send me to Scotland? Do the Scottish men really wear kilts? P.S. They're kilts you idiot!

6. John, I don't see you working in the field! You're more of an office type. Sorry, Karen. P.S. They're kilts you idiot!

7. Karen, You don't even know I could be a good Field Engineer! What is Dowell looking for?

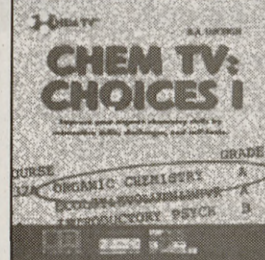
8. John, Dowell hires mobile, adaptable engineers, who like hands-on-work. You won't be able to change the oil in your car! Karen

9. Karen, I'll let Dowell decide. Where do I sign up for an interview? Can you put in a good word for me? John

10. John, Submit your resume to Placement Center ASAP on Dowell's information meeting 10/22/97, interviews on 10/23. Please don't tell them you know Karen

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Delta Gamma would like to congratulate our new members on their initiation

- | | |
|---------------------|-------------------|
| Jenny Adcock | Elaine Liao |
| Meleah Allen | Skye Mansfield |
| Katie Bader | Koren Marley |
| Emily Baldwin | Lindsey Maxwell |
| Lorrie Ball | Amber Mayo |
| Amy Bauman | Laura McRea |
| Katie Bone | Jenny Michalsky |
| Jenny Breaux | Lauryn Miller |
| Jennifer Chain | Jennifer Mullen |
| Brooke Crum | Marcia Murchinson |
| Emily Davidson | Jill Newton |
| Mica Doane | Lily Paquett |
| Amanda Ellison | Amy Powers |
| Allison Erwin | Meghan Scharbauer |
| Jennifer Fitzgerald | Lori Sims |
| Sally Fowler | Shawn Smart |
| Shannon Francis | Casey Smith |
| Maren Garibay | Jennifer Smith |
| Rebecca Green | Kristin Snyder |
| Sarah Guerra | Jennifer Steffen |
| Traci Hanson | Sarah Steinhorst |
| Ingrid Herman | Wendi Stone |
| Betsy Kyle Herring | Andrea Theriot |
| Saralyn Jones | Amber Thompson |
| Brandy Kennard | Tara Tunnell |
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