

get

ued from page 1

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I've got to consider let-
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to keep A&M a good
Ogden said.

Fred Brown, chair of the
Education Committee,
wants to get as much
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aid Sanchez, a sopho-

nglish major. "Raising

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dream to receive a col-

lege harder than ever."

AGGIELIFE

THE BATTALION

Page 3 • February 7, 2003

Jitter Junkies

Caffeine lovers share the real-life effects of their addictions

By Jena Honeycutt
THE BATTALION

Melinda Ellis said she has been drinking coffee as long as she can remember.

"As a baby, I would reach for my parents' coffee cups," said Ellis, a senior anthropology major. "My mother started putting a little coffee in my milk bottle just to keep me happy."

Ellis said she has been known to drink three to four pots of coffee in one day and brings a thermos to class.

She said she hasn't experienced withdrawal symptoms on the rare occasions she has abstained from coffee.

"I am more likely to get a rash from chocolate than I am from coffee," Ellis said, showing coffee is not the only vice among college students.

In the article "Nutritional Program for Caffeine Detoxification," Dr. Elson Haas said Americans drink more than a half billion cups of coffee a day. He said caffeine is a central nervous system stimulant.

The amount of caffeine found in one cup of coffee will produce an apparent temporary increase in mental clarity and energy while reducing drowsiness.

Coffee shops can certainly appreciate the love affair America has with the coffee bean.

Matthew Brown, owner of Sweet Eugene's, said he has been serving the brew for 10 years.

At Sweet Eugene's, customers can start a tab, much like at a bar. Brown said the typical tab is between \$5 to \$10, but there have been some that have been in the hundreds of dollars,

thanks to groups that meet at the shop.

Although Sweet Eugene's decaffeinated coffee boasts some popularity, it only claims 7 percent of total coffee sales, Brown said.

Haas said, as with typical addictive drugs, regular caffeine use results in larger and more frequent doses needed to give the same stimulation effect.

But, according to a study by the American Chemical Society (ACS), a person's dependence can range from one to two cups to as many as 25.

The study said caffeine is more habit-forming than addictive.

According to the same study, one to three cups of coffee consumed by the average American is not a significant enough amount to affect the area of the brain involved with addiction.

The most common caffeine withdrawal symptom is a pressure headache, usually located at the temples but occasionally at the back of the head or around the eyes, Haas said.

Some symptoms that result from too much caffeine include anxiety, irritability, nervousness, insomnia and tremors. Withdrawal symptoms include headache, fatigue, craving and constipation.

Lauren Bartsch, a senior environmental design major, said soft drinks, particularly Dr. Pepper and Coca Cola, are her chosen caffeine distributors.

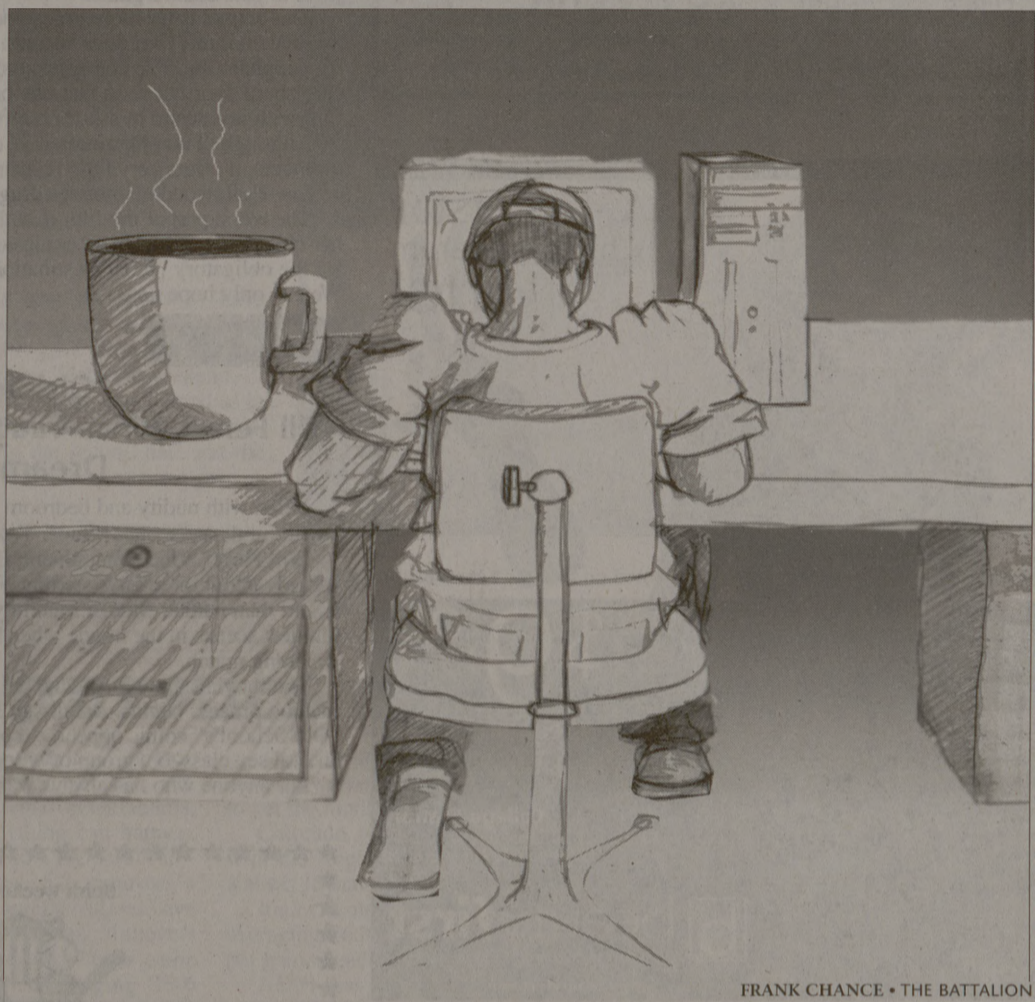
"My student ID is worn out from using my Aggie bucks to buy cokes from the vending machines," Bartsch said.

Bartsch, in a major known to pull many all-nighters, said she doesn't know how she could have finished some of her projects without caffeine.

On such nights, she said she often wishes

"My mother started putting a little coffee in my milk bottle just to keep me happy."

— Melinda Ellis
senior anthropology major



FRANK CHANCE • THE BATTALION

she could have the soda injected directly into her veins.

Bartsch said she has given up soda before without suffering any withdrawal. She said she isn't addicted but when she is thirsty, her mind says it

wants a soda. When Bartsch went soda-free for a while, she said she started to crave chocolate.

No matter how addicts try to kick the habit, Bartsch said caffeine finds a way to work itself into your diet.

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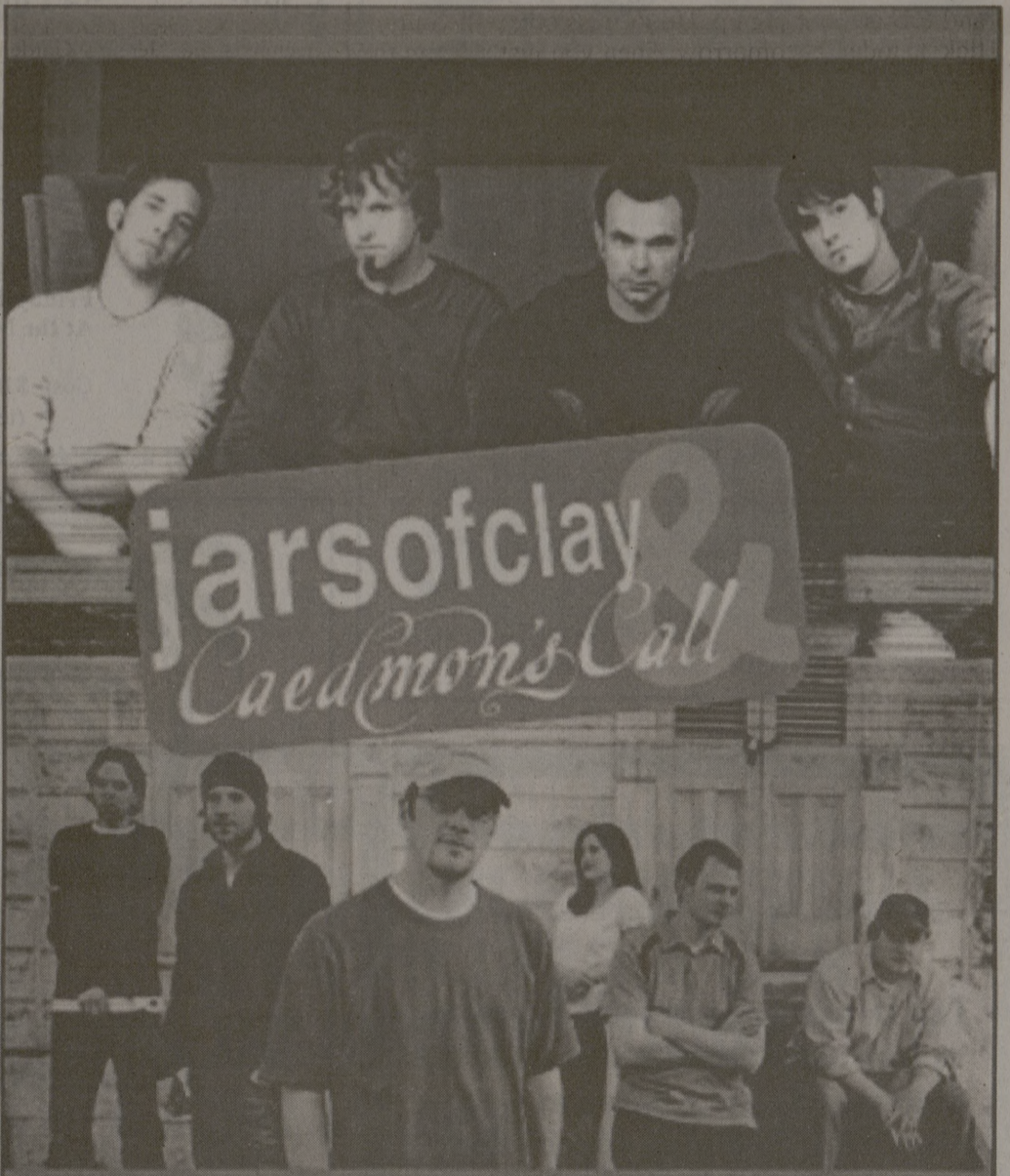
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