

Question of the Week--

What is your holiday wish?

My holiday wish is to pass all of my finals and still be sane.

-Heather Coast, 01 Nursing

To survive New York City on New Year's Eve.

-Ryan Scott 01 DUS

A complete set of Power Rangers including the Pink One.

-Tanya Tessmer, 01 Education

That all of my friends enjoy their Christmas vacations in the snow while I'm having fun in nice warm Texas.

-Jessica McCluskey, 03 DUS

To be able to relax for a few days and not have to worry about homework or tests. And to pass my classes.

-Neil Vidt, 05 MIS

A run in with Tigger at the Slacker wearing rubber shorts!

-Kim McIlwain, 03 Arts Management

To survive New Year's Eve!!!

-Scott Love, 03 Communications

My holiday wish is that the Cowboys don't win the Superbowl.

-Ed Haft, 05 Accounting

That the Steelers do [win the Superbowl].

-Mike Stadfield, 03 Mechanical Engineering

My holiday wish is that my fiance and I get to spend time together during this short break.

-Ryan Mercer, 05 MIS

Responses compiled by
Doreen Foutz

Wake up with caffeine cont.

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desserts, gelatin, puddings, pie fillings and soft candy.

Excessive caffeine intake, a dosage of 500 to 600 milligrams per day for an adult, can cause headache, insomnia, irritability, dizziness, sudden tremors, anxiety and loss of appetite. In addition, it can cause racing and irregular heartbeat, facial flushing and gastrointestinal problems such as nausea and vomiting.

Gretchen Erwin, an elementary education sophomore, said she has felt such symptoms. When she was in the 10th grade, she and a friend each took Vivarin, an over-the-counter-caffeine-based stimulant.

"We've gotta be really cool and do this," she said, describing their reasoning at the time. "We heard about how awesome it was." After taking just one pill each, she and her friend began to feel sick.

"It felt like my heart was pounding out of my chest...it was painful...I seriously thought I was having a heart attack.

"We couldn't believe what it did, but we both vowed never to use it again," she said.

Over-the-counter medications like Vivarin offer the same effects as soda or coffee, only more intense, Chastain said, usually causing an upset stomach and nausea.

"You're dumping a lot of caffeine on the body at once," Chastain said. "It tends to shock the body"

Going Without

Caffeine is addictive and can induce withdrawal symptoms including irritability, nervousness, restlessness, drowsiness, headaches and lethargy, Chastain said.

**"You're dumping a lot of caffeine on the body at once. It tends to shock the system."
-Loren Chastain**

However, Dr. Michael J. Huey, director of Student Health Care at the UF Infirmary, said it is possible, though difficult, to eliminate caffeine from the diet. It is important to do it slowly in order to avoid withdrawal effects.

It is difficult to assess exactly how dangerous caffeine can be because some people are more sensitive to it than others.

Regardless of whether it can be avoided, some students still prefer to use caffeine to push them through that early morning stretch.

R. Carl Campbell III

We would like to thank you for all of your time and effort. It will never be the same. The best way to say it...
Thanks.

The Collegian



Student Events

Submissions are now being accepted for Tempus literary magazine. Send manuscripts to Box 1020 or the Student Activities mailbox.

TORONTO trip planned.

Behrend honors program is offering a bus trip to Toronto, March 23-24. Payment is due Jan 31. Call 898-6000 for info. Trip is for "Phantom of the Opera" performance.

Commencement:

Commencement for Summer and Fall '95 graduates is Sat. January 6, 1996 at 11:00 a.m. in Erie Hall (snow date - Jan 7).

PARKING NOTICE: There will be no overnight parking permitted in the Jordan Road Lot (behind Police and Safety) to facilitate snow removal.

The Council of Commonwealth Student Governments is sponsoring a Penn State wide petition drive against state cuts in funding for higher education. SGA is asking everyone to sign the petition and show their support. The petition will be available in classrooms, dorms, dining areas, and the SGA office. The budget cuts in higher education compromise the availability of a quality education essential to Pennsylvania's future.

FUNDED BY SGA



Students who need Arts credits for their General Education requirements should note that the course that used to be called ARTS 001 is now called INARTS 001. Five sections are still available for Spring Semester 1996, and all still have openings. They are:

Sec 1	MWF	9:00 - 9:50	117 Science	A. Magenau
Sec 2	TR	11:00 - 12:15	144H Hamm.	M. Birdsong
Sec 3	TR	1:00 - 2:15	117 Science	M. Birdsong
Sec 4	MWF	11:00 - 11:50	117 Science	A. Magenau
Sec 5	MWF	10:00 - 10:50	143H Hamm.	A. Magenau

Volunteer tutor applications for Diehl Elementary School are now being accepted for Spring Semester. Pick up your application in Office of Student Activities. The more tutors we have, the more children we can serve. Bring a friend!



Graduating Seniors remember to pick up your commencement tickets from the Registrar's Office

Cap and Gown are in. Pick them up in the bookstore before semester's end.

07 - Thursday

Counseling and Advising Office
Open House 11:30 am to 1:30 pm

08 - Friday

Deadline for 5 vs 5 Basketball
Turn entries into the Intramural office before 4:00pm

09 - Saturday

10 - Sunday

Protestant Campus Ministry Worship Service (Interdenominational)
8:00pm Room 114 - Reed

11 - Monday

Organizational Meetings
Commuter Coun. 12pm Reed
Trigon 5:30pm MCC Center
SPC 5:30pm in Reed 112
OLAS 8:00pm MCC Center

12 - Tuesday

Windows 95 Satellite Seminars
Academic 69
Overview 12:00pm
Excel & Word, 1:00pm

13 - Wednesday

SGA Meeting, 5:15
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