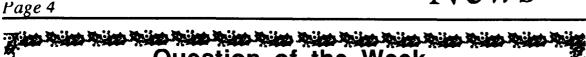
## News



# 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.

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

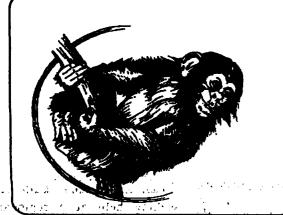
My holiday wish is that the Cowboys don't win the Superbowl. -Ed Haft, 05 Accounting

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

biles Rides Rides



## **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

### Wake up with caffeine cont.

### From Caffeine page 3

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 gastrointestional 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"

Student Events

Going Without

Caffeine is addictive and can induce withdrawl symptoms including irritability, nervousness, restlessness, drowsiness, headaches and lethargy, Chastian 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 withdrawl effects.

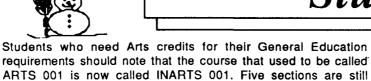
It is difficult to assess exactly how dangerous caffeine can be because some people are more sensitive to it than others.

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

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.



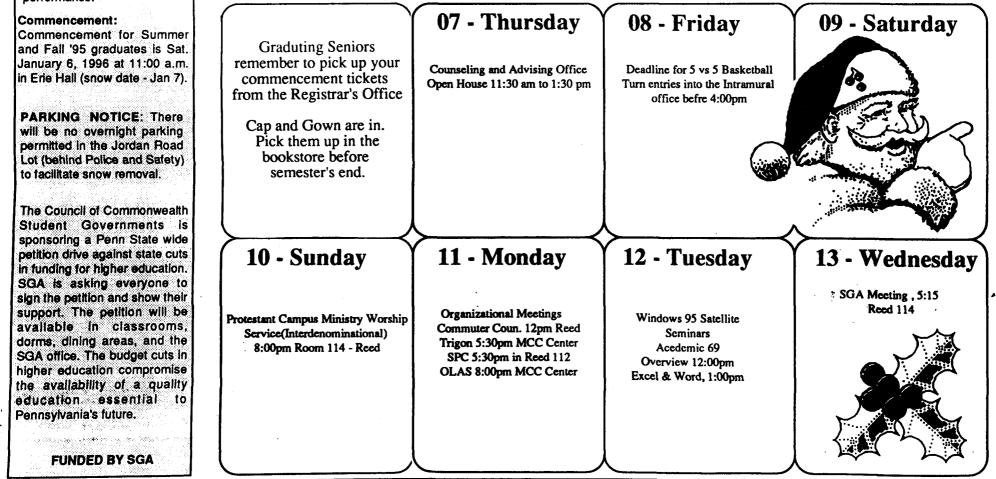
available for Spring Semester 1996, and all still have openings. They are: Sec 1 MWF 9:00 - 9:50 117 Science Sec 2 TR 11:00 - 12:15 144H Hamm. Sec 3 TR 1:00 - 2:15 117 Science Sec 4 MWF 11:00 - 11:50 117 Science Sec 5 MWF 10:00 - 10:50 143H Hamm.

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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!





-Ryan Scott 01 DUS