

IT LOOKS MORE LIKE SOMEONE KNOCKED OVER ANTON'S BAKERY! WHO SENT ALL THIS STUFF?

HIS MOTHER! IT'S SENT TO ONE NICHOLAS PEMBLETON BENTLY VENOM! TURNS OUT OLD NIXXI HERE IS a REFORMED SISSY RICH KIDI

NEWS TO ME .. I DIDN'T THINK HE HAD A MOTHER!

Joe College

BY MARK BEESON



WHY AM I EVEN BOTHERING TO STUDY THIS MEANINGLESS REFUSE! I'M GONNA FAIL THE TEST ANYWAY!





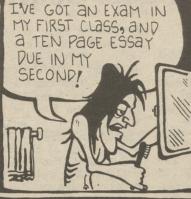




WHAT ANY OTHER HANG













THEY ARE

MADE FRESH DAILY









PHILADELPHIA, PA. -Caffeine is a substance consumed by people in almost all age groups. Many soft drinks, for example, contain caffeine, which means young people start ingesting caffeine at an early age.

And if not in what people drink, caffeine is eaten in other foods - baked goods, frozen dairy products, gelatins, puddings, chocolate, soft candies.

It is also consumed in many common medications - cold, headache, allergy, stay-awake, and other remedies, both nonprescription and prescription. According to the Food and Drug Administration, more than 1,000 over-the-counter drugs show caffeine as a listed ingredient. There is today a wide selection of products that either have no caffeine in them or have reduced caffeine content. Many of these products, especially soft drinks, were introduced after FDA in 1980 advised pregnant women to be prudent about how much caffeine they consumed.

Caffeine is a drug and, like most drugs, it enters the bloodstream and crosses the placental barrier to reach the unborn child. FDA offered this advice to pregnant women: Check with your doctor before taking any drugs, including simple over-the-counter medicines such as aspirin and sleeping preparations.

Because of its long history of use in the human food supply, caffeine for many years has been included on FDA's list substances that are "generally

recognized as safe" - the socalled GRAS list. FDA's 1980 advisory to pregnant women prompted new scientific studies on caffeine.

Agency officials report that, to date, the evidence received does not suggest that caffeine at present levels of consumption poses a hazard to public health. The agency expects the ongoing safety studies to help resolve other concerns raised about caffeine consumption.

The caffeine content of regular coffee may range from 30 to 120 milligrams (mg) in a 5 ounce cup. The average for coffee made by the drip method is 115 milligrams; for percolated coffee, 80. Instant coffee has an average of 65 mg. Decaffeinated coffee runs 1 to 5 mg. A 5-ounce cup of tea runs 25 to 110 mg. Brewed tea generally has more caffeine than instant.

A cup of cocoa ranges from 2 to 20 mg of caffeine, with an average of 4 mg for a 5 ounce cup. Chocolate milk average 5 mg for an 8 ounce glass.

Soft drinks range in caffeine content from 1.2 to 58.8 mg for a 12-ounce serving, according to the Institute of Food Technologists. That institute also reported that there are at least 68 caffeine-free flavors and varieties produced by leading bottlers. Of those drinks that contain caffeine, the average content for 22 major. manufacturer brands was 41.6 mg per 12 ounces. If you have further questions, please direct them to the Consumer Affairs Officer Theresa A. Young (215) 597-0837.

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