

Consuming Thoughts

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Because of the "stay awake" or "pick-me-up" properties of caffeine, some people try to reduce the amount of caffeine in their diets by reducing the amount of coffee they drink. Coffee is not the only culprit, however. There are many sources of caffeine, and you and your family may be ingesting more of this stimulant than you realize.

The caffeine that people consume may come from a number of different things, including coffee, tea, soft drinks, and some types of medication.

Some of the effects of consuming excess caffeine can include headaches, jitteriness, anxiety, sleep disorders, depressions, irritability, and upset stomach. How much a person feels these effects depends on individual sensitivity to caffeine.

Parents should be aware that while their children may not drink coffee, they may be getting caffeine from other sources. Children, because of their smaller size and lack of a built-up tolerance to caffeine, may have much stronger reactions to caffeine than their parents do.

The amount of caffeine in coffee, one of the more common dietary sources of caffeine, depends on many factors, including the type of coffee bean and how the coffee was made. Brewed drip coffee, for instance, may contain from 60 to 180 mg. of caffeine per 5-ounce cup, while instant coffee contains approximately half as much. Many typical coffee mugs hold well over 5 ounces. Brewed black tea can range from 20 to 90 mg. of caffeine per 5-ounce cup. Instant tea contains 25-50 mg.

A 5-ounce cup of cocoa averages only 4 mg. of caffeine, or about as much as an 8-ounce glass of chocolate milk or a 1-ounce milk chocolate bar. Cola type soft drinks can contain about 45 mg. of caffeine per 12-ounce serving, but colas aren't the only soft drinks that contain caffeine; pepper-type soft drinks and even some of the lighter-colored soft drinks also may contain the stimulant. The ingredient label will indicate if caffeine is present.

In fact, some processors who make decaffeinated coffee sell the caffeine removed from the coffee to soft drink manufacturers, who add it to their beverages. Non-prescription weight control drugs, alertness tablets, pain relievers, diuretics and cold or allergy remedies may also contain caffeine in significant amounts.

Get Ready For Shenk's Ferry Wildflowers

HOLTWOOD (Lancaster Co.) — As the snow melts and is replaced by the sights and sounds of spring, the wildflowers will begin to bloom at the majestic Shenk's Ferry Wildflower Preserve off Green Hill Road in Martic Township.

In anticipation of the flowers that will soon replace the snow,

control drugs, alertness tablets, pain relievers, diuretics and cold or allergy remedies may also contain caffeine in significant amounts.

An adult who drinks a couple cups of coffee, takes a pain reliever or diet pills, enjoys a soda in the afternoon and a cup of cocoa before bed may be getting a large dose of caffeine — large enough to suffer some of the side-effects of the stimulant.

Children with a taste for soda and chocolate may also be getting too much caffeine if their diets aren't regulated to control the amount of soda and chocolate they consume.

People don't need caffeine, so it can be completely eliminated from the diet. People who think caffeine may be causing problems for them or their children can try cutting down, or eliminating it. If your body is used to caffeine, you may experience certain side effects such as headaches from a sudden withdrawal. If you notice any of these side effects, decrease your intake of caffeine gradually.

Check labels for products that may contain caffeine; if it is an added ingredient, it should be listed. (The caffeine content of coffee is not listed on the label, because it is naturally present, not added.)

Pennsylvania Power & Light Co.'s Holtwood Land Management office, which operates the wildflower preserve, has scheduled seven guided wildflower walks for April. The hikes will be held on the following days: April 9 at 1 p.m., April 17 at 10 a.m. and 1 p.m., April 23 at 10 a.m. and 1 p.m., April 24 at 2 p.m., and April 25 at 1 p.m.

All hikes begin at the preserve's trailhead. The walks are free and led by the Holtwood naturalist.

Advance registration is required for all the guided walks. Groups are limited to 25 people. To register, call the office at (717) 284-2278.

Shenk's Ferry Wildflower Preserve is a unique area where more than 130 species of flowers bloom

from March through September. It is one of the best places on the East Coast to see wildflowers in April and May.

You don't have to be part of a tour to visit the preserve, which is open every day. A naturalist is usually available to answer questions Saturdays and Sundays from 10 a.m. to 4 p.m. The naturalist wears a name tag and hat with the PP&L logo for easy identification.

Handouts, including a wildflower checklist, are available at the bulletin board in the preserve. Please observe all the rules when visiting the preserve to help PP&L maintain this unique botanical area.

Horseback riding no longer will be permitted at the preserve on weekends during April and May.

Antiques Show At State Farm Show Building

HARRISBURG (Dauphin Co.) — More than 250 dealers from Maine to California will be present for the 39th annual spring Eastern National Antiques Show and Sale, April 29-30, May 1, in the State Farm Show Building, Harrisburg.

The Eastern National, a general show, is also known as "the number one glass show in the country" due to its outstanding displays of the finest antique glass and china.

Dealers will bring brilliant cut, carnival, air, pattern, depression and pressed glass, announced Cathy Chambers, show manager. In addition there are collections of fine china and glass that will include Heisey, Limoges, Steuben, Staffordshire, Flow Blue, Moser, Mount Washington, Lalique and Baccarat.

Eastern National dealers will also display, for sale, period and country furniture, art, maps and prints, watches and clocks, precious jewelry, vintage clothing and needle work. Hard-to-find student, miniature and other lamps will be on display, as well as antique tools, dolls, toys and games, and antiquarian and reference books.

Sylvio the Glassman will be on hand to repair glass and Veronique's Antiques will demonstrate brass and silver restoration daily.

Eastern National Show hours at the State Farm Show Building, Harrisburg, PA, are 11 a.m.-7 p.m., Friday (April 29), 11 a.m.-6 p.m., Saturday and 11 a.m.-5 p.m. on Sunday. Admission, good for all three days, is still \$5 and parking at the State Farm Show Building is free.

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