

# NEWS

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## Second Cup not second choice for SUB Council Watch: CASA comes a-callin'

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THE BRUNSWICKAN

The Second Cup has opened a franchise in the Student Union Building.

The franchise was made possible by an arrangement with Beaver's parent company Cara Foods and Second Cup. The outlet is not owned by Danny Koncz, who owns the locations in the Regent Mall and Kings Place.

Marc Hewitt, Director of Food Services for Beaver Foods, indicated that "unresolved issues with franchising" were, in part, the reasons for the delay in the opening of the caffeine oasis in the SUB.

In addition to hiring new employees, a current Beaver Foods employee was promoted to the position of franchise manager. All new Second Cup personnel had to be trained by franchise officials, and the

new manager had to attend Second Cup's "Coffee College" according to the terms of the franchise agreement.

The Second Cup was one of three options for the University according to Hewitt. The contract bid made by Beaver Foods in last year's contest for the Food Services contract (estimated at over \$12 million during the three year deal) included the option to add either Tim Horton's, Second Cup or maintain the Roaster's franchise. Beaver's parent company, Cara, also has close ties with Tim Horton's.

"The University opted for the Second Cup," said Hewitt. Adding that the reasons for the decision were not explained to Beaver foods, and that the prospect for a Tim Horton's franchise elsewhere on campus is "still viable."

Beaver Foods operates Roaster's outlets in the Science Library and Head Hall.



The new manager of the Second Cup Franchise. CYNDI GATES PHOTO

KATE ROGERS  
THE BRUNSWICKAN

This week's student council meeting was highlighted by a presentation by Matthew Hough, National Director of the Canadian Alliance of Student Associations. CASA is an alliance of eleven student associations across Canada. Introduced by VP (External) Anthony Knight, Hough explained CASA's mandate and UNB's role as a member. Hough is in Fredericton this week to prepare for CASA's national conference this weekend. Council voted unanimously to grant President Joie Hellmeister one hundred dollars to attend the conference with VP (External) Anthony Knight.

While in Fredericton, Hough also hopes to resolve issues from last year involving UNB. Hough announced that UNB will receive a \$2000 rebate for last year's overpaid fees. (See also "CASA allegations against former SU VP resurface," page 1)

Council's agenda was equally occupied by business of the student union-owned sound system. VP (Finance & Admin), Monique Scholten motioned that a designated sound system person be paid to assist in sound system set up. "If the system isn't set up properly, the event won't run as smoothly" said Scholten. Previously, clubs and societies have been able to rent the system for a fee of \$35. Because inexperienced individuals have attempted to install the complicated system themselves, the sound system has been returned damaged on numerous occasions.

Council proposed that clubs and societies have the option of either renting the system for a basic fee of \$45, or pay an additional \$10 to have the system installed prior to the event. For those who booked the system prior to fee changes, the fee at the time of booking will apply. Law Representative Cathy Clark further suggested that clubs and societies sign a contract accepting full responsibility for the system while in their care.

Although this sum is half of what UNB Fredericton students pay, Bathurst nurses feel they should be exempt of any activity fee. Scholten also announced that mailouts have been sent to clubs and societies explaining how to access Student Union services and other organizations.

VP (University Affairs) Anoushka Courage reported on difficulties within the faculty of Arts. Arts administrators have proposed to stop the practice of allowing a few third-year arts students early entrance into the Faculty of Law.

President Joie Hellmeister reported on a full week as well. Hellmeister addressed UNB's international students this week, urging them to increase UNB's diversity by forming new societies. Hellmeister also thanked council for their

support of the campaign against HST, adding that it has been a huge success. Hellmeister also raised the issue of football once again following a meeting with UNB President Parr-Johnston, who said that the administration can't responsibly support the football proposal as it presently stands. Hellmeister concluded her report with a suggestion that councillors also have a weekly opportunity to report on what they, as faculty reps have done for their constituents.

Council ended on a positive note as Forestry rep Blair Saulnier proudly reported that the Fredericton Gleaner's Magazine rated UNB's forestry program number one in Canada.



Council in full swing. TERRY SULLIVAN PHOTO

## Nutritional facts and myths about caffeine

AMY MCCOMB  
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Caffeine is one of the world's most widely-used drugs. Anthropologists believe that it may have been used as far back as the Stone Age. From a pharmacological point of view, caffeine is one of a group of stimulants called methylxanthines or xanthines; these compounds occur naturally in some plants. Caffeine was first used medicinally by Europeans in the 1500s. They used caffeinated



DREW GILBERT PHOTOS

beverages to help headaches, vertigo lethargy and even coughs. Caffeine, more recently, has been used to alleviate fatigue, increase motor skills, relieve migraines - when used in combination with other drugs - and as a treatment for hyperactive kids (although there has been no research to confirm caffeine's usefulness in this case). Natural caffeine is found in the nuts, seeds, and leaves of certain plants.

The caffeine in coffee comes from the coffee Arabica plant. In order to make Coca-Cola, caffeine is extracted from the Kola nut tree. Tea is made from the leaves of *Thea Sinensis* and, not only does it contain caffeine, but it also contains theophylline, another stimulant. Chocolate is made from cocoa and contains a different xanthine besides caffeine called theobromine.

An average cup of coffee has 40 to 150 mg of caffeine. Tea has 1 mg of theophylline and 50 mg of caffeine. An average cup of hot chocolate has 10 mg of caffeine, and 200 mg theobromine. Coca-cola has 45.6 mg of caffeine, while Jolt (which has the most caffeine of any soft drink) has 72 mg.

Some popular myths about caffeine include:

**Myth:** Caffeine (i.e. drinking coffee) the morning after will help a hangover.

**Truth:** Caffeine-containing foods and beverages will not actually help "sober up" someone who has consumed too much alcohol.

**Myth:** Soft drinks don't contribute very much to caffeine consumption.

**Truth:** Coca-Cola is the number one thing Americans have for breakfast every morning.

**Myth:** Caffeine intake may cause one to have a worse sleep (i.e. perhaps interfere with REM).

**Truth:** Caffeine has variable effects on sleep, depending on the individual. Studies at Vanderbilt University have found many individuals whose sleep patterns are unaffected, while others report poorer quality of sleep.

**Myth:** Caffeine causes high blood pressure.

**Truth:** Scientists reviewed the results of 17 studies and concluded, in the Archives of Internal Medicine, that coffee, tea and other caffeinated beverages don't cause any persistent increase in blood pressure.

It is worth noting, however, that caffeine-sensitive individuals can experience a very small, short-lived rise in blood pressure, lasting a maximum of several hours. Studies report that any rise in blood pressure is never more than that normally experienced when climbing stairs.

**Myth:** Caffeine increases the risk of cardiovascular disease.

**Truth:** A 1990 Harvard University study examining potential links between coffee intake and cardiovascular disease confirmed earlier studies by concluding that "there was no deleterious or salutary effect of coffee consumption". Also, a recent review of studies done on the consumption of caffeine of the equivalent of approx. 5 or 6 cups a day did not negatively effect the frequency or severity of cardiac arrhythmias.

**Myth:** Caffeine consumption during pregnancy is harmful.

**Truth:** Three major studies with over 15,000 women have found that there are no birth defects associated with caffeine consumption. Even the



Thom Workman displays his talent.

kids of the heaviest coffee drinkers were not found to be at higher risk of birth defects. This myth came from a study done on rats in the 80s by the FOA. The offspring of rats given to suggest the same thing occurs in humans but they continue to advise that pregnant women consume as little caffeine as possible. Since, the FOA has admitted that there is no evidence to suggest the same thing occurs in humans but they continue to advise that pregnant women consume as little caffeine as possible.

**Myth:** Caffeine affects fertility.

**Truth:** The largest study done on around 3000 women's caffeine intake and fertility reported that caffeine is not linked to fertility problems. (Centre for Disease Control and Harvard Medical School, 1990).

**Myth:** Caffeine affects children more than adults.

**Truth:** Adults are just as sensitive to caffeine's potential effects as children. Children may even have the advantage over adults to eliminate caffeine from their bodies twice as fast than adults. The major difference is body size. Children only need to intake a small amount in order to generate the same effect that a larger amount would cause in adults.

**Myth:** Caffeine improves information retention.

**Truth:** Caffeine appears to improve selective attention for relevant

information and discard irrelevant information. However, significant doses of caffeine have also been shown to substantially decrease an individual's attention span.

**Myth:** Caffeine does not accumulate within your body over time.

**Truth:** Caffeine does not accumulate in the body, but its metabolites are retained in the body for years. The build-up of those metabolites may lead to the deterioration of brain, heart, kidney and bladder cells.

**Myth:** Coffee is not considered very harmful.

**Truth:** In Saudi Arabia, coffee is considered enough of a drug that taxes have been substantially raised on this product. It has been completely banned in Iran.

**Myth:** Mothers should not consume caffeine while breastfeeding.

**Truth:** Though caffeine may permeate into breast milk, nursing mothers can consume up to 300mg of caffeine (2-3 cups) without passing significant amounts of caffeine to the baby.

**Myth:** Caffeine consumption can decrease bone density.

**Truth:** Researchers have found no direct link between low bone density and high caffeine intake. Studies done at the Mayo clinic have found that even though caffeine intake marginally increases urinary calcium excretion, caffeine was not an important risk factor for osteoporosis.

**Myth:** Caffeine is carcinogenic.

**Truth:** Studies to date have indicated that caffeine itself may not be a carcinogen, but one study by Vogelstein states that "it allows cell replication to occur when damaged DNA is present it will increase the mutation rate of cells and increase the probability of cancer." Coffee contains many other carcinogenic substances in small quantities.

**Myth:** Decaffeinated coffee/tea is caffeine-free.



**Truth:** Not completely. The decaffeination process of coffee and tea effectively removes about 97% of caffeine, but 2-5mg of caffeine remains in the average cup of coffee.

**Myth:** Consumption of coffee rarely kills people.

**Truth:** Although fatalities reported from coffee drinking are rare, it is possible to overdose. The lethal dose for 50% of the population is 150 mg/kg of body weight, which for the average person, comes to 10-12 grams. Weigh it out with salt one day and get a rough idea of how much caffeine can kill you.

## Pottery studio opens on campus



Thom Workman displays his talent.

ELISE CRAFT PHOTO

ELISE CRAFT  
THE BRUNSWICKAN

A joint effort on the part of the Dean of Residence's office and Extension has brought UNB its latest addition, a fully functional pottery studio.

The studio was established over the summer as an element of the Mackenzie-Bridges Living and Learning Program. This program aims to increase the quality and character of life in the residence system while promoting academic success. This includes a goal of life-roundedness within the academic environment.

The Don of Bridges House Thom Workman credits both Dean Craighead and Robin Lathangue of the Department of Extension as key supporters of the studio. Located in the lower level of Bridges House, it presently contains a kiln, a wheel, decorating equipment, glaze materials and workspace. Workman says that he hope to raise enough money to outfit the studio with another wheel to accommodate more students. In the interim, he has made his own equipment available for use.

As the resident potter, Workman oversees the studio. He studied pottery privately in Ontario, and worked semi-professionally doing

commission work and selling his pottery at shows throughout the province. A Ph.D. recipient from York University, Workman joined the Political Science Department as Assistant Professor in 1994, where he has undertaken research and teaches in political economy and critical conflict studies. Throwing pottery, he says, is a cathartic experience. "Clay is wonderful to work in. When one pots, you see an immediate outcome, which is a nice counter to academic life when the completion of things is intermittent."

Workman hopes that the pottery studio will become a permanent resource for students and groups on campus. He envisions it as a complement to the College of Craft and Design located in downtown Fredericton. Although the facility is in its infancy, the hope is that it will

grow into an integral element of the university community.

Currently, in addition to the Living and Learning Program, four introductory level non-credit courses are being offered through the Department of Extension and Summer Session. Thom Workman instructs, and any interested students should contact the Department for information.

Workman says that working with clay can provide a much needed break from the stress of academic life. While there remains some intangible quality that makes the creative process a healing one, Workman says that the return one sees from pottery provides a great deal of personal satisfaction. The work of making pottery, he says, is that of "recapturing something in a world that more often than not feels very alienating."

## Death Announcement

Kimberly Anne Bujosevich passed away on Tuesday, September 24, 1996 at the age of 23. A native of Lorne Valley PEI, Kimberly succumbed to an asthma attack at the King's County Memorial Hospital.

Kimberly had a long association with UNB, where she has many friends from her time here as an undergraduate student in the Faculty of Arts. She is survived by her mother Beryl Bujosevich and by her fiancée, Paul Moore. In lieu of flowers, friends and family are asked to send donations to the PEI Human Society and the Asthma Division of the PEI Lung Association.