

RAINY DAY CAFE

Eugene's only full service
Vegetarian Restaurant

Thursday Oct. 6th

Purity Club

Friday Oct. 7th

Art Grooveaux

Saturday Oct. 8th

The Dark

50 East 11th Ave.

Between Oak & Washington

343-8108

Gays, Lesbians, Bisexuals Students and Allies

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CAFFEINE

Continued from Page 1

which include unsuccessful attempts to stop consumption, continued use despite medical side effects and increasing doses for psychological effects, according to the report.

Although several local coffee, tea and soda drinkers agree that it's easy to get hooked on caffeine, they have trouble comparing such a socially acceptable drug with heroin or cocaine. And judging from the crowds at campus coffee shops, many didn't let the report interrupt their daily java runs.

"Caffeine is definitely habit-forming," said Stephan Brenowitz, a graduate student. "I don't really see the harmful side of it. I don't see it having the type of side effects of other drugs."

Rebekah Harvey, a University junior who sipped coffee while studying at Cafe Sienna Wednesday, said she doesn't see how caffeine can be as dangerous as other drugs — even if people are addicted.

Orsini said he believes there's no such thing as a physical addiction to coffee.

"The caffeine you can have in a cup of espresso, in the way American people drink espresso, will give you an addiction but it's more of a mental addiction."

The report, he said, is just an excuse for researchers to pick on something new.

"If they want to find another excuse to talk about something, yes they found it," he said.

Richard Schlaadt, a University professor and author of "Drugs Use, Misuse and Abuse," said he's concerned about the legitimacy of the survey. Eleven of the 27 survey participants had previously suffered from substance abuse or mood disorders so it's unfair to blame caffeine for their addictions, he said.

"Once you have an addiction you're prone to another one," Schlaadt said.

Schlaadt said research on caffeine is too ambiguous to make any conclusions comparing soda or coffee with illegal drugs. According to his book, caffeine does not have long-term ill effects on health, except for people with diabetes. And if people

GETTING WIRED

Caffeine content of beverages, foods and drugs:

Coffee 5 oz. brewed	115 mg.
Decaffeinated coffee 5 oz.	3
Tea brewed 5 oz.	40
Cocoa 5 oz.	4
Chocolate milk 8 oz.	5
Mountain Dew	54
Coca-Cola	45
Diet Coke	45
Dr. Pepper	39
Pepsi-Cola	38
Diet Pepsi	36
Vivarin	200
Excedrin	65
Anacin	32
Midol	32

NOTE: Beverages are measured in 12-ounce servings unless otherwise noted.

SOURCES:
FDA and
Institute of
Food and
Technology

JEFF PASLAY/Emerald

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Average Score Improvement*

LSAT

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Date: October 11

Time: 5:00-10:00pm

Location: 720 East 13th #303

Eugene, OR 97401

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*As documented in the May 1994 Kaplan LSAT Performance Study conducted by Price Waterhouse.

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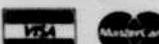
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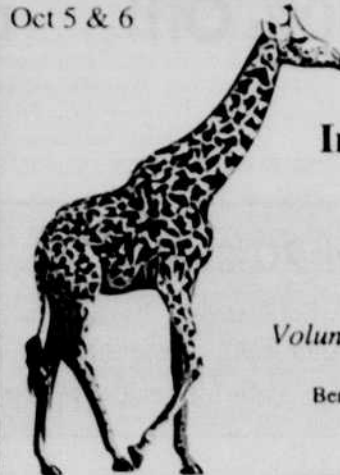
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Special Prices in this ad are good through October 18, 1994. No additional discounts or other offers may be used in combination with these prices.

PEACE CORPS

On UO Campus

Oct 5 & 6



Information Table

Wed-Thurs., Oct 5-6
10AM-3PM, EMU

Presentation

Volunteer Assignments Overseas

Wed. Oct 5, 7-8PM
Ben Linder Rm., Lower level EMU

Interviews

Interviews for openings departing summer '95 will take place on campus Oct 19-20. Seniors should sign-up now by UO Campus representative Laura Taylor at 346-6026. Note: you must bring a completed application to the interview.