

Addictions

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teoporosis and pregnancy problems. Olmos said there are some benefits associated with the beverage.

The American Medical Association reported in 1999 that regular consumption of coffee may reduce the risk of gallstones.

"Caffeine can improve process-

ing skills, intensify the power of pain killers and is beneficial to short term memory," Olmos said. "But anything in excess is bad."

According to Olmos, anything more than two or three cups a day is too much. But the term "cup" is relative. Olmos said the average size cup is 8 oz. and contains 135 milligrams of caffeine. A 16-oz. "Grande" at Starbucks can pack a nerve-wrenching 550

milligrams of caffeine.

The journal "Nutrition Action" reported in 1996 that excessive caffeine consumption can lead to osteoporosis, particularly in women. The report also said that, in laboratory animals, large amounts of caffeine seem to cause females to bear young that are malformed. As a result of the animal evidence, the Food and Drug Administration warned pregnant women to

"avoid caffeine-containing foods and drugs, if possible, or consume them only sparingly."

Good or bad, coffee appears to be a significant staple of the college student's diet.

Junior English major Lauren Sivley admitted she is a regular coffee drinker. As a member of the University Crew Team, Sivley wakes up at 4:45 every morning.

"Most days I really need it," Siv-

ley said. "If I ever fall asleep in class, I'll usually run over to the nearest coffee place if I have time."

Carrie Robertson, a senior biology major, said she frequents coffee bars because they offer a relaxing atmosphere.

"I like that they have big chairs, nice music, and a good ambience," Robertson said. "It's a really good place to study and hang out with friends."

Grievance

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on it. Timpany and Schneider could not be reached for comment.

Last week, former Student Senator Autumn DePoe filed a similar grievance with the senate also accusing the summer senators of not holding office hours and improv-

erly allocating funds to Family Housing, although she said she did not include Schneider because he was new to the senate.

The senate resolved part of DePoe's grievance at Wednesday night's meeting, voting 6-5 that Timpany, Gabbe, Grzybowski and Hamlin will each serve five extra office hours and repay \$25 of their stipends before the end of winter term. However, the senate did not

rule whether they broke any rules or were at fault.

Austin said he felt Wednesday night's decision was biased and thinks it is necessary for the Constitution Court to rule instead.

"They wanted to protect their own, and quite a few didn't want to rule against friends and colleagues. That's why we have the court — to handle these sort of issues," he said.

Austin added that he disagreed with DePoe's decision to exclude Schneider from her grievance.

"Just because he was new ... doesn't mean he can't or shouldn't be held accountable," said Austin, a senior English, math and political science major.

DePoe said Austin's grievance was necessary despite Wednesday night's senate decision.

"Scott showed extra rules that

shine more light on the issue and make what they did look worse — and rightly so," DePoe said.

Constitution Court Chief Justice Jeremy Gibbons said the five senators have a week to file a written response. After that, the court will deliberate Austin's grievance and decide if a public hearing will be held.

However, Sen. Eric Pfeiffer said he thought the court would violate a double-jeopardy law if it reprimanded the summer senators for not holding office hours.

"According to my understanding of the rules, trying someone on the same issue twice is inappropriate, and I'd recommend the court not discipline them on that part," he said.

As senate ombudsman, Pfeiffer threw out the part of DePoe's grievance regarding family housing Wednesday night because although the money was allocated, it was not received.

But Austin felt the Family Housing decision still leaves questions because the senators waited to correct their mistake and freeze the allocated funds. In his grievance, he wrote that the senators either knew the rule was unlawful when they allocated the money or found out later.

"If the second of these is the case, then [I] wonder why the allocation of the funds was not immediately frozen," Austin wrote in his grievance.

African

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Kevin Sabeta, an architecture major from Zimbabwe, said he is proud of having the student group re-established. He also said the group would allow new African students to realize the resources available to them in the University.

Some faculty members also support Binioube on re-establishing the organization.

Martine Wigham, admission coordinator of the American English Institute, said she worked with people from Africa when she was in Europe. She said the African culture is old and deep-rooted and African students can contribute a lot to the campus in culture and in diversity.

Hilary Lord, international student advisor, said she is happy to see Binioube's involvement in the ASA.

Lord knows Binioube through the International Friend Program and is now helping him establish the organization.

The African Student Association will have its first meeting next week to elect executive members. The official name of the group will also be confirmed at that time, Binioube said.

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