

Today's crossword solution

GAS	BEFOG	AROMA
ELI	AGENA	WOMAN
ALA	NEWER	APART
ROMP	RESILIENCE	
SWEET	REBUT	
STAB	LAC	ACID
SHE	RUFFLE	URGE
PICCOLO	DRA	GOON
ARAB	LURING	WRY
NETS	TIRE	EELS
POSSE	DONOR	
PRISON	CAMP	WERE
LIBEL	OLIOS	SIP
AFIRE	RETRO	TEA
YESES	ESSES	SLY

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Healthy brew energizes

The South American drink mate contains vitamins and minerals and promotes energy without caffeine

Aaron Shakra
Pulse Reporter

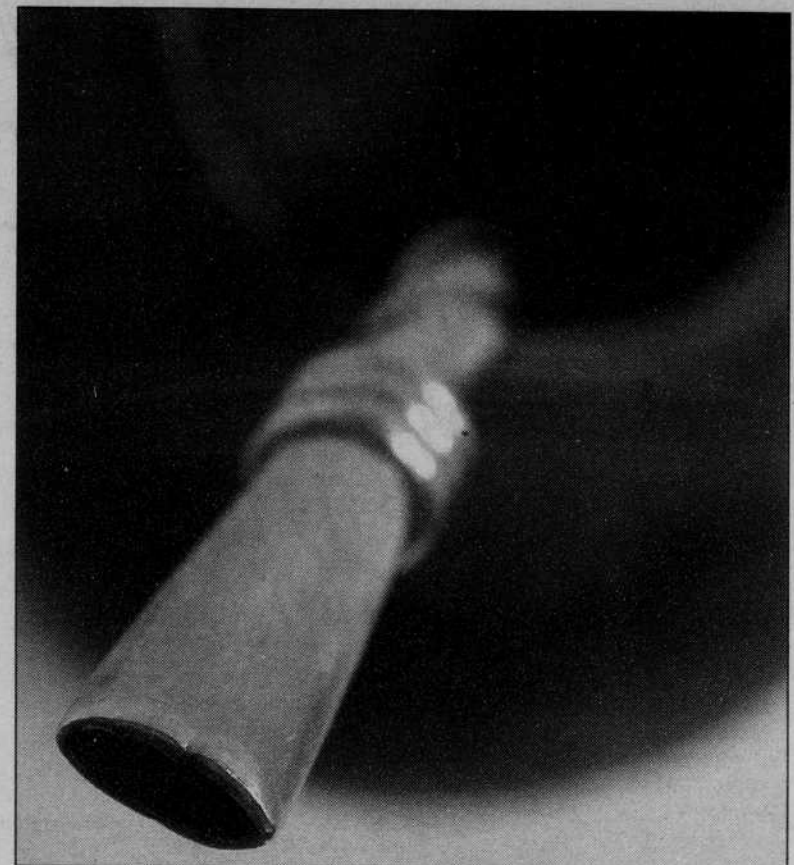
It's healthy, non-addictive, gives you energy and doesn't contain caffeine. And best of all, it's entirely legal.

It's mate, pronounced "ma-tay" or "mah-tay." Various cultures and peoples throughout the recorded history of the South American continent have claimed the small tree — an evergreen member of the holly family — as their own. However, none of these claims are definite.

One prevalent origin story relates to the Guaraní, a South American tribal group that once resided in the territory between Uruguay and lower Paraguay's rivers, according to the Web site, "Yerba Mate Online," at <http://incognita.net/oldsanjuangrocery/mate>. "They looked forward to the coming of a tall, fair-skinned, blue eyed, bearded God (Pa'i Shume). He unlocked the secrets of health and medicine and revealed the healing qualities of native plants," the Web site states.

"Yerba Mate: For Better Health," a paper authored by Daniel Mowrey, explores the health benefits of the drink made from the leaves: "The plant is classified vaguely, according to Western herbal medicine, as aromatic, stimulant, bitter, aperient (laxative), astringent, diuretic, purgative, sudorific (sweat inducing), and febrifuge (fever reducing). Mate contains numerous vitamins and minerals."

Mowrey's paper goes into more



Adam Amato Emerald

Mate is usually drunk from a gourd using a bombilla, or straw that strains tea leaves.

detail about these minerals and vitamins. However, in a summary of these benefits, he writes, "In 1964, one group of investigators from the Pasteur Institute and the Paris Scientific Society concluded that mate contains practically all of the vitamins necessary to sustain life."

University student Ashlee Harrison said she drinks mate nearly every morning instead of coffee.

"I dig it for its medicinal properties," she said. "It's a stimulant, not dehydrating and bad for you

like coffee."

There are many different ways to drink mate, but using a gourd and bombilla — a straw which strains the tea leaves — or brewing it like a regular cup of tea are two commonplace methods of consumption. The gourd is commonly known as "mate," while the actual mate itself is referred to as "yerba," which translates to herb in English.

University graduate student Cecilia Lopez Badano, who taught as

Turn to **Mate**, page 7

Dwight Yoakam

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