

Energy drinks: the silent killer

Liz Travers
The Clackamas Print

making the product resemble other popular soft drinks – thank God for marketing.

Recently, there has been a large debate regarding the dangers of these drinks. The only real risks are overuse, mixing energy drinks with alcohol, or drinking them while exercising.

As much as someone needs to stay awake, he or she needs to keep in mind just how much caffeine is in this stuff. Most energy drinks contain somewhere in the ballpark of 80 milligrams of caffeine, an immense amount compared to

Energy drinks could possibly be the best creation ever, and they are the life-blood of almost all college students.

Contrary to popular belief, this craze isn't a recent phenomenon. The Japanese started putting energy drinks on the market back in the 1960s. They were originally marketed to on-the-go businessmen needing to stay awake to complete their work. Jolt was the first energy drink released in North America, according to www.brown.edu.

The energy drinks of yore are vastly different than the ambrosia-like versions of today. Among the most common ingredients are caffeine (obviously), guarana (a more natural kind of caffeine), ginkgo biloba (a memory aid) and ginseng. The coloring exists for the sole purpose of



Internet Photo

Mountain Dew's paltry sum of 37 milligrams.

"When you drink a bunch [of energy drinks], it replaces

your natural energy, so when it wears off, all you want to do is throw up and sleep," said Clackamas student Mitch Pennell.

Because of the punch of caffeine, students, including Pennell, are now realizing the repercussions of consuming energy drinks.

"If you drink enough energy drinks, soon enough it starts messing with your mind," said student Danil Trofimchenko. Student Amanda Clancy said, "It is just as bad as soda.

It has been proven that soda has an acid that, if you drink enough, it will deplete the calcium in your bones."

More and more athletes are replacing water with different sorts of energy drinks. The risk factor here is the lack of hydration, which is why many athletes drink Gatorade to replenish electrolytes lost during activity. The sugar that energy drinks provide is, in the long run, causing more problems.

According to www.industryplayer.com, alcohol mixed with Red Bull is fairly popular, but worse for a person than alcohol alone. Since energy drinks are "uppers" and alcohol is a "downer," the caffeine will mask the effects of the latter, causing the victim to crash.

There are pros and cons to all things in life, but there is one simple lesson to this; with all things, energy drinks are beneficial in moderation.

Dear cafeteria, turn down Charlie, turn up Morrissey

Rev. Sam Krause
Co-Editor-in-Chief

But this isn't about Charlie FM; it's about bad music. Can any large group of people find common musical

ground, much less college students, without an all-out cage-match? Sure.

Some Chartwell's employees change the station when they get sick of the music. Later in the evening, one can hear the tired old playlist of KGON.

Generally, employees of Chartwell's get sick of Charlie FM, too. They don't, however, make strides to change the station – except for one person.

One spunky employee truly rebels and will play AFI or Led Zeppelin. However, she doesn't play any of her music until the evening, when it is less likely for little children

to be around. According to this same employee, there aren't any rules surrounding what can and can't be played.

Wouldn't it be nice to walk into the cafeteria one day and hear some old Green Day, maybe something from Zeppelin's Houses of the Holy? Or even better, an all-Ozzy Osbourne/Black Sabbath day, "Crazy Train" in the morning and "Mr. Crowley" in the evening.

So here's my suggestion for the student body: use Chartwell's suggestion box to request music. They might listen.

Until then, we can all just suffer Charlie FM's incessant noise they like to call music.

Request Morrissey, because that would be awesome.

My number one complaint about the cafeteria: the bad music.

I can't seem to escape Charlie FM. From convenience stores to the barber shop, I hear that dreadful Charlie FM. Even at our hallowed Harvard on the Hill do I suffer the hodge-podge of Top 40 hits and obscure Dolly Parton and Depeche Mode b-sides.



Photo Illustration by Katie Wilson Clackamas Print

World of Warcraft players: stop hogging students' bandwidth

Jeff Sorensen
The Clackamas Print

time, and it needs to stop.

The common argument is that the students playing the games in class are also paying tuition, but even if the entire cost of their tuition were dumped into the Information Technology Department on campus, it would only pay for a small fraction of the money this school pays out for its students to have a convenient study resource. As a public college, much of the cost of operation is subsidized by local tax dollars, and as much as I love my video games, that's definitely not what tax dollars are for.

If smokers steal money to buy a pack of cigarettes, they're called criminals and thrown in prison. Why, then, should we allow these spoiled brats with laptops to continue taking advantage of a resource that everyone else is paying for? It's childish and selfish to use a study resource just to feed a gaming addiction, and if students are going to continue playing games in class, it might be time for the teachers on campus to take a

more "high school" approach to discipline and remove them from class.

It has long been my opinion that MMO's are – more often than not – a useless waste of hard drive space. However, I've always been a strong video game advocate, and I believe gamers certainly have the right to choose the games they play.

Around campus, there aren't any problems with MMO's making anybody violent, or impairing anyone's ability to do homework (not that I can prove, anyway). The problem is that "students" – for lack of a more appropriate term – are using the "free" college Wi-Fi networking to play MMO's in class, and nobody is doing anything about it.

There's a joke that floats around campus every year about Clackamas Community College feeling like "high school

with ash trays." The reason why it feels that way to some students is

because some of us students are having a little trouble growing up.

I never thought I'd see the day when the college would have to ban "World of Warcraft." Unfortunately, kids, that day has come.

The college provides wireless network access free of charge to anyone who wants to use the Internet as the incredible study resource it is, but the problem is some students are using the Wi-Fi to play Massive Multiplayer Online games (MMO's) in class.

Whether it's funded by tax dollars or by tuition dollars could not be immediately verified, but the fact is this new wireless networking that the college is offering "free" to students is funded by one or the other, and is not being paid for by the selfish few who are playing video games in class.

Clackamas students – through tuition or tax dollars – are paying for these kids to play video games during class

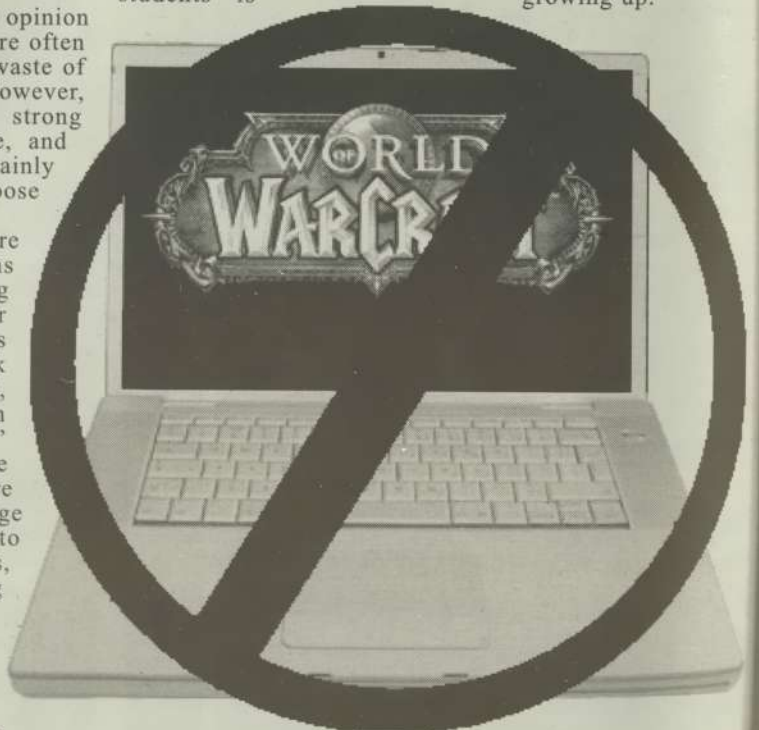


Photo Illustration by Genyva Laubach Clackamas Print