

INTERESTING STUFF ABOUT CAFFEINE

Over the past few decades, coffee consumption has dropped drastically-- from 20 pounds of coffee per Capita in 1946, to less than 9 pounds by 1979.

It has been estimated that a little kid can get as much of a kick out of a caffeinated soft drink as an adult gets from several cups of coffee.

Caffeine is a drug that acts as a stimulant on the Central Nervous system, but it doesn't affect all people in the same way.

If consumed in large enough doses, it can cause insomnia, nervousness, irritability, anxiety, and disturbances in the heart rate and rhythm. It seems to have an effect on the coronary (heart) circulation, blood pressure, the diameter of blood vessels, secretion of stomach acids, and blood sugar.

In animal studies, caffeine has been associated with birth defects. Although it is still unclear whether caffeine can cause human birth defects, many health researchers strongly recommend that pregnant women avoid caffeine or use it sparingly.

Researchers seem undecided about whether moderate amounts of caffeine increase one's risk of heart disease or cancer. Some think it does; some think it doesn't.

Both regular and decaffeinated coffee seem to stimulate acid secretion in the stomach, and are therefore not recommended for ulcer sufferers.

Caffeinism is a term used by medical people to describe the jitters and other health problems people experience as a result of caffeine addiction. Gradual, not sudden, withdrawal from caffeine seems to work best for people; sudden withdrawal usually causes headaches from one to three days.

People who drink coffee at the office during the week can experience withdrawal headaches on the weekends. Many people with tension headaches may really be suffering from caffeine withdrawal.

Coffee is calorie-free but it can increase one's appetite.

Some researchers believe that there may be a link between fibrocystic breast disease (breast lumps) and caffeine consumption.



WAYS TO CUT DOWN:

1) Start using a coffee cup instead of a mug

2) Switch to instant coffee or decaffeinated coffee. (You might be surprised at how little taste difference there can be; experiment with different brands.

3) Switch from caffeinated soft drinks to caffeine-free beverages.

Remember, cut down on your caffeine intake gradually. Going cold turkey can result in headaches for a few days if you've become dependent on caffeine.

INDIAN VIDEO AND ART FESTIVAL

The sixth annual Native American Art Fair and Video Festival will be held on Saturday, April 18, 1987, from 10:00 am to 6:00 pm at the Suquamish Tribal Center in Suquamish, Washington.

Native American artists of every tribe, and in all fields of traditional and contemporary Indian art are invited to participate in the Fair. Interested Indian artists are encouraged to apply now to reserve exhibit space.

Application information requests and inquires should be addressed to the Suquamish Art Fair Committee, P.O. Box 498, Suquamish, Washington, 98392.



RED CLOUD INDIAN ART SHOW

Benefactors of American Indian artists have provided more than \$6,000 in awards for this year's Red Cloud Indian Art Show, which opens June 7 1987, at Pine Ridge, South Dakota.

Now in its 19th year, the Red Cloud show is open to all Native American artists -- Indian, Eskimo and Aleut -- eighteen years or older, and is the nation's largest show of its kind.

All art works entered must be for sale. Each year, over forty per cent of the works displayed are sold.

No entry fees are charged, and the show is admission free to the public, June 7 through August 9.

Artists wishing to enter their works can get entry forms and details by writing to the Heritage Center, Inc., Red Cloud Indian School, Pine Ridge, South Dakota 57770.

CAFFEINE IN SELECTED FOODS AND BEVERAGES	
ITEM	CAFFEINE(mg)
<u>COFFEE - 1 CUP</u>	
DRIP	146
PERCOLATED	110
INSTANT, REGULAR	53
DECAFFEINATED	2
<u>TEA 1 CUP</u>	
ONE-MINUTE BREW	9 TO 33
THREE-MINUTE BRE	20 TO 46
FIVE-MINUTE BREW	20 TO 50
<u>COCOA AND CHOCOLATE</u>	
COCOA BEVERAGE (WATER MIX, 6 OZ)	10
MILK CHOCOLATE CANDY 1OZ.	6
<u>SOFT DRINKS 12 OZ. CAN</u>	
DIET MR. PIBB	52
MOUNTAIN DEW	52
MELLO YELLOW	51
TAB	44
SUNKIST ORANGE	42
SHASTA COLA	42
DR. PEPPER	38
DIET DR. PEPPER	37
PEPSI COLA	37
ROYAL CROWN COLA	36
DIET CROWN COLA	34
DIET PEPSI	34
COCA - COLA	34
MR. PIBB	34
CRAIGMONT COLA	TRACE