



Mass Comm Banquet

May 23rd
5pm-8pm
University Club

Majors: Please Join faculty & staff
honoring your accomplishments

Buffet dinner provided

sign up in Mass Comm Office no later than by 5/17

Children Enjoy Tea With 'Alice' Cast

By Beree Grivois
Staff Writer

Nearly 150 tickets were sold for Saturday's "Mad Hatter Tea-party," at which children had the opportunity to meet the characters of the Cal State Hayward production "Alice in Wonderland" and enjoy lunch and tea in the sun.

The tea party, produced by the CSUH Friends of the Arts, was held between the day's two performances.

Many young girls came in party dresses and bonnets and some dressed as Alice.

Children had their own mini-tables on the lawn near the University Theatre, where they sat on mats and enjoyed tea, sandwiches and dessert.

Some parents joined their children at the low tables, while others were seated at regular picnic tables. All the tables were brightly decorated to match the theme of the day.

The menu included a plate of various finger

sandwiches and a sample plate of goodies for dessert, all of which were prepared by members of Friends of the Arts.

The children anxiously waited for the characters of the production to make an appearance at the afternoon tea.

Once the characters - including Alice, the king and queen of hearts, playing cards and others - arrived, the children gathered around and lined up for autographs and pictures, smiling from ear to ear.

The tea was a fund-raiser that will benefit CSUH students and programs directly.

Children were able to take home their tea cups as souvenirs of a fun day with friends, family and the cast of "Alice in Wonderland."

Friends of the Arts is a volunteer group of CSUH that provides financial and other support to the university's visual and performing arts programs.

Caffeine: the Most Popular Legal Drug

By Beverly Chu
Staff Writer

Caffeine is a legal drug that is found in many beverages and medications but has the same affect on the brain and is just as addictive as cocaine, according to a Cal State Hayward professor.

Soda, coffee, tea, chocolate and over-the-counter pain relievers all contain caffeine.

According to Benjamin Bowser, professor of sociology and social services one concern would be the dual messages from the media regarding drug use and abuse prevention. On one hand, consumers are told to "say no to drugs," whereas on the other hand, people are told to use drugs to treat depression, anxiety, PMS, etc.

"When you live in a society that's driven by making money, it's to be expected," says Bowser.

According to www.bu.edu, caffeine is the world's most popular drug. The white, bitter-tasting, crystalline substance was first isolated from coffee in 1820 and coffee has become a staple in the U.S., Europe and other countries worldwide.

In the U.S. alone, about 210 mg are consumed by each person daily. While 250 mg per day, which is equal to about 3 cups of coffee, is within the normal limits of consumption, amounts in excess of this per day may cause addiction.

"Because caffeine is addictive, when it gets to the brain, it triggers the same reaction as cocaine and PCP," says Bowser. "You get a legal high and a legal addiction."

According to Yahoo! Health, if caffeine is suddenly cut off from the diet after regular consumption of amounts greater than 250 mg per day, withdrawal symptoms can include headaches, nausea and vomiting, restlessness, increased heart rate, diuresis (excessive urination), anxiety, depression, tremors, and difficulty sleeping.

Caffeine is found naturally in the leaves, seeds,

and fruits of more than 60 plants, can be produced synthetically and is used as an additive in certain food products.

Caffeine is a central nervous system stimulant, which means it will keep a person awake, and it is also a diuretic, which means it's dehydrating.

The effects of caffeine have been linked to birth defects, hyperactivity in children and people with coronary heart disease or peptic ulcers should consult their doctors about consuming caffeine, according to Yahoo! Health.

Although people don't normally die from moderate amounts of caffeine, extremely large quantities can be fatal.

According to www.cs.unb.ca, the average lethal dose would be ten grams of caffeine ingested orally. Although the lethal dosage varies per person depending on weight and tolerance, this equivalent in cups of coffee varies between 50 and 200.

Symptoms of caffeine poisoning include restlessness, followed by nausea, vomiting, rapid heart rate, and confusion. Serious intoxication may cause delirium, seizures, hypokalemia (potassium depletion), and hyperglycemia (high blood sugar).

Dogs do not have such a high tolerance of caffeine as humans and many dogs are killed per year due to chocolate poisoning.

Whereas one Oreo may not be harmful, a pound of chocolate could prove fatal. Signs of serious caffeine poisoning in canines include thirst, vomiting, diarrhea, urinary incontinence, nervousness, muscle spasms, seizures and coma. These symptoms can manifest within eight hours of ingestion.

According to Health Magazine, caffeine can interact negatively with other drugs like asthma medication. It is advised that people taking other medications should consult their doctor and pharmacist before mixing medications with caffeine.

CAL STATE
HAYWARD

FALL 2002

Register Now For Fall. Pay Later.

- Registration begins May 28 for continuing students and July 8 for new students.
- To avoid being dropped from classes, pay registration fees by August 23.
- To register as a graduating senior for fall, you must have completed 150 units and have filed for graduation by May 8.
- Beginning May 20, verify your class standing and time to register on MYINFO. Invitations to register for Fall Quarter will NOT be mailed.
- Beginning August 29, students on a waitlist will be automatically enrolled as space becomes available.

For more information, visit the CSUH home page @ www.csuhayward.edu or the online Fall Schedule of Classes @ www.csuhayward.edu/schedule, available May 14.

