

Pros and Cons of too much coffee

Cassie Smatana
Staff Reporter

I have been a coffee drinker for about 4 years (all being at college). When I was younger I thought “Eww I will never drink coffee, it stunts your growth and tastes bad.” Well, after many late nights studying, playing rock band and God knows what I decided it smelled pretty good why not try it? I did. Wow, the results were heavenly and I fell in love with such a drink that could be prepared in so many fashions. All these years of being blessed to experiencing the wonderful taste and energizing effects on coffee, I’ve started to wonder, “Can I drink too much coffee?”

I know that coffee has some benefits and negative effects, but I wondered if I was being unhealthy by drinking it every day. So I did some research, and here is what I found. Studies have suggested that the consumption of coffee is beneficial to health and appears to reduce the risk of Alzheimer’s disease, Parkinson’s disease, heart disease, diabetes mellitus type 2, Cirrhosis of the liver, and gout. Coffee contains antioxidants, which prevent free radicals from causing cell damage. Most of the negative health effects stem from its caffeine content. Research suggests that drinking caffeinated coffee can cause a temporary increase in the stiffening of arterial walls. Excess coffee consumption may lead to a magnesium deficiency or hypomagnesaemia. A few googled questions and many cups of coffee later, I have come to the conclusion that moderation is the key to the overall wellness and over-consumption of coffee.

Germany is the world’s second largest consumer of coffee in terms of volume at 16 pounds per person.

Over 53 countries grow coffee worldwide, but all of them lie along the equator between the tropic of Cancer and Capricorn.

An acre of coffee trees can produce up to 10,000 pounds of coffee cherries. That amounts to approximately 2,000 pounds of beans after hulling or milling.

With the exception of Hawaii and Puerto Rico, no coffee is grown in the United States or its territories.

Up until the 1870’s most coffee was roasted at home in a frying pan over a charcoal fire. It wasn’t until recent times that batch roasting became popular.

Each year some 7 million tons of green beans are produced world wide. Most of which is hand picked.

Major per-capita consumers of coffee are Canada, the United States, Germany, Austria,

Italy, and the Nordic countries.

27 percent of U.S. coffee drinkers and 43% of German drinkers add a sweetener to their coffee.

The world’s largest coffee producer is Brazil with over 3,970 million coffee trees. Colombia comes in second with around two thirds of Brazil’s production.

Hard bean means the coffee was grown at an altitude above 5000 feet.

Arabica and Robusta trees can produce crops for 20 to 30 years under proper conditions and care.

Most coffee is transported by ships. Currently there are approximately 2,200 ships involved in transporting the beans each year.

The popular trend towards flavored coffees originated in the United States during the 1970’s.

Oct. 1 is the official Coffee Day in Japan.

JONES AND DUNHAM ARE HOLDING HAUNTED HOUSES TONIGHT!

Skip Allsopp
Staff Writer

If you’re looking for a good way to get into the Halloween spirit and that fateful night is still too far away, you’re in for a good weekend.

That’s right, the dedicated members of Campus Life, Jones Hall, and CAB are hosting a haunted house, a little trivia and a Trick-or-Treating session for the kids in the Jones building. Trick-or-Treating will be in Jones from 6:30-8 p.m. with trivia following close behind until the houses begin their haunting, which will last from 10-12 p.m..

Along with the house in Jones, Sunday there will also be a haunted house hosted in downstairs Dunham by the Psychology Club with assistance from the History Club. The house will open at 8 p.m. and go until 12 p.m..

Everyone involved in these projects are going to great lengths to make sure that these haunted houses will leave you adequately scared, so admittance to those events will only be for ages 16 and older.

Themes will be a big part of these houses, and what themes they are. Dunham’s downstairs will be converted into an asylum gone wrong, complete with escaped patients, doctors performing disturbing experiments, and general bedlam by the ton. Visitors to Jones will experience the horror of a haunted toy store, where the toys and everything they do are real.

“We wanted to do something creative that hasn’t really been done before. It’s going to be freaky, so people should come prepared to be scared!” said Jones Community Director Kait McConomy. So if you want to revel in the spirit of Halloween a little early, Jones on Friday and Dunham on Sunday might be just for you.

