

Coffee offers health benefits to regular drinkers

In addition to the social benefits of drinking coffee, the morning brew also offers health benefits for the java drinker.

It is a ritual, a social bonding activity, an art technique, an environmental trend and a health movement.

Additionally, black coffee can have health benefits for those who appreciate their coffee as a drink, not as a milkshake.

A Harvard School of Public Health question-and-answer blog states the complexities of coffee, and said its studies have shown coffee to lower risks of type two diabetes, Parkinson's disease, liver cancer, liver cirrhosis and cardiovascular disease.

Also, coffee is helping with performance on a different spectrum, as a sweat-wicking component of Moving Comfort Sports Bra.

The environmental trend is important to buyers, too.

Winters motioned to various Counter Culture coffee posters located around the Dripolator, a downtown coffeehouse, boasting about fair movements toward farmers and brewers.

Barista Scott Satterwhite, 21, spoke highly of Counter Culture, based out of Durham.

He said the beans are shade grown, which has less of a carbon footprint because it's how they grow in nature.

"It's just how they're supposed to be," Satterwhite said, who has worked with coffee for five years. "Counter culture is a relationship with farmers that's better than fair trade, it's direct trade. They're like friends and family."

The Dripolator, as part of its Asheville charm, hosts a variety of environmental boosters, including all recycled or reused furniture and operations, and all local foods and ingredients.

Satterwhite, a two-year employee, said coffee is the second most traded commodity after oil. He also spoke of the importance of presentation and the love of the craft.

"You take it as far as you want to go," he said of constructing the perfect cup of coffee. "It actually works, if you have interest. It can be done, there's just so much to learn."



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Satterwhite's coworker, Rick Malone, said most coffeehouses just go through the motions, which can influence the final product.

Both men agreed the lure of a coffeehouse is the heart of community that can stem from what Malone described as the hub of coffee community.

"We get all sorts, all types, all the time," Satterwhite said.

Jennifer Winters, a UNC Asheville sophomore, spent a rainy Sunday afternoon inside and on a computer like most afternoons of late.

A self-proclaimed tea guzzler, Winters said fondly, "Coffee is an experience."

The 20-year-old political science student explained the enticement of the coffee climate.

Winters laughed at her sometimes-coffee habit, agreeing with the joke, "I like my coffee like I like my men. Strong, dark and rich."

All kidding aside, Winters said she subscribes to the necessity or dessert theory of coffee.

However, environmental reasoning is partly why Winters continues to drink stale coffee offered in Highsmith Union.

Without the experience aspect of coffee, sometimes the drink just becomes an awful room-temperature drink made only to boost those on their way to night class.

"School coffee's intent is good," she said. "We're a school of active students, but we aren't activists. It's a passive way to support the environment."

The coffee is fair-trade and coffee drinkers use reduced carbon footprint cups to drink their coffee.

She agreed coffee is a daily requirement for some, but just cannot find a roast strong enough for her tastes.

However, she wholeheartedly agreed



Caitlin Halloran - Staff Writer

Jennifer Winters, UNCA sophomore, enjoys coffee at downtown's Dripolator

with the social aspect of sitting down for coffee or tea.

The coffee trend is to drink it with more sugar, flavoring, or other variations that make the caffeine boost more of a sweet snack.

Sugary sweet it is. For example, a grande, 16-ounce mocha at Starbucks contains about 400 calories.

A caffeine drinker can save 70 calories by switching from whole to skim milk.

For freshman Nikki Gentile, it is more than a boost in the morning or an opportunity to giggle over a hot drink.

Gentile bonded with her roommate during the summer via enthusiastic e-mails about coffee.

"At first, it was the only thing we had in common," Gentile said. One is an early-rising freshman, one a night-owl sophomore.

They both had smaller coffeemakers, and agreed two-pot days were potentially in the future, so they set up the brewers on opposite ends of the rooms.

"She was really excited about my part-coffee, part toaster oven combo," Gentile said with a laugh.

Since then, they have continued to bond over early morning java, using it as an opportunity to do something nice for the other person.

Tomorrow, when the sun slowly starts to shine, brew a solid cup of flavored coffee, which has more caffeine than dark roasts, and keep the additions light for maximum benefit.

Save some for the roomie, who will likely appreciate it.

Bring a little extra along, maybe a stranger in the elevator or classmate will need a boost.

Put your brew in a reusable mug, and save some space in the trashcan. Sip some right before a nap for optimal rest in minimal time, according to a 2003 study by Hiroshima University, or make an adventure of it with friends.

Several cups a day keeps the doctor away.

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