

Energy Drinks Classified As Supplements Pose Threat to Youth



By Brenda Harper,
Consumer Education
Coordinator

Energy drinks are supposed to do just what the name implies—give you an extra burst of energy.

As it turns out, most of that ‘energy’ comes from two main ingredients: sugar and caffeine.

Because caffeine is a stimulant—consuming a lot of it can lead to heart palpitations, anxiety and insomnia—it also can make you feel jittery and irritable.

Over time, caffeine can become addictive.

Researchers at the Johns Hopkins University School of Medicine conducted a study in 2008 concluding the consumption of high caffeine content energy drinks is a growing problem, especially among kids and teenagers.

Researchers at the University

of Massachusetts Medical School counted more than 4,600 caffeine-related calls to U.S. poison control centers in 2005.

Over half involved people under age 19 and 1,345 needed medical treatment.

The United States has the largest market for these products and the most lax regulatory requirements for labeling and health warnings.

Energy drinks are classified as ‘dietary supplements’ so no FDA review or approval is necessary before energy drink products are marketed and sold.



The caffeine content of soft drinks is regulated by the FDA and is limited to no more than 71 milligrams of caffeine per



12-ounce serving, yet many of the most popular energy drinks contain considerably more caffeine than is found in the average soda.

There is growing concern that energy drinks can promote what is called “caffeine intoxication”.

A large dose of caffeine from multiple energy drinks, or combining caffeinated products, can cause more severe symptoms, including anxiety, tremors and agitation.

Most cases are mild, and may involve heart palpitations, irritability, insomnia, and nausea.

The central office of the California Poison Control System in San Francisco stated that they have received many calls related to children and energy drink consumption.

They said it is hard to overdose on caffeine in the drinks, but if there are underlying medical conditions, they don’t hesitate to recommend a trip to a healthcare facility.

For more about energy drinks, visit www.hopkinsmedicine.org/bin/w/y/Griffiths.pdf

Borges Family Creamery Receives Business Award

Borges Family Creamery in Del Norte County receives First Assembly District Small Business of the Year Award from State Assemblymember Wesley Chesbro.

Chesbro said. “It is a truly local business that produces distinctive, nutritious and delicious milk completely on location. In addition

to treating their animals with respect and care, the Borges family has a strong environmental ethic.

The dairy is certified organic. The Borgeses employ green techniques throughout their dairy operation, including the proper recycling of waste products.”

Find Borges Family Creamery at the Co-op!



Co-op Employee Receives Public Health Award

As part of National Public Health Week, the Humboldt County Department of Health and Human Services Public Health Branch recognized Melanie Bettenhausen for her contributions to public health.

“Melanie works to make Humboldt County a healthier community through collaboration with groups such as Humboldt Community for Activity and Nutrition; Community Alliance with Family Farmers; Humboldt Partnership

for Active Living; and Food for People.

She also champions issues such as active transportation, health promotion, food security and food access, and community-building activities.

Bettenhausen has supported Bike to Work Month activities, workplace wellness, nutrition and physical activity promotion and helps to strengthen the local food system and its distribution system,” said Dr. Ann Lindsay.

Register Donation Groups

Every time you shop you have the opportunity to donate to these worthy community organizations.

Shoppers can donate any amount they want to the Register Donation Group of their choice just by letting their cashier know the group’s number and how much they want to donate.

Members can now use both their member number AND a group number.

Every other year, the Gifting Committee of the Cooperative Community Fund (CCF) selects organizations to participate in receiving donations at the register.



The next opportunity to apply will be in 2011.

If you have questions,

contact Melanie Bettenhausen,

call 707-826-8670 ext. 132 or email melanieb@northcoastco-op.com.

4-H Leaders Council	8880031	Hospice of Humboldt	8882007	Northcoast Regional Land Trust	8882013
AmeriCorps Watershed Stewards Project	8880053	Humboldt Arts Council	8880538	Pregnancy Care Center of the North Coast	8885847
Arcata Children’s Centers	8880658	Humboldt Com. Breast Health Project	8880018	Queer Humboldt	8880048
Arcata Elementary School	8887371	Humboldt Domestic Violence Services	8881965	RCAA Youth Services Bureau	8880012
Arcata House	8881381	Humboldt Library Foundation	8880019	Redwood Coast Children’s Chorus	8880039
CAFF (Community Alliance with Family Farmers)	8880043	Humboldt Literacy Project	8887377	Redwood Region Audubon Society	8887380
CASA (Court Appointed Special Advocates)	8880001	Humboldt Mediation Services	8880046	Renewable Energy Student Union	8880049
CCAT (Campus Center for Appropriate Technology)	8887370	Humboldt Pride	8882009	Sequoia Humane Society	8882018
Charitable Hands	8887372	Humboldt Senior Resource Center	8880020	Serenity Inn	8882020
Consumer Credit Counseling	8887373	Humboldt Wildlife Care Center	8880007	Six Rivers Planned Parenthood	8884096
Dell’Arte	8881883	Ink People Center for the Arts	8885802	St. Joseph Hospital Foundation	8882021
Democracy Unlimited	8880044	KHSU	8883090	Straight Up AmeriCorps	8887381
Emma Center	8880034	Lost Coast Camp	8884230	Surfrider Foundation-Hum. Chapter	8887382
Environmental Alternatives	8887374	Making Headway	8880008	Sustainable Nations	8882022
Food for People	8880003	Mattole Restoration Council	8882397	Timber Heritage	8887383
Friends for Life Animal Rescue	8880035	Mattole Salmon Group	8887378	Trees Foundation	8887384
Friends of the Arcata Library	8887375	Mid Klamath Watershed Council	8887379	Tri-County Independent Living	8880050
Friends of the Dunes	8880611	Miranda’s Rescue	8882012	Vector Rehabilitation	8880051
Harris Community Center	8887376	North Coast Rape Crisis	8880028	World Shelters	8880042
HCAR (Hum. Com. Access & Resource)	8880037	Northcoast Redwood Interpretive Asso.	8880023	Y.E.S. (Youth Educational Services)	8880025