

THE CAFFEINE EPIDEMIC AND HOW TO STAY SAFE

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The caffeine culture on college campuses isn't hard to miss. Walking through Fresno City College's courtyard you'll find coffee carts open and ready for students trickling to their morning lectures. The FCC book store offers a wide variety of energy drinks, bottled coffee, sodas and more. You'll find various vending machines on campus supplied with the drinks for easy convenience. More than ever it seems caffeine is the most accessible it's been before.

Various studies have been conducted to see how reliant college students really are on caffeine. Results have come back, showing 92%-95% of students consume caffeine.

The daily juggle of classes, labs, jobs, extracurriculars and a social life weighs heavy on college students. Many students feel the pressure to "go, go, go!" without proper self care, relying too heavily on caffeine consumption.

Picture this, you wake up at 7 a.m. for class and stop by the coffee shop to grab a latte, then with lunch you buy a coke, the 3 p.m. crash hits as you're headed into work so you grab a Monster energy on the drive, and to top off your night, you drink another soda as you sit down and do your homework.

Unknowingly you just consumed at least 400 mg of caffeine. The daily recommended consumption of caffeine for healthy adults 18 and over is up to 400 milligrams. For teenagers 12-17 the daily recommended amount is 100 mg. The Food and Drug Administration (FDA) also advises that no more than 200 milligrams should be consumed at once.

Let's say you worked out that morning too and had a scoop of pre-workout, there's another 150 mg in your body. Caffeine has both short-term and long-



Photo of caffeine drinks inside the bookstore at Fresno City College on May 8. Photo by Chloe Hinesly.

term effects on the body. Within 15 minutes you can feel the effects of caffeine on the brain and body.

After an hour, your bloodstream peaks and remains there for several hours, giving optimal energy. After six hours, your body has only cleared half the caffeine in its system, it can take up to another four hours to

completely detox the caffeine in your bloodstream.

Caf-
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FRESNO CITY COLLEGE CAR SHOW AND

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Fresno City College hosted a car show and Cinco De Mayo celebration to celebrate Mexican heritage at FCC on May 5. The celebration took place in Veterans Square from 10 a.m. to 1 p.m. with a wide variety of cars, vendors and activities.

Cinco De Mayo is a celebration of Mexican culture and heritage in the United States. The holiday has a common misconception that it is the celebration of Mexican independence, while the actual celebration of Mexican independence is not until Sept. 16.

Cinco De Mayo celebrates the battle of Puebla in 1862 where Mexican forces were victorious against French forces. Although Cinco De Mayo is celebrated in Puebla where the battle took place, it is not a national holiday in Mexico.

The holiday grew popular in America during the 1980s through advertising and now it is a celebration of culture rather than the battle itself.

The Cinco De Mayo celebration was full of performances and vendors from clubs at FCC. There were performances by a mariachi band and folklorico dancers, games such as loteria and a tortilla making tutorial made the celebration event more vibrant.

Luis Gallardo, a biotech major at FCC said that events like the Cinco De Mayo celebration are important for FCC and that it brings everyone at the college closer.

"I heard an advertisement about this show and I just got out of class. Even last year I saw these and I was like oh I want to see them" Gallardo said.

Serena Levine is a technical theater major at Fresno City College and likes that the event brings different people together.



Mariachi Band performs at FCC in front of an audience as part of the Cinco De Mayo celebration on May 5. Photo by Ryan Anderson

"I like that it brings the culture together, and everyone on campus who might not even know too much about it and then [to] just bring everybody together," Levine said.

Fresno City College clubs such as the Anime Club, Business and Finance Club, Architecture Club, Law Pathway Student Association Club and the Mindfulness Club were present selling traditional Mexican food and drinks to raise money for future club trips and events.

The Law Pathway Student Association Club (LPSA) were selling dirty sodas to help raise money for the club. Jasleen Ginger, who is a part of the clubs, said the goal was to get more exposure to the law field.

"We have a lot of students coming in from the program who are interested in the club, because we're more about going out there, especially more field trips, like going to the courtroom. We've seen hearings, we've spoken to lawyers. If you want to have more experience with a lawyer or mentorship, you can go through the program. You can buy one-on-one mentorships," Ginger said.

Many vintage cars were parked in veterans square for the car show that was a part of the

Cinco De Mayo celebrations. Cars such as Impalas, Corvette and Volkswagens were parked for students to see.

Busch Elton brought a vintage 1936 Ford Pickup to the car show for students to view. Elton said the truck has been with his family for years sitting in his family's barn, and he decided to rebuild it.

"My dad and his family, my grandpa and grandma, his brothers and sisters, they all came from Oklahoma, Missouri in that truck. They migrated out here in 1947 and that's what they brought. We had it trapped in the barn for 50 years and I sold another truck and I decided to rebuild it," Elton said.

Darnell Lawrence is a business major at Fresno City College who was excited to see the different cars displayed.

"The first time I walked over here, I was excited, man. I didn't even know this was going to be here today. So guess what I did? I walked and I looked at every single car there was in here and it was crazy man," Lawrence said.



Cars lined up at Veterans Square for the Cinco De Mayo celebration event at Fresno City College on Tuesday. Photo By Ryan Anderson

EVENTS CALENDAR

- May 13 Wellness Wednesday 10 a.m.- 3 p.m. (College Mall)
- May 13 Dream Center End of Year Celebration 5:30 p.m. (OAB 114)
- May 13 Rainbow Graduation Celebration 5:30 p.m. (OAB West Courtyard)
- May 13 Jazz Concert 7:30 p.m. (Theatre)
- May 14-15 Board Of Trustees Retreat and Board Self Evaluation Results (Table Mountain Casino Resort)
- May 14 Transfer Thursday 8:30 a.m.- 12 p.m. (West Fresno Campus)
- May 14 Spring 2027 UC Merced TAP/TAG Workshop 10 a.m.- 12 p.m. (ST 202)
- May 14 Deans Medallion 5:30 p.m. (OAB 251)
- May 14 Spring Choir Concert 7:30 (OAB Auditorium)
- May 15 Care End of Year Celebration 11 a.m. (OAB 114)
- May 15 Certificate Ceremony 6 p.m. (Gymnasium)
- May 15 Rain Recognition Dinner 6 p.m. (OAB 251)
- May 15 Commercial Music: City Sounds 7:30 p.m. (Theatre)
- May 16 Latino Graduates Celebration 9:30 a.m.- 11 a.m. (FCC Gymnasium)
- May 16 African American Graduation Celebration 1 p.m. (Gymnasium)
- May 18-22 Spring Final Exams Week Begins (Campus Wide)
- May 19 Spring Composition Recital 4 p.m. (Recital Hall)
- May 21 Spring 2027 UC Merced TAP/TAG Workshop 10 a.m.- 12 p.m. (ST 202)
- May 21 FCC EMT Graduation 4 p.m. (OAB Auditorium)
- May 21 Respiratory Therapist Ceremony 5 p.m. (OAB Auditorium and East Courtyard)
- May 21 2026 Commencement 6:30 p.m.- 8 p.m. (Save Mart Center)
- May 22 Spring Semester Ends (Campus Wide)
- May 22 Commencement 6 p.m. (Save Mart Center)
- May 24 Fresno Community Concert Band: Echoes of Courage 3 p.m. (Shaghoian Concert Hall)
- May 28 Spring 2027 UC Merced TAP/TAG Workshop 10 a.m.- 12 p.m. (ST 202)
- June 4-14 New Wrinkles: Jukebox Saturday Night 2 p.m./ 7:30 p.m. (Theatre)

Compiled by Sophia Wilson