

# New prisons deprive others

(AP) — Advocates for social services say Gov. James Blanchard is taking money away from vital programs that meet basic human needs and putting it into new prisons, and they promise to fight him.

"When the governor wants to fund prisons, he takes it out of the mouths of kids," Paul Shabben, spokesman for the Michigan Council on Maternal and Child Health, said last week.

"Sure we've got to take the murderers off the streets," he said. "But we're dealing mostly with economic crimes."

Blanchard's office called the complaints unfounded, and said they were misleading attempts to lobby for more funds.

STATE BUDGET director Shelby Solomon has recommended sharp cuts in social spending for the fiscal year that will begin Oct. 1. The cuts were needed to adjust to the state's sluggish economy and offset rising costs, he said.

Much of the prison expansion program is court-ordered, Solomon said. Though the prison construction program has had \$900 million in funds since 1985, the state's inmate population of 22,000 is 2,000 over capacity, the Department of Corrections said.

"There's no question fighting crime and putting criminals in prison is a top priority of Governor Blanchard," said Tom Scott, Blanchard's press secretary. "But to somehow suggest that children are being hurt by that is just not true."

# Difficult to avoid caffeine

Q. My doctor recommended I avoid caffeine. I've switched to decaffeinated coffee. Should I avoid anything else?

A. It's not surprising that the word caffeine automatically makes people think of coffee. Coffee has been around for centuries. And for years it has been America's most popular drink as well as the largest single source of caffeine in the human diet.

Caffeine is a drug that stimulates the central nervous system. It seems to influence a person's blood pressure, coronary circulation and secretion of gastric acid. It can cause anxiety, nervousness, instability, insomnia or irregular heartbeat.

Caffeine affects individuals differently. Some people can consume large quantities with no effects, while others are extremely sensitive to even a small amount.

IT'S HARD to avoid caffeine. It's present naturally as an added ingredient in many foods, drinks and drugs. Caffeine can be found in differing amounts in soft drinks, coffee, tea, chocolate, baked goods, frozen dairy desserts, gelatin, puddings and pie fillings and soft candy. Caffeine is often used in alertness



Terry Gibb

or stay awake tablets, headache and pain relief medications, cold products and diuretics.

Today the soft drink industry is the biggest user of the estimated two million pounds of caffeine added to foods annually in the United States.

Under a 1986 regulation by the FDA, a soft drink beverage could not be called "cola" or "pepper" unless it contained caffeine from the kola nut extract or some other extract in which it is naturally present. The FDA proposed eliminating that requirement so that manufacturers would have the option of using or not

using caffeine in their soft drink products.

DESPITE DECLINING consumption of caffeinated coffee and the public's growing awareness of caffeine, the caffeine-free soft drink market dropped to 4.1 percent in 1987.

Caffeine is naturally present in coffee, tea, and cocoa as well as other products. Assume any foods containing these have caffeine. Some products may list caffeine in their ingredients. In prescription and non-prescription drugs, if caffeine is an ingredient, it is listed on the label.

Becoming a label reader will help some in reducing caffeine consumption.

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