**READING NOTES**

**#s 1-4**

Reading Notes to fill out when reading course and outside reading materials for assignment

Note Taking Sheet: Reading # \_\_1\_\_

Course EN COURSE NAME\_\_\_\_\_\_\_EN202\_\_\_\_\_\_\_\_\_Section \_\_\_\_02\_\_\_\_

With many sources to read and evaluate, you need a way to keep track of the material you may use in your research paper. You need to record where you have looked, what you have found, and how to find each piece of information again (this is for your bibliography).

Directions:  Fill in the information below, and keep with all of your resources. This will help you when it is time to write both your outline, paper, and annotated bibliography.

1. Author’� s Name: Jacob Sullum

2. Author’� s Credentials: Editor at Reason magazine and a nationally syndicated columnist

3. Publisher [or title of organization]: Washington State University News

4. Heading of Section [title of reading]: “Energy Drinks: Safe As Coffee But Somehow Lethal”

5.  Year Written: 2015

 6. Pages: 6 pages

7. Website URL: https://www.forbes.com/sites/jacobsullum/2015/09/07/energy-drinks-safe-as-coffee-but-somehow-lethal/#7c538d927592

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| **Main Ideas/Points** | **Important Quotations** | **Supporting Details** | **Relevance to Your Assignment** |
| * Energy drinks contain possible health risks.

   | * “But somewhere along the way, caffeine became an obsession, a need for many Americans; and an entire industry sprang up to try to make caffeine ingesting more efficient.”
* "The new products have led to an alarming public health development in recent years that was unheard of in the many previous decades that people enjoyed caffeine.”
 | * Red Bull and Monster Energy contain 9.5-10 milligrams of caffeine per fluid ounce.
* 5 Hour Energy contains 200 milligrams of caffeine per serving.
* Poison centers across the country logged 1,675 reports involving energy drinks, in the first half of this year.
 | * Energy Drinks could be the unhealthier choice for college students, and may cause more damage to the body.

          |

In this article, is it possible that any of the authors might have a bias about the subject matter?  No\_x\_    provide examples if needed.

Is the article timely or a bit outdated?  No

Was it published in a reputable source? Yes

It is not an academic source. No

Other important information:

* Children from ages 14-19 have died or experienced near-death experiences.

Reading Notes to fill out when reading course and outside reading materials for assignment

Note Taking Sheet: Reading # \_\_2\_\_

Course EN COURSE NAME\_\_\_\_\_\_\_EN202\_\_\_\_\_\_\_\_\_Section \_\_\_\_02\_\_\_\_

With many sources to read and evaluate, you need a way to keep track of the material you may use in your research paper. You need to record where you have looked, what you have found, and how to find each piece of information again (this is for your bibliography).

Directions:  Fill in the information below, and keep with all of your resources. This will help you when it is time to write both your outline, paper, and annotated bibliography.

1. Author’� s Name: Matthew J. Edlund

2. Author’� s Credentials: Author of Health *Without Health Insurance*

3. Publisher [or title of organization]: Psychology Today, Sussex Publishers

4. Heading of Section [title of reading]:” Coffee Vs. Energy Drinks - The Caffeine Wars”

5.  Year Written: 2015

 6. Pages: 2 pages

7. Website URL: https://www.psychologytoday.com/blog/the-power-rest/201007/coffee-vs-energy-drinks-the-caffeine-wars

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| **Main Ideas/Points** | **Important Quotations** | **Supporting Details** | **Relevance to Your Assignment** |
| * Influences of consuming coffee such as age, culture, etc.

  | * ” … caffeinism, the addiction to caffeine which can move from the buzzing speed of the addict to the withdrawal hell of headaches, nausea, vomiting, and terrifying sleeplessness.”
 | * Coffee does can be 4-12 mg of decaffeinated brews, or 40-80 mg of an average cup of coffee.
* The biggest time component with energy drinks is sleep.
 | * Supports health hazards both stimulants.
* Energy drinks are considered “popular.”
 |

In this article, is it possible that any of the authors might have a bias about the subject matter?  \_No\_\_    provide examples if needed.

Is the article timely or a bit outdated?  No

Was it published in a reputable source? Yes

It is not an academic source. Yes

Other important information:

View rest like food, while caffeine is like a drug.

Reading Notes to fill out when reading course and outside reading materials for assignment

Note Taking Sheet: Reading # \_\_3\_\_

Course EN COURSE NAME\_\_\_\_\_\_\_EN202\_\_\_\_\_\_\_\_\_Section \_\_\_\_02\_\_\_\_

With many sources to read and evaluate, you need a way to keep track of the material you may use in your research paper. You need to record where you have looked, what you have found, and how to find each piece of information again (this is for your bibliography).

Directions:  Fill in the information below, and keep with all of your resources. This will help you when it is time to write both your outline, paper, and annotated bibliography.

1. Author’� s Name: Sophie Robin, Ryan Buchanan, and Robin Poole

2. Author’� s Credentials: University of Southampton, Southampton, UK 3. Publisher [or title of organization]: Elsevier Inc.

4. Heading of Section [title of reading]: “Energy drinks and adolescents – A hepatic health hazard?”

5.  Year Written: 2011

 6. Pages: 2 pages

7. Website URL: http://www.journal-of-hepatology.eu/article/S0168-8278(17)32444-3/fulltext

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| **Main Ideas/Points** | **Important Quotations** | **Supporting Details** | **Relevance to Your Assignment** |
| * Energy drinks are most marketed to adolescents.
 | * “Adolescents may not be aware of the potential dangers of consuming energy drinks.”
* energy drinks have been aggressively marketed to appeal to adolescents
 | * Energy drinks usually contain higher concentrations of sucrose (12–14 g/100 ml) than other popular so-called ‘soft drinks’ including cola (10–11 g/100 ml).
* Fructose may not be the only component of energy drinks with a potentially detrimental impact on the liver. High levels of niacin may be another reason to consume with caution. Single servings of popular energy drinks contain between 16 and 42.5 mg of niacin
 | * Energy drinks contain unhealthy ingredients that can cause illness.

      |

In this article, is it possible that any of the authors might have a bias about the subject matter?  \_No\_\_    provide examples if needed.

Is the article timely or a bit outdated?  No

Was it published in a reputable source? Yes

It is not an academic source. No

Other important information: Energy drinks are beverages that contain high levels of caffeine and an array of other active ingredients, commonly including B vitamins.

Reading Notes to fill out when reading course and outside reading materials for assignment

Note Taking Sheet: Reading # \_\_4\_\_

Course EN COURSE NAME\_\_\_\_\_\_\_EN202\_\_\_\_\_\_\_\_\_Section \_\_\_\_02\_\_\_\_

With many sources to read and evaluate, you need a way to keep track of the material you may use in your research paper. You need to record where you have looked, what you have found, and how to find each piece of information again (this is for your bibliography).

Directions:  Fill in the information below, and keep with all of your resources. This will help you when it is time to write both your outline, paper, and annotated bibliography.

1. Author’� s Name: Ariana Eunjung Cha

2. Author’� s Credentials: National Reporter

3. Publisher [or title of organization]: WP Company LLC

4. Heading of Section [title of reading]: “How America’s love affair with caffeine has sparked a crisis of overdoses — and what the FDA is trying to do about it*”*

5.  Year Written: 2015

 6. Pages: 3 pages

7. Website URL: https://www.washingtonpost.com/news/to-your-health/wp/2015/09/02/how-americas-love-affair-with-caffeine-has-sparked-a-crisis-of-overdoses-and-what-the-fda-is-trying-to-do-about-it/?utm\_term=.f69f7cebe827

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| --- | --- | --- | --- |
| **Main Ideas/Points** | **Important Quotations** | **Supporting Details** | **Relevance to Your Assignment** |
| * There are cases that have been reported that included caffeine overdose.
 | * "The difference between a safe amount and a toxic dose of caffeine in these pure powdered products is very small.”
 | * 81 cups of brewed coffee, or 317 cups of black tea, for the average 195-pound U.S. male -- to reach a lethal dose.
* About 225.5mg of caffeine is consumed by people ages 50-64.
* 85 percent of people are estimated to consume caffeine at least once a day, this includes children 18 and below.
* From January 1 to July 31 of 2015, the number of cases that involved caffeine overdose have increased. Two-thirds were children 18 and below, 1,675 were from prison centers, which involved energy drinks.
 | * Caffeinated drinks may have possible health hazards.

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In this article, is it possible that any of the authors might have a bias about the subject matter?  \_No\_\_    provide examples if needed.

Is the article timely or a bit outdated?  No

Was it published in a reputable source? Yes

It is not an academic source. No

Other important information: Caffeine became an obsession, a need for many Americans; and an entire industry sprang up to try to make caffeine ingesting more efficient.