

A Cure That Comes With Creamer

It's 9:15 in the morning on a Tuesday. You're late to work. Luckily, you spent the entire car ride formulating the perfect excuse. You park the car, rush through the doors and are prepared to explain how your goldfish attacked your daughter. And just as you remember that your boss knows you don't have kids, you notice something: your boss isn't quite herself. Her eyes are bloodshot and halfway closed, her shoulders are hunched over, and her usual earth-shattering yell has been reduced to a mumble. You've seen this before and know just what to do. So you race to the break room and fight off your slumberous coworkers to grab the one thing that will save her from becoming a full-fledged zombie: coffee.

The early morning office zombie is an epidemic among companies across the world. It's troubling to see your once uproarious coworker lifelessly roaming past your cubicle. We've all learned the "stop, drop, and roll" method, however mastering the "coffee, cream, and sugar" technique can be equally as vital. Coffee can instill inspiration and purpose into your brain-dead colleague, allowing them to become functioning human beings again. Offices cannot afford to have their employees turn into the walking dead. It is bad for morale, bad for humanity, and bad for business.

Coffee lessens the urge for zombies to kill. When someone is sleepy they tend to become irritable, which makes them more likely to slay whoever stands between them and the printer. Caffeine will help tame this murderous zombie by providing the energy and tolerance needed to deal with coworkers. With coffee, you can work alongside your associate without the threat of being stabbed with a ballpoint pen. This makes for a safe and productive work environment.

Zombies are also known to be quite hungry. They may appear harmless, dragging their feet through the hallways, but have no doubt -- they want to eat you. When you see an early morning office zombie salivating at the sight of your index finger, make sure to carefully hand them a nice big cup of joe. According to Mayo Clinic nutritionist Katherine Zeratsky, caffeine has an "appetite-suppressing effect." Once you have that brainless cannibal throw back some java, you can peacefully get back to work, knowing you will not be their afternoon snack.

Scientists and doctors have worked diligently to prevent viruses from harming us. There is a wide array of viruses, including the common cold and the flu, however none are more disturbing than the zombie virus. Fortunately, studies have shown some viruses can be fought off by the consumption of antioxidants. According to findings by Joe A. Vinson, a chemistry professor at the University of Scranton, "Coffee not only helps clear the mind and perk up the energy, it also provides more healthful antioxidants than any other food or beverage in the American diet." The amount of antioxidants found in coffee may just be enough to prevent a zombie outbreak from occurring in your department.

It is important to continue educating people about zombie safety. We can all do our part by throwing those grounds in the filter, pouring in some water, and serving up a fresh pot to whoever is in need. It could mean the difference between life and the undead.