

CALCAP, ANEF & CCAGE

VOLUME 4, ISSUE 4 AUGUST 2010



A DISAPPOINTING VOTE

Dear Friends of CalCAP,

It is becoming more and more difficult to trust that the California Legislature will do the right thing. We citizens of California are realizing that our representatives do not always represent us. They hear our voices and choose to support actions that are not in our best interests. This is especially true when it comes to issues related to alcohol, other drugs and gambling.

On August 2, the Legislature returned from their summer recess and once again began the "business of the people." This included deciding if nearly every grocery store in California should be allowed to give away free samples of alcohol every day of the year. On that Monday, AB 605 (Portantino), a bill written to do just that, was before the Senate

Appropriations Committee. This bill is sponsored by the grocery stores and strongly supported by the alcohol industry. This is not the first committee to consider this bill; and although it is touted as a "consumer protection bill" there has been no testimony offered by any of those "consumer" organizations.

We again offered our testimony and challenged the concept of allowing stores that sell alcohol that must be consumed "off-site" to serve alcohol "on-site." We questioned the positive benefit of allowing perhaps 20,000 stores (the exact number is still not determined) to give away alcohol every day of the year. We called upon the members to do the right thing for the people of California and not allow this huge expansion of alcohol into our local and family oriented grocery stores.

However, before the vote was taken, the chair, Senator Kehoe, announced that this was a "Do Pass", which means that the Democratic Caucus is supporting this bill, and expects all of its members to vote "Yes." The Committee followed instructions, and passed this bill, and sent it on to a vote of the entire house and senate. We will continue our efforts to stop this bill, and encourage you to contact your representatives and tell them that you do not want AB 605.

Rev. James B. Butler

CALL TODAY

There is still time to encourage your representatives to do the right thing regarding AB 605, a bill that will allow free samples of alcohol, 365 days a year, at your local grocery store.

Call the local office of your Senator and Assembly member and tell them that you oppose AB 605.

We do not need free alcohol in our grocery stores.

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NATIONAL MEETING IN SACRAMENTO — SEPTEMBER 28-29

The American Council on Alcohol Problems (ACAP) will be holding their annual meeting in Sacramento September 28-29. Because ACAP is a national organization, there will be representatives from around the country. The theme for this year's meeting is "Prevention —The Answer," and will feature a number of interesting and informative speakers. These presentations are open to the public at no cost, (cost for lunches and dinner) and provide a unique opportunity to become better informed regarding the issues of alcohol and prevention.

Among the speakers will be:

- Dr. Robert Saltz, who has done extensive research in the area of drinking on college campuses, and prevention programs;
- Steve Ernst, from the state of California Alcoholic Beverage Control Board;
- Dr. Jim Kooler and youth from Friday Night Live Partnership, a youth program aimed at preventing underage drinking;
- Bruce Livingston and Clarisse Ma Lebron from the Marin Institute; an alcohol industry watchdog;

- Teresa Anderson, concerning the steps being taken to prevent Fetal Alcohol Syndrome Disorder;
- Judy Walsh-Jackson, on prevention through Coalition Building; and
- Fred Jones, the Legislative Advocate for the California Council on Alcohol Problems.

There will also be reports from various states regarding their work in the area of alcohol.

This meeting will be held at Westminster Presbyterian Church, located at 1300 N Street (across the street from the Capitol). This meeting is open to the public, so you are invited, and I hope that many of you will choose to attend at least some of the meeting.

If you need lodging, there are rooms reserved at a reduced rate (about \$135 per night) at the Holiday Inn, Capitol Plaza, about 1 mile from the church. To make a room or meal reservation, contact Cheryl Corley at the ACAP office, 205.989.8177, or email ccorley@alcap.com.

If you have questions or want more details, call Rev. Butler at the CalCap office, 916.441.1844

VOTE NO ON PROPOSITION 19

On November 2, 2010, the voters of California will decide if the recreational use of marijuana will be legal in our state. Supporters of Proposition 19 have pledged at least \$10 Million to legalize marijuana. Further, they are promising that Prop 19 will raise more than \$1.4 Billion for the California State Budget. For many, this promise of money will be enough. However, the research indicates that legalizing marijuana will be disastrous for our state, our communities and our families.

This research indicates that there are both physical and psychological ramifications associated with marijuana use, and the costs associated with the consequences of Marijuana use will more than offset the hoped for revenues.

A recent study by the Rand Corporation on this issue indicated that passing Proposition 19 could result in a marijuana cigarette costing as little as \$1.50 and increase the number of users in our state by 150%. This is not what we need.

On November 2, you can help decide the type of society in which you want to live.

Vote No on Proposition 19!



ATHLETES AND ALCOHOL

Athletes know that achieving their best performance means practicing hard, hitting the weight room, and being on top of their game both mentally and physically. However, many athletes do not know that even a few drinks can nullify their hard work by erasing the effects of their workout, reducing their endurance and compromising their mental game. A study by **The University of Notre Dame** reveals the effects that alcohol has on athletes and athletic endeavors. This study focuses on three major areas. They are: 1) **How Alcohol Affects Muscle Development and Recovery**; 2) **How Alcohol Affects your Ability to Learn New Plays and Strategies**; and 3) **How Alcohol Affects Nutrition and Endurance**. In this and future Newsletters, we will include some of the results from that study. If you are involved in athletics or know someone who is (or if you just want to be in better shape) you will want to read and share these articles.

1 How Alcohol Affects Muscle Development and Recovery:

- **Alcohol cancels out gains from workouts.** Not only does long-term alcohol use diminish protein synthesis resulting in a decrease in muscle build-up, but even short-term alcohol use can impede muscle growth.

- **Alcohol causes dehydration and slows down the body's ability to heal.** Speeding the recovery of sore muscles and injuries is essential to doing your best. Alcohol slows down that recovery time.
- **Alcohol use prevents muscle recovery.** In order to build bigger and stronger muscles, the body needs sleep to repair itself after a workout. Because of alcohol's effect on sleep, the body is robbed of a precious chemical needed for muscle building. In fact this chemical can be reduced by up to 70%!
- **Alcohol use depletes an athlete's source of energy.** Once alcohol is absorbed into your body, it can disrupt the water balance in muscle cells, thus altering their ability to produce ATP, which is your muscle's source of energy. ATP provides the fuel necessary for your muscle to contract.

When it comes to alcohol and athletics, consider this. Consuming 5 or more drinks in one night can affect brain and body activities for up to three days. Consuming 5 or more drinks on two consecutive nights can affect brain and body activities for up to five days.

Be your best — Don't Drink!

MAKING PROGRESS AGAINST UNDERAGE DRINKING

In spite of the efforts of the alcohol industry and their influence on our elected officials, we are making progress regarding underage drinking. A recent report from the Center for Substance Abuse Research shows that fewer children are drinking before the age of 13.

According to the data, the percentage of high school students who first tried alcohol before age 13 has decreased over the past decade. In 1999, nearly one-third of high school students had reported drinking more than a few sips of alcohol

for the first time before age 13. These rates decreased to 21% in 2009. While these declines in early alcohol use are encouraging, many students still began drinking before age 13.

Previous research has shown a relationship between early alcohol initiation and alcohol abuse and dependence, so we know the dangers of underage drinking.

We still have a way to go, but we are making progress and making a difference!



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WE'RE ON THE WEB!
WWW.CALCAP.ORG
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OUR TASK AND MISSION

The CalCAP family, which includes the California Council on Alcohol Problems (CalCAP), the Alcohol-Narcotic Education Foundation of California (ANEF) and the California Coalition Against Gambling Expansion (CCAGE), is a statewide, faith based organization that seeks to prevent the moral, economic, scientific and social problems caused by alcohol and gambling. This is done through research, education, advocacy and lobbying. Thus, we raise the awareness of these problems among the people, and address the legislature regarding alcohol and gambling issues.

We are funded entirely by gifts from denominations, churches, church groups and individuals. We do not receive any financial support from any governmental agency or political party.

If you would like to be part of our information network, arrange for a program or preaching date, or support our work through-out California, please contact our Executive Director, the Rev. James Butler, or our Sacramento office, at 916 / 441-1844 or calcap@calcap.org. Our Mailing address is 803 Vallejo Way, Sacramento CA 95818.

Because CalCAP is involved in lobbying efforts, donations to CalCAP are not tax-deductible. Donations to ANEF are tax-deductible.

CELEBRATE NATIONAL RECOVERY MONTH

September is National Recovery Month. It is therefore an ideal time to focus on the issues of substance abuse and addiction, as well as the hope and new life that comes from recovery. This is an opportunity for individuals, churches organizations and communities to raise the concerns associated with alcohol and other drug abuse. It is the opportunity to offer support and encouragement instead of derision and scorn. It is a time to show those in recovery that there is reason for celebration, and that we are ready to join them.

What will you; your church and community do this September to celebrate National Recovery Month?

Here are a few suggestions:

Recognize and acknowledge the month, and have your church and city issue a proclamation that September is "National Recovery Month" (check www.recoverymonth.gov for more information)

Establish and publish a list of resources for those who are seeking to recover from alcohol and other drug abuse and addiction.

Welcome and support those who are in recovery, and help them celebrate their anniversaries of being clean and sober.

Realize that stress and other external circumstances can lead to the onset or relapse of addiction, particularly among specific groups who face stressful life situations, and offer support groups to deal with the stress of today's society.

Challenge your church and community to focus on substance abuse and addiction and offer the hope of recovery year round.

We know that recovery happens, and we know that lives are transformed. Join those in recovery in celebration of their new lives.