

CALCAP, ANEF & CCAGE

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WELCOME TO 2011

Dear Friends of CalCAP, ANEF and CCAGE,

Happy New Year and welcome to 2011! I hope that you are ready, because there is little time to reflect on the past as we begin this New Year with anticipation and expectation. On January 3rd, the newly elected Assembly members, State Senators, Constitutional Officers and the Governor were sworn in, and have taken office. Sacramento and the rest of the state is still buzzing over the Inaugural Speech of Gov. Brown as he reminded Californians that we are in difficult and dire times that will require sacrifices of us all.

One week later, Gov. Brown began his "60 Day Count Down" to a new state budget. At this time it seems that all of the energy and focus of the Legislature is on addressing this issue. We are hoping that this new budget will include an increase in Alcohol Taxes, but that has not been introduced yet.

However, the legislators continue to explore raising revenue by allowing more gambling, perhaps trying to legalize and tax marijuana, and accommodating the alcohol industry.

As we begin this New Year, we discover that some things do not change. Many of the issues of 2010 are still with us. However,

we remain steadfast in our opposition to the expansion of gambling, our call to have a more responsible and responsive alcohol industry, and our concern about the growing illegal use and abuse of prescription medicine and other illicit drugs.

This New Year is less than two weeks old, and we are already involved and engaged. I hope that you will join us in our efforts to make a positive difference in California. Ready or not 2011 is here.

Rev. James B. Butler

OUT NUMBERED — NOT UNHEARD

On January 9, the Rev. James Butler, Executive Director of the California Coalition Against Gambling Expansion, spoke at the National Council of Legislators from Gaming States in Fort Lauderdale, Florida. There were state representatives from around the country, who gathered to hear presentations regarding state and federal gambling issues. These included how to ex-

pand state lotteries, exchange wagering at race tracks, development of "racinos", Problem gamblers, and internet gambling. Of the 26 speakers, only Rev. Butler and one other opposed gambling. This is a vivid reminder of our important role. There are not many voices opposing gambling in our state or nation, but it is a voice that must be heard.

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WHY RAISE ALCOHOL TAXES?

Below is an article from the **Center for Science in the Public Interest** (CSPI). Our call to raise the tax on alcohol in California is resonating at the national level and in a growing number of states. This may be the year that our legislators realize that it is time to raise the taxes on the alcohol industry.

CSPI Article:

In the past 55 years, the federal excise tax on beer has been raised just once, in 1991, under the Revenue Reconciliation Act of 1990. In the past 20 years, 31 states have not raised their beer taxes. Failure to adjust those tax rates for inflation has caused a dramatic decline in their value and resulted in a loss of billions of dollars in potential revenues that could have helped fund essential health and human needs programs or reduce the deficit. A 2008 report of the Congressional Budget Office estimated that modestly increasing and reforming federal alcohol taxes could generate more than \$28 billion in new revenue over five years. Resulting reductions in problem drinking would produce further significant savings in health care expenditures (for both the drinker and affected family members), and decreased law enforcement and other alcohol-related costs.

Dormant tax rates have also contributed to a gradual and substantial decline in the price of alcoholic beverages. According to the National Institute on Alcohol Abuse and Alcoholism (NIAAA), lower prices on alcohol are associated with increased levels and frequency of drinking, particularly among underage persons. Aside from providing a source of new revenue, increasing taxes on alcohol will deter underage use, reduce traffic-crash fatalities and certain crimes, and decrease alcohol-related health problems such as cirrhosis. Alcohol use is the 3rd leading cause of early mortality in the U.S. and, like, tobacco, imposes enormous economic costs on society—some \$185 billion per year according to the latest government estimates. Even small increases in taxes—pennies per drink—would translate into significant new revenues. Alcohol taxes do not disproportionately target low-income people—who already drink at lower rates than those with higher incomes—and will be of little, if any, burden on the vast majority of consumers. Revenues from alcohol continue to be of more importance these days, as our nation and at least 41 states struggle to overcome budget deficits.

SOME GOOD NEWS — SOME BAD NEWS

The 2010 Monitoring the Future survey, funded by the National Institute on Drug Abuse (NIDA), found that alcohol use has decreased in the past 6 years among 8th, 10th, and 12th graders. The survey found that 2010 marks the lowest level of alcohol use for 12th graders since the study's inception in 1975 and the lowest point for 8th and 10th graders since these grades were first included in the study in 1991. Binge drinking and consumption of flavored alcoholic beverages each continued a downward trend. However, a majority of 8th, 10th, and 12th graders still report that it is "fairly easy" or "very easy" to obtain alcohol, with no significant decline in those numbers over the last 2 years. Similarly, the perceived risk of drinking alcohol has not risen significantly during the same period. So, while great progress has been made during the past 6 years, areas of concern for prevention professionals remain. The University of Michigan conducts the annual study. (Article from Stop Underage Drinking)

ATHLETES AND ALCOHOL — PART THREE

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. That 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**.

Below is Part 3 our 3 Part series.

Alcohol use constricts metabolism and endurance. Being physically fit and well-conditioned is the hallmark of a champion. However, no matter how many wind sprints and laps you do, drinking alcohol constricts your aerobic metabolism and endurance.

Alcohol use requires increased conditioning to maintain weight. Alcohol holds very little nutritional value to the athlete. The relatively high calories in alcohol are not available to your muscles. Alcohol calories are not converted to glycogen, a form of stored carbohydrates, and thus are not a good source of energy during exercise. Each

drink contains approximately 100-150 empty calories. The body treats alcohol as fat, converting alcohol sugars into fatty acids.

Alcohol use inhibits absorption of nutrients. Not only is alcohol devoid of proteins, minerals and vitamins, it actually inhibits the absorption and usage of vital nutrients such as thiamin (vitamin B1), vitamin B12, folic acid and zinc.

- **Thiamin** (vitamin B1) is involved in the metabolism of proteins and fat and the formation of hemoglobin. It is also essential to optimal performance for its role in metabolizing carbohydrates.

- **Vitamin B12** is essential to good health. It helps maintain healthy red blood and nerve cells.

- **Folic acid** is an integral part of a coenzyme involved in the formation of new cells, a lack of it can cause a blood disorder called “megaloblastic anemia,” which causes a lowering of oxygen-carrying capacity and thus negatively affects endurance activities.

- **Zinc** is also essential to your energy metabolic processes. Since alcohol depletes your zinc resources, the effect is an even greater reduction of your endurance.

Be your Best — Don't Drink

INTERNET GAMBLING

It has not taken long for Internet Gambling to be back on the Legislator's Agenda. Two bills have already been introduced, SB 40 Correa and SB 45 Wright, and a third is on the way. Currently Federal law permits internet gambling if it does not cross state lines. That means that with legislative approval California can have intrastate internet gambling for people in our state. The supporters of this type of gambling promise revenue and jobs

for the state, However, they fail to mention this is in exchange for huge profits by the operators, huge losses for the gamblers and the destruction of individuals, families, communities and the economic climate of California. This deal is clearly bad for the people of California, and a survey of voters show 61% oppose it. We will voice our opposition and our concern regarding this effort to place a virtual casino and poker parlor in every business, every home, and every dorm room in California. This is a deal we do not want and cannot afford.



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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.

DRUGS + DRIVING = DEATH

Drugs other than alcohol are playing a larger role in traffic deaths in our country. In fact, drivers testing positive for other drugs have increased over the last five years. Although alcohol is still the primary drug in DUI offences, 28% of fatally injured drivers tested positive for marijuana.

Below is an article from the **Center for Substance Abuse Research**.

The percentage of fatally injured drivers testing positive for drugs increased over the last five years, according to data from the National Highway Traffic Safety Administration (NHTSA). Each year between 56% and 65% of drivers fatally injured in motor vehicle crashes were tested for the presence of drugs in their systems. In 2009, 33% of the 12,055 of drivers fatally injured in motor vehicle crashes with known test results tested positive* for at least one drug, compared to

28% in 2005 (see figure below). The drugs tested for included both illegal substances as well as over-the counter and prescription medications, (which may or may not have been misused). In 2009, marijuana was the most prevalent drug found in this population—**approximately 28% of fatally injured drivers who tested positive were positive for marijuana**. The authors caution that “drug involvement rates among those with unavailable drug test results may be similar to those for whom results are available, or there may be a systematic bias that could influence the unavailable rates in a positive or negative direction.”

*Nicotine, aspirin, alcohol, and drugs administered after the crash are excluded. Testing positive for drugs only means that the drugs were found in the driver's system and does not imply impairment or indicate that drug use was the cause of the crash or the fatality.