

CALCAP, ANEF & CCAGE

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DARE TO DREAM THIS CHRISTMAS!



Merry Christmas, Let me be among the first to extend to you a Christmas greet-

ing. Christmas is a time for dreams, and these dreams cannot begin too soon. It is a time to accept the invitation and encouragement of this season to imagine a better world.

What is the "better world" you imagine? A world where "Peace on Earth" is a reality, not just a hope? A time when "Joy to the World" is real and not just a

promise? Do you imagine a world of light instead of darkness and laughter instead of tears?

Can you imagine a world where individuals and families are not destroyed by alcohol and other drugs? Can you imagine a world where communities and states do not try to gamble themselves into prosperity? Does your better world include children being raised in homes where they are not exposed to parents or guardians who are abusing alcohol or other drugs? Does your world have children and youth living lives free from the tragedies of alcohol?

Can you imagine a world where alcohol and other drugs do not fuel crime, homelessness, unemployment, domestic violence, sexual assault, and shattered marriages and families? I can. I hope that this Christmas you will again dare to dream of a better world, and realize that with your help CalCAP, ANEF and CCAGE are working to build that world today.

Rev. James B. Butler,
Executive Director

MAKING A DIFFERENCE TOGETHER

We are interested in the many different things that churches can do and are doing to help prevent substance abuse and support those in recovery. Are you presenting educational programs for your adults or youth? Are you ministering to children and families touched by substance abuse? Beginning in 2010, we will publish different ideas that might be incorporated by others. Is

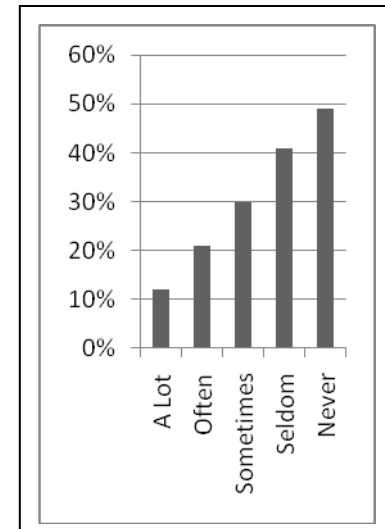
your church doing something special in this area? Will you share it with us in order to help other churches meet this ministry opportunity? Contact us via email or US mail with your program, stories and ideas, and we will be sharing them with others via our newsletter and web site. We are in this together, and together we will make a difference.

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PARENTS STILL MATTER

Sometimes parents may wonder if they still influence their children. Well, the clear answer is “Yes!” Youths whose parents set clear rules for them are less likely to report using illicit drugs, according to data from the 2008-09 PRIDE Survey. Middle and high school students whose parents set clear rules for them “a lot” or “often” were less likely to report using illicit drugs in the past year (12% and 21%, respectively) than students whose parents never set clear rules (49%). Similar results were found for having parents who punish them for breaking these rules. Previous studies have found that youths living in households where parents kept track of their whereabouts and set curfews were less likely to report heavy drinking (*CESAR FAX*, Volume 17, Issue 31).



ENERGY DRINKS

There is some “Good News” regarding Energy Drinks with Alcohol. The FDA has notified the makers of alcohol energy drinks that they have 30 days to establish that adding caffeine to the alcohol is safe and legal. The request comes in response to health concerns expressed by the Attorney Generals of 18 different states and one city attorney about the safety of caffeinated alcoholic beverages.

The FDA says it is unaware of any basis that the companies who create caffeinated alcoholic beverages could have used to conclude that their products were legal, and the agency would like

to see the rationale for their decisions to market the products.

The addition of caffeine is only currently approved and deemed safe in non-alcoholic soft drinks, at concentrations of 200 parts per million or less. The drinks targeted by the FDA warning are alcoholic beverages, and some of the drinks exceed that amount.

Alcohol energy drinks are heavily used by underage drinkers and college students, often involving binge drinking and other reckless behavior, so this action by the FDA is “Good News” for the Youth of America.

LEGALIZATION OF MARIJUANA?

On October 28, the first step was taken toward the legalization of marijuana. At an Assembly hearing for AB 390, testimony was given by both proponents and opponents to this legislation. We testified and provided packets of material to each of the committee members that included studies concerning the physical, emotional, societal and economic costs of marijuana use. Included in those groups opposing this bill are the California Peace Officers’

Association, California Police Chief’s Association, Office of the Attorney General’s Bureau of Narcotics Enforcement and a representative of the Rand Corporation that concluded that there is not enough information at this time to change the policy. Although this is strong opposition, the Chairman of the committee is the sponsor of the bill, so we know it will be an up-hill battle. The next hearing is scheduled for January, and we will be there.

RESERVATION SHOPPING IN SAN FRANCISCO BAY AREA

“Reservation shopping” is the term used to describe the scheme used by tribes in California to obtain non-reservation land for casinos in urban areas. Currently there are more than 20 tribes pursuing this tactic, and 87 tribes seeking to expand their reservation properties for the purpose of expanding their gambling operations. One such site is in Contra Costa County on a piece of land on the San Francisco Bay. For years, the

County Board of Supervisors resisted this encroachment of gambling into their area, spending a million dollars on studies supporting their opposition. However, at a recent meeting, they reversed their position and now support this huge urban casino, which will have more slot machines than any Las Vegas Casino. According to the Contra Costa Times, this reversal is the result of a cash-strapped county and a promise of millions

of dollars each year by the tribe. Fortunately, there are more steps in the process before California’s first urban casino opens. The promises of millions of dollars will be used to persuade many who oppose these Casinos. This will make our battle especially difficult in these economic times, but we will continue to oppose this and other expansions of gambling every step of the way.

DONATIONS BY COMPUTER

If you use a computer, there are two ways that you can support our family of organizations. The first is for those who shop on-line. The second is for those who would like to make a donation using a credit card.

For those of you who do some of your Christmas shopping on-line, many of the stores you use will make a contribution to CalCAP. When you do your shopping on line, at such places as Amazon, e-Bay, QVC, Sears, Dell, Macy’s, Home Depot, Staples, or more than 500 other merchants, they will make a donation to the California Council on Alcohol Problems.

All you need to do to take advantage of this opportunity is to register at “www.iGive.com” and select “California Council on Alcohol Problems” to be your cause. Then every time you use one of the participating

merchants, that company will make a donation to our organization at no cost to you.

If you would like to help CalCAP as you do your Christmas (or year-round) shopping, register today at www.iGive.com

For those who would like to make a donation using a credit card to one of our organizations, go to the website, and click on “Donation”. It will then ask for some information (name, amount card number etc.), and you will be done.

Web Sites:
www.calcap.org
www.anefca.org
www.ccage.org

Thank you for remembering us this Christmas.



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WE'RE ON THE WEB!
WWW.CALCAP.ORG
WWW.ANEFCA.ORG
WWW.CCAGE.ORG

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.

BINGE DRINKING — NOT JUST A YOUTH PROBLEM

It is not just our youth that have a problem with alcohol. While binge drinking is typically thought of as a problem among youth, data from the National Survey on Drug Use and Health show that this behavior is also prevalent among older adults. 20% of men and 6% of women reported binge drinking, defined as consuming five or more drinks on the same occasion on at least one day in the past month. The survey also found that 17% of men and 11% of women ages 50 and older reported at-risk drinking in the past month, defined as consuming two or more drinks per day. This is a combined total of 54% of adults drinking at a high risk or bingeing (see figure below). Since many alcohol screening instruments used to assess alcohol problems in older adults do not address binge drinking, the authors of the study suggest that “clinicians working with middle-aged and older adults who screen for alcohol problems would be well advised to specifically ask about binge drinking” (p. 8).

This study reminds us that alcohol is a problem for all ages.

