

CALCAP, ANEF & CCAGE

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ALL I WANT FOR CHRISTMAS IS . . .

Dear Friends of CalCAP.

At Christmas time, children have the wonderful capacity to know exactly what they want. In fact they often know where it can be found and how much it will cost. As we grow older, we do not always have that clarity of what we want, where it might be found or how much it costs. Sometimes it is a real challenge to answer the question, "What do you want for Christmas?"

As the Executive Director of CalCAP, ANEF and CCAGE (see back page for description of these organizations) I have a very good idea of what I want this Christmas. I want the continued financial gifts of the individuals, churches and denominations that support us and allow us to persist in raising our voices regarding the terrible conse-

quences or alcohol, other drugs and gambling. I want the sustaining and strengthening prayers as we face the challenges of the ubiquitous alcohol and expanding gambling industries. I want the Legislature to take seriously the issue of underage drinking and the danger of legalizing marijuana. I want our representatives to care more about the people of California than the false promises of money that comes from those promoting internet gambling.

I want a different and better California than the one we have today; one where we restrict the proliferation and expansion of the destructive elements to the social fabric – alcohol, other drugs and gambling.

I know what I want for Christmas. I know that it is found in the hearts and souls of Californians who share a dream of a bet-

ter place to live and raise our children and grand children. And, I know the cost. It will require sacrifice, commitment, perseverance and patience. This is what I want for Christmas this year! What do you want for Christmas?

Rev. James B. Butler
Executive Director



CELEBRATE THE HOLIDAYS ALCOHOL FREE

Although there will be countless ads declaring that alcohol should be part of your Christmas and New Year celebrations, we know that a drunk relative or friend ruining another holiday is something many

would choose to forget, and the drinkers may not remember at all. Celebrate Christmas and New Year without alcohol this year, and have a holiday season that you will want to remember.

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LOOKING AHEAD TO 2011

As recently reported, California's \$19 Billion deficit has been adjusted and now our shortfall is over \$25 Billion. This will provide both opportunities and challenges. We will again work to increase the alcohol tax. This tax has not been raised since 1992, and would result in three benefits for our state and communities. First it will raise a significant amount of money, next it will help reduce underage drinking, and finally, it will make a statement that our state will no longer subsidize the cost of alcohol with an outdated tax.

However, as the state becomes more desperate for money, the legislature will be challenged to resist the false promises of "free" money from the gambling industry. We expect that efforts to legalize internet gambling will be introduced in the 2011 Legislature. Although this issue was explored and stopped in 2010 (we provided testimony), it has not gone away. We anticipate renewed efforts to expand gambling through the internet, and thus, will be prepared to respond as we challenge our legislators to protect California from this extreme type of predatory gambling.

There is also a concern that in spite of the vote of the people on November 2, there will be another

effort to legalize the production, sale and use of marijuana. We were able to defeat previous legislation, and the proposition. However, there are those in our legislature that continue to push this issue, and use the promise of tax money as an excuse for its passage. We will monitor this issue, and, once again, be prepared to offer research material and testimony if it resurfaces.

Finally, we are preparing to work with others in an effort to ban Alcoholic Energy Drinks in California (Youth oriented drinks that have the alcohol of 4 beers and caffeine of 3-4 large cups of coffee). A bill to do this was introduced in 2010, but did not get out of committee. However, since that time there have been a number of news reports indicating the dangerous consequences of these drinks. Currently two states have already banned these types of drinks. We will work to have California join the growing number of states that ban these dangerous and youth oriented drinks. Further, we are also calling for a ban at the national level.

As we look forward to 2011, we will be ready to engage the Legislature and help make California a better place.

CALIFORNIA VOTES NO ON PROPOSITION 19

On November 2, 2010, 54% of the voters of California declared that they did not want California to become the pot capital of the United States. Although we contacted more than 10,000 churches and individuals with information regarding the terrible impacts that Prop 19 would have on our state, our success was not assured. The supporters spent millions of dollars on mailers, television ads and radio spots promising easy money for our debt-ridden state. However, when the votes were finally counted, the people of California decided that we did not want the cultivation, manufacturing sale and recreational use of marijuana to be legal in our state. This is an important victory in our battle to prevent the further destruction and erosion of our society by drugs.

Unfortunately, this victory does not mean that the effort to legalize marijuana is over. There is already speculation that there will be another ballot initiative in 2012, and the possibility continues that this issue will be considered before that time by the Legislature in 2011.

Even as we celebrate this victory, let us continue to be vigilant and ready to meet the challenge again.



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. 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 2 our 3 Part series.

How Alcohol Affects your Ability to Learn New Plays and Strategies

Alcohol use inhibits ability to learn new information. Any athlete knows that preparation, such as learning plays and sound strategies, is essential to peak performance. However, alcohol can have a devastating effect on this process. When there is alcohol in your system, your brain's ability to learn and store new information is inhibited due to compromising of the hippocampus, a structure deep in the brain vital to the formation of memories. If you cannot form new memories, you cannot learn.

Alcohol use hampers memory and retention. Unfortunately, it is not as simple as just not drinking while studying plays or before team meetings. Memory formation is a complex process that takes a long time. Many of your memories are solidified when you are not thinking about the material. In fact, much of memory formation occurs while you sleep.

Alcohol affects your sleep cycle by disrupting the sequence and duration of normal sleep, reducing your brain's ability to learn and retain information. Even drinking up to six hours before you go to sleep will negatively affect your sleep cycle. For example, if you drink after a day of classes, studying or learning new plays, you are not getting 100 percent out of your efforts because of the effects of the alcohol you drank.

Consider this:

- Consuming five or more alcoholic beverages in one night can affect brain and body activities for up to three days.
- Two consecutive nights of drinking five or more alcoholic beverages can affect brain and body activities for up to five days.

Be your best — Don't Drink!

TWO GIFTS FOR THE PRICE OF ONE

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 on this site, 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 and you will give two gifts for the price of one.



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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.

A GIFT THAT KEEPS ON GIVING

Some Christmas gifts do not last longer than the batteries that power them. Others last only until they are out grown, worn out or are no longer in fashion. And then there are those that reflect a value for many years, and even reflect our values. A gift to the California Council on alcohol Problems is one of those lasting gifts. Our efforts to prevent the social, economic, scientific and moral problems caused by alcohol contribute to a better world for individuals, families and communities. Our efforts result in better information and education regarding underage drinking. Our efforts help keep the alcohol industry in check, and remind the legislature that they have been elected to serve the people of California, not an industry that preys on our



weaknesses and exploits our children. Our efforts give voice to those who know that an abundant life does not include suffering the devastation caused by alcohol. Our efforts result in a lasting gift to the people of California, especially the children. Our efforts are only possible because of those who are willing to give a gift that will keep on giving.

As you consider the various gifts that you will give this Christmas, I hope that you will consider a gift to the California Council on Alcohol Problems or the Alcohol-Narcotic Education Foundation. It will be a gift that bears the type of fruit that is appreciated and makes a difference for years and years to come.

Rev. James B. Butler