

August 16, 2018

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Native American Nations & State Alcohol Policies: An Analysis (White Paper)

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CONTROL STATE NEWS

WY: Casper police chief advises against loosening open-container laws

Star Tribune

By Katie King

August 15, 2018

City leaders ultimately didn't reach a decision this week on whether to loosen alcohol regulations in Casper — but it appears unlikely that any drastic changes are on the horizon.

"Just a little bit of regulation of alcohol goes a long way," said Police Chief Keith McPheeters, who cautioned at the City Council's Tuesday work session against eliminating any restrictions.

The city's open-container laws were briefly relaxed downtown during last August's Wyoming Eclipse Festival. After noting that drinkers behaved responsibly, the Council decided to discuss whether those rules could be permanently loosened in sections of the city's core.

McPheeters told the Council that the festival's success was largely due to months of planning and an increased police presence downtown.

"Remember how many officers we had at the scene," he said, explaining that the department does not have enough funding to increase patrols on a regular basis.

The chief then discussed Barrow, a remote Alaskan town of 4,300 that experienced a significant decrease in crime after outlawing alcohol for a period in the 1990s. Felony assaults declined by 86 percent, drunk driving arrests sank by 79 percent and reports of domestic violence decreased by 27 percent, he said.

Explaining that he wasn't pushing for prohibition in Casper, McPheeters said he just wanted to highlight that alcohol frequently plays a role in crime.

Fifty-nine percent of the people arrested in Casper are under the influence of alcohol at the time of their arrest, according to the chief. He warned that even a small change, like relaxing open container laws, could have unintended consequences.

After listening to the chief's input, some council members said they supported his recommendation.

"I'm behind you 100 percent, [it was a] bad idea," said Councilwoman Kenyne Humphrey.

Even during special occasions, Councilman Bob Hopkins said he saw no need to allow open-containers.

"They don't need to do that to have a good time," he said.

Others thought the issue needed further discussion. Councilman Jesse Morgan said he didn't see the harm in allowing citizens to carry their drinks along a block or two downtown during routine events, like Art Walk.

"I don't see it as that big of a problem," Morgan said.

Vice Mayor Charlie Powell said he thought city officials could find a middle ground that would allow a little more leniency without creating more crime.

"We did do well during the eclipse," he said, adding he did not believe the only reason drinkers behaved responsibly was due to the increased police presence.

The Council ultimately decided to revisit the issue at a later date.

This is not the first time McPheeters has expressed concerns about the over-consumption of alcohol.

During a work session in February, the chief asked council members to recognize that the over-service of liquor is creating serious challenges for the city.

McPheeters explained that bar patrons who become overly intoxicated eventually leave the establishment and can then create problems for other residents and the police.

The chief encouraged the Council to re-examine the city's demerit system for liquor license holders. The Council does not currently begin to take disciplinary action until a liquor license holder has reached 125 demerit points within a year.

Many violations are 25 points, including serving alcohol to minors, selling alcohol outside of the established hours or failing to maintain exits and emergency escapes. Disciplinary action can include anything from a brief liquor license suspension to revoking a license completely.

Mike Reid, who co-owns Poplar Wine and Spirits and Vintage Fine Wine and Martini Bar, previously told the Star-Tribune that he understands the chief's concerns. He said he believes almost everyone involved in the liquor businesses would be willing to work alongside the city to find solutions.

"I don't think anybody wants to see anybody [else] get hurt," he said.

LICENSE STATE NEWS

NY: Local breweries concerned new state law could have negative impact on business

WBFO 88.7

By NICK LIPPA

August 15, 2018

A new state law awaiting the Governor's signature would raise the age to serve alcohol from 18 to 21 and impose some restrictions on sample sizes. A resolution was introduced Wednesday afternoon by Erie County Legislature Minority Leader Joseph Lorigo and Assemblyman Erik Bohlen opposing the proposed changes.

Rusty Nickel Brewing Company President Jason Havens said the intent of the bill is to help. If implemented correctly, it could allow breweries to save on some of the tax burdens for sampling in tasting rooms.

"For a business like us, we could be looking at something around 10k to 15k in tax advantages in savings in casings alone in a given year," said Havens. "That certainly could go back to hiring a new employee, expanding our production opportunities, or in our case possibly even getting in to distribution across Western New York"

Havens is just concerned about the execution of the bill. A brewery like Rusty Nickel can serve 5 five-ounce samples in one day. After, they would have to charge sales tax on any further samples. Keeping track of how many samples have been given out throughout the day could prove difficult.

"How do we ask our staff to differentiate before a sale to one individual and a sale to another individual when more often than not, individuals are purchasing for groups? That challenge could lead to a tax audit or implications that we're not doing things correctly. That is why we are trying to amend the way that this is written with respect to the tax savings," he said.

Lorigo said the age restriction could hold back young professionals from entering the field.

"A number of local colleges have brewery science programs that require internships for people to come in and learn the craft," said Lorigo. If people can't get in and start handling alcoholic beverages until they are 21. That severely limits their ability to get their degree in a timely fashion."

If you look at the actual text of the law, Lorigo said, it could be interpreted to mean that even restaurants and bars, not just breweries, could be affected.

"If you have a waitress at a restaurant that wants to bring you a beer that is 19 years old, the way the current law is written, potentially that waitress or waiter wouldn't be able to bring you that beer simply because of how poor the current legislation is written," he said.

Havens and Lorigo both are urging Governor Cuomo to veto the bill so it can get back to the state legislature where changes can be made.

KY: Deadline for wet-dry vote petition extended to Aug. 24

Daily News (Bowling Green)

By Don Sargent

August 15, 2018

The last call has been extended for proponents of countywide alcohol sales in Warren County, who are only about halfway to their goal of getting the question on the ballot.

According to an opinion rendered by Warren County Attorney Amy Milliken, the Warren Countians for Economic Growth group that has been promoting a petition drive to get a wet-dry vote on the Nov. 6 ballot now has until noon Aug. 24 to collect the needed 12,300 signatures. That figure represents 25 percent of the number of votes cast in the last general election, which is the requirement for getting the question on the ballot.

Warren County Clerk Lynette Yates revealed Wednesday that 5,858 verified signatures were turned in by 4 p.m. Tuesday, which was the deadline to get the wet-dry vote on the November general election ballot.

Milliken explained that the group pushing for the signatures has requested a special election be held Nov. 6 in conjunction with the general election.

"They have the ability to do that because they fall under the local option election statute," said Milliken.

Milliken said that, under that statute, the county clerk must schedule a local option election not earlier than 60 days and not later than 150 days after the petition is filed with the clerk. The original petition to get on the general election ballot was filed Aug. 1 by Bobby Massey of Smiths Grove. Yates said the petition for a special local option election will be recorded as being filed Aug. 24.

"It makes sense to have it (local option election) on Nov. 6, if they get the required number of signatures," Milliken said. "Otherwise, you would have a special election with just that decision on the ballot."

"On Nov. 6, you'll have county and city races and other issues on the ballot that will draw people in. I would like to hear from as many people as possible."

So would those pushing for the signatures. Rural wedding and event venues such as the Elkins Grove venue that Massey is associated with have been actively pushing for signatures and have set up signature drives at more than two dozen locations around the county.

As Milliken pointed out, those venues can now be found in violation by the state Alcoholic Beverage Control Board if alcohol is served at weddings or other events.

Warren County Judge-Executive Mike Buchanon said complaints about receptions and parties in Warren County have required ABC officials to take action and contact those venues that served or allowed others to serve free drinks to guests.

"These ABC enforcement contacts and warnings have caused an awareness of the prohibitive legal status and great concern to residents and businesses throughout our county," Buchanon said. "A number of Warren County residents and business owners have taken on the challenge of getting the required signatures to get this wet-dry choice on the November ballot. I believe the voters should have the chance to choose."

The extension to Aug. 24 makes it more likely that the question will get on the ballot, but one proponent of the measure still has doubts.

"It will definitely be helpful," said Terry Jones, owner of the Plano Store, where more than 700 signatures have been collected. "But it still sounds like a tough task. We just need another big push. We need to promote this through social media and through all the places in town where people can sign the petition."

"I hope we can get it done. If not, we'll try again in the future."

Yates and Milliken indicated that any signatures collected and verified through Aug. 24 will be added to the 5,858 already collected.

INTERNATIONAL NEWS

United Kingdom: Airports criticise proposals to stop them selling alcohol in the early morning

Telegraph

By Olivia Rudgard, social affairs correspondent

August 16, 2018

Airports have criticised proposals that could stop them serving alcohol to holidaymakers in the early morning.

A row has erupted after a report by the Institute of Alcohol Studies recommended applying the Licensing Act to airports, allowing time restrictions to be imposed.

Airports accused the authors of pandering to the "vested interests" of Ryanair, which supports a change to stop the sale of alcohol in airports in the early morning and after 11pm.

Currently airports are exempt from the legislation but the Government is considering changing this as part of efforts to reduce disruption by drunk passengers.

Francois Bourienne, chair of the UK Travel Retail Forum, which represents 18 UK airports including Heathrow, Manchester and Glasgow, told the Daily Telegraph that the IAS was "copy-pasting what Ryanair wanted to say".

"If people can't drink before a certain time in the airport what are they going to do? They're going to drink in the aircraft," he said.

He warned that the plans could also hit sales of premium whisky as US tourists returning home on early morning flights would be prevented from buying the spirit as a gift or souvenir.

He said the issue should instead be tackled by giving passengers warnings about the consequences if they were drunk on board and airlines intervening to speak to high-risk groups such as stag and hen parties.

The Home Office is due to launch a consultation on extending the Licensing Act after a House of Lords select committee recommended that the exemption be removed.

A spokeswoman for the IAS said that arguments from all parties "were awarded the same consideration without preferential treatment for any one stakeholder group."

"We chose the three key recommendations for the report based on levels of public support, stakeholder support, and likely effectiveness," she said.

Diarmuid Ó Conghaile, Ryanair's director of public affairs, said that a "small number of passengers" were causing "disturbance and disruption to others".

"Problems do not arise from the sale of alcohol on board, as the measures are small, the flights short, and sales controlled by trained staff," he said.

PUBLIC HEALTH NEWS

Research demonstrates higher alcohol taxes help reduce alcohol consumption

World Health Organization | Europe

By Marina Bykova

August 15, 2018

"Tax increases may not sound the most attractive of policy options, but are the single most cost-effective way of diminishing demand and reining back consumption," says Dr Daniel Chisholm, Programme Manager in the Division of Noncommunicable Diseases and Promoting Health through the Life-course at WHO/Europe and co-author of a new study on alcohol control policies.

The study, conducted by WHO and one of its collaborating centres based in Canada, was published in the Journal of Studies on Alcohol and Drugs in July 2018. It analyses the cost-effectiveness of a range of alcohol control strategies.

Using data from 16 countries, the study assesses the costs and health impacts of different policy options, with a view to identifying "best buys" for reducing harmful alcohol use and thereby improving overall health in the population.

Previous research has indicated that more than 5% of deaths worldwide and over 4% of the global burden of disease are directly related to alcohol use. The study shows that increasing alcohol excise taxes by 50% would be the most cost-effective policy to reduce harmful alcohol use.

This measure is more efficient than alternative options in the same price category, such as restrictions on sale hours and advertising, and significantly less expensive than other policies considered. Indeed, it would cost considerably less than the equivalent of US\$ 100 for each year of healthy life gained.

However, low levels of awareness of health risks related to alcohol consumption and strong lobbying from the industry often lead to low excise taxes, warns Dr Chisholm.

Restrictions on sale hours and alcohol advertising have also shown to be cost-effective measures; each costs less than US\$ 100 per healthy year of life gained in the overall population.

As the study does not look at other effects, such as better productivity at work, it might have underestimated the positive effects of the proposed policies.

"It is expected that this new evidence will feed into renewed policy dialogue at the national level and help to guide decision-makers to implement and enforce stronger measures that address the harms associated with alcohol use," says Dr Carina Ferreira-Borges, Programme Manager for Alcohol and Illicit Drugs at WHO/Europe. "The analysis forms part of the recent updates made to WHO's Global action plan for the prevention and control of noncommunicable diseases 2013-2020."

INDUSTRY NEWS

Turkey boosts tariffs on some U.S. products, more than doubling them on cars and alcohol (Excerpt)
Turkey, U.S. in economic war ostensibly about pastor, though relations between NATO allies have been tense

CBC

The Associated Press

August 15, 2018

Turkey is boosting tariffs on imports of certain U.S. products, including rice, cars, alcohol, coal and cosmetics — escalating a feud with the United States that has helped trigger a currency crisis.

Tariffs are more than doubling for American cars and alcohol, for instance, to 120 per cent and 140 per cent, respectively.

"Turkey does not favour an economic war, but it cannot remain unresponsive when it is attacked," said Ibrahim Kalin, a spokesperson for President Recep Tayyip Erdogan.

Tariffs have been imposed on 22 types of produce and goods imported from the United States, amounting to \$533 million US of extra duties, according to a report in the state-run Anadolu Agency, quoting Rushar Pekcan, the country's trade minister.

Pekcan said, according to the report, "the United States is an important trading partner, but it is not our only partner. We have other partners and alternative markets."

She said Turkey would continue to "protect the rights of Turkish companies and retaliate" against unjust actions by the United States.

The tariffs come a day after Erdogan said Turkey would boycott U.S. electronic goods, singling out iPhones. He suggested Turks would buy local or Korean-made Samsung phones instead, although it was unclear how he intended to enforce the boycott.

The Turkish lira has dropped to record lows in recent weeks, having fallen some 42 per cent this year. It recovered a bit, by four per cent to around 6.12 lira per U.S. dollar Wednesday, after the government took steps to shore up the currency by reducing the daily limit in bank foreign currency swap transactions.

Looks to re-emphasize European ties

Also helping the Turkish currency were moves by Turkey to gain favour with European countries.

It decided to release two Greek soldiers from prison on Tuesday. On Wednesday, Turkey then freed Amnesty International's honorary chairman for Turkey, Taner Kilic, from prison pending the outcome of his trial on terror charges. And Erdogan held a phone call with German Chancellor Angela Merkel and planned to speak Thursday with France's Emmanuel Macron.

Turkey also announced Wednesday that it had received \$15 billion of direct investments from Qatar, a country facing its own economic hurdles after being subjected to a blockade last year led by Saudi Arabia.

Fundamental concerns about the Turkish economy persist, however.

Investors are worried that about Erdogan's control over the central bank and his pressure to keep it from raising interest rates. Higher rates would slow economic growth, which he wants to egg on, but are urgently needed to support the currency and tame inflation, experts say.

The currency drop is particularly painful for Turkey because it has accumulated a high debt in foreign currencies.

Attention will turn Thursday to an address by the finance minister to foreign investors for clues on any change in economic policy.

Erdogan has reacted to the financial instability by blaming foreign powers, in particularly the United States, a longtime NATO ally, which he says is waging an "economic war" as part of a plot to harm Turkey.

How Diageo wants to change the alcohol industry in India

The alcohol giant is working to get consumers to 'premiumise'

The Hindu Business Line

By Venky Vembu

August 15, 2018

Late last year, multinational alcoholic beverages company Diageo invested £30 million to bring back to life two moth-balled distilleries at Port Ellen and Brora in Scotland. Production is likely to begin next year, but the Scotch whisky from these distilleries won't be available for consumption until 2032.

"In other words, we're making decisions today about whisky that people won't be drinking until perhaps after I've retired!" noted Diageo's Corporate Communications Director Dominic Redfearn at a recent media interaction in London. Redfearn's point was intended to emphasise the company's claim to taking the long-term view while creating business value. The history associated with Diageo's iconic brands, too, bears testimony to such far-sightedness. As far back as in 1759, for instance, the legendary Alec Guinness signed a 9,000-year lease on a Dublin brewery!

A footprint in India

It is with a similar perspective on the opportunities over the next 20 to 30 years that Diageo frames its business in India. "Our acquisition of USL was part of a journey to acquire companies and brands - and a broad geographical footprint," Redfearn says.

The USL buy, which added about 5,000 employees to Diageo's global workforce, wasn't just about gaining access to a strategically important market. The company's Indian talent pool and its investments in IT and service centres in India serve not just the Indian market, but the group globally.

And a lot of the product and process innovation that happens at Diageo, on which the company justifiably prides itself, is now starting to come out of India, says Redfearn.

'Premiumisation' project

And having overcome the legacy issues associated with the USL acquisition, Diageo has set itself the ambitious target of "changing the alcohol industry in India," he claims. Much of that effort revolves around a campaign to inculcate the spirit of 'responsible drinking', which translates into reinforcing moderation, and in promoting road safety in collaboration with State governments.

And the way Diageo hopes to make the transformation in India is to "premiumise" the business by inducing consumers not to "drink more", but to "drink better", by moving to up-scale brands. That has also seen it franchise out some of the lower-end brands it acquired along with USL and renovate its brands.

Diageo is already the world leader in luxury spirits, but it has developed a 'Reserve' brand-building model to accelerate growth in the segment, says Tanya Clarke, General Manager – Reserve, Diageo Europe.

Diageo's effort, alongside State governments, to influence the way the excessively regulated industry is perceived in the nanny state of India is already bearing fruit. The industry that was earlier seen only as a cash cow to be milked is gradually being invited by State governments to partner in policy decisions that could impact it – and the broader society.

Lofty as Diageo's plans for India are, its international ambitions are even grander. When Indian-origin CEO Ivan Menezes took over in 2013, he charted it out explicitly: "to be the best performing, most trusted and respected consumer products company in the world." "Not just the best alcohol company," points out Redfearn, "but the best consumer products company."

That may sound a trifle over the top, but when it comes from a company that owns 200-plus brands in over 180 countries, which has a rich heritage of building businesses over generations, it somehow seems eminently realisable.

The writer was in Scotland recently at Diageo's invitation

Distilling the alarming rise of counterfeit beer, wine and spirits

Food and Bev

Posted By: Guest contributor

August 16, 2018

Whether it's fake wines in Tuscany, substandard vodka in Russia, or phoney whiskey in Rwanda, counterfeit alcohol is alarmingly on the rise. According to the World Health Organization's Global Status Report on Alcohol and Health, unrecorded alcohol has come to represent approximately 25% of all alcohol consumption worldwide.

The European Union (EU) Intellectual Property Office reports that in the EU, €2.8 billion is lost in sales every year due to fraudulent wines and spirits. In just one year, Interpol and Europol seized 26.4 million litres of counterfeit alcohol and food, worth an estimated €230 million. In February 2018, Mexican police seized 20,000 gallons of black-market tequila, with over 200 gallons containing dangerous levels of methanol, destined for resorts catering to North American tourists.

For wine, beer and spirits brands as well as their distribution and retail partners, this Molotov cocktail is potentially very bad for business: the negative impact on an alcohol company's brand capital, customer loyalty and worldwide revenues can cause long-term damage.

Understandably, alcohol brands do not want to highlight the fact they are subject to fake versions of their products. Also, mitigating the potential for counterfeiting can be extremely complex due to the industry's multilevel supply chain, especially when products are sold on a global scale.

The solution for alcohol manufacturers to protect their brand image and revenues? Digital end-to-end traceability.

Traceability solutions allow alcohol brands to track and trace their products from their raw materials through to production and all the way to the consumer, thanks to sophisticated serialisation by individual bottle or can – not just by lot. Serialisation is therefore one of the most cost-effective means to counteract fake alcohol.

Powered by blockchain, artificial intelligence and Internet of Things technologies, traceability solutions provide a global view of the entire supply chain. As beer, wine or spirits move down the supply chain, manufacturers can monitor where their products are at any given time, ensuring they pass through legitimate distribution and retail channels. Brands can even promote their use of digital traceability solutions to demonstrate their commitment to product quality and consumer health, which in turn can lead to increased customer loyalty.

Thanks to real-time access to data, manufacturers can also quickly flag potentially illicit activities as well as counterfeit batches. Furthermore, should a health issue arise, a digital traceability solution enables an alcohol brand to quickly mitigate the extent of the danger and immediately implement corrective measures.

Digital traceability solutions can make a significant impact in the fight against fraud in the alcohol industry. OPTEL GROUP's end-to-end traceability solutions for the food and beverage industry provide brands with the means to guarantee the authenticity of their beer, wine and spirits; safeguard their brands; foster consumer trust; and ensure sustainable business growth in international markets.

EDUCATION NEWS

One university's uniquely compassionate plan for teaching students resilience

Quartz

By Jenny Anderson

August 15, 2018

Young adults are extremely stressed-out these days—and colleges across America are scrambling to support them.

In 2013, a group of top-flight colleges including Stanford, Harvard, Princeton and the University of Pennsylvania formed the Resilience Project to pool ideas and resources around building students' coping skills, including Baylor's workshop on cultivating grit and a Harvard group that encourages students to reflect on their beliefs about success and failure. Yale last year launched "Psychology and the Good Life," a class about how to find happiness, while Bates is focused on helping students discover "purposeful work." The Princeton Perspective, meanwhile, is a project committed to normalizing failure among certain not-used-to-failure types.

Florida State University is taking a different approach with a new program that aims to tackle not just how students can weather stress, but also how they can deal with trauma. This fall, its 6,000 incoming freshman will be required to take part in the "Student Resilience Project," an online trauma-resilience initiative developed by the Institute for Family Violence Studies at FSU's College of Social Work.

Every freshman will learn in a four-to-five minute video about adverse childhood experiences, or ACEs, such as emotional, physical or sexual abuse, a mother being treated violently, or household mental illness. The video explains that people attempting to cope with the suffering that results from those experiences can wind up engaging in harmful behaviors, including drug and alcohol use and dysfunctional relationships. Then, through a series of online videos in the style of TED talks, faculty and mental-health providers will offer strategies and testimonials on how students can deal with issues they may encounter in college, from breakups, academic stress, and the pain of losing a parent or grandparent.

Karen Oehme, director of the Institute for Family Violence Studies in the College of Social Work at FSU, says the program is aimed both at students who have faced trauma and those who have not. “Even if you haven’t experienced ACEs, or had only one, students come here and have all of this stress, and these issues they didn’t expect,” she says. “We want to help them too. It’s stress management and stress reduction.”

FSU’s program is unique from other resilience programs in a few ways. It addresses trauma head-on and acknowledges that many students will have faced it before they get to school—in the form of sexual abuse, community violence, witnessing domestic violence, or racism. Indeed, many survivors of the Marjory Stoneman Douglas High School shooting in Parkland will join FSU this fall.

It’s informed by the idea that unmanaged responses to stress can interfere with students’ ability to succeed in college, along with longer-term negative consequences. It is online—which raises some concerns about how effective it can be at helping students deal with trauma—and it is meant to be preventative and universal. Finally, the motivation for the program goes beyond ensuring that kids graduate with decent grades. “We are not just dealing with academic resilience,” Oehme says. “We want to look at the whole person.”

How FSU’s program got started

Last fall, Jim Clark, dean of FSU’s school of social work, went to the provost of the university with an idea: a program to build student resilience that would educate young adults about trauma and its effects.

Three things contributed to his making the request. First, like other universities, FSU has seen a massive uptick in demand for mental-health services; according to one study from Belgium, one in three college students report mental-health issues each year.

Clark was also motivated by the memory of Andrew Coffey, an FSU fraternity student who died last year in a Greek hazing ritual. The president of the university committed to raising awareness about hazing, substance abuse, and mental health issues.

Finally, Clark, who has been a psychotherapist for many years, noticed that incoming students seemed much more fragile and less able to respond to the multiple emotional and academic demands of university than previous generations. “There’s less sturdiness among students who are facing a lot of pressures coming into the university,” he said. Clark is far from the only person to observe this phenomenon: Peter Salovey, president of Yale and an early pioneer in research on emotional intelligence, told Quartz that while students today are more sophisticated and worldly than previous generations, they are also much less resilient.

When the provost said yes, Clark and Oehme set out to find a preexisting program that worked. They came up short, since most resilience programs have not been systematically evaluated. “We don’t have peer-reviewed literature saying this is what works in the college system,” he said. So they set out to design a program based on the science of resilience and informed by trauma awareness, which the university plans to evaluate.

Clark wanted to go beyond short-term triage of students’ problems and get closer to the root of some of the issues they face. “Most people do not know there is a connection between what happened to them and how they are coping with it,” he said. Trauma-informed service means that instead of sending students the message, “Why are you always messing up like this?,” the college asks, “What happened to you?”

“That’s the operative question,” Clark says. “All the things you and everyone else thinks you are doing wrong might be the solutions you have formed to deal with past trauma.” If you become aware of the trauma, its impact, and the availability of other coping mechanisms, you might be able to let go of some of the destructive behaviors.

“Time does not heal, time conceals”

While it may seem grim to kick off freshman year by educating kids about the impact of trauma, research suggests that colleges might be wise to do so. Trauma is far more prevalent than we realize. According to one of the largest studies conducted on adverse childhood experiences, conducted by Kaiser Permanente and the Center for Disease Control, 26% of a large, nationally representative sample of adults reported experiencing one ACE; 22% reported experiencing three or more. Since ACEs are strong predictors of negative outcomes such as disrupted neural

development, depression, disease, and early death, trying to address them seems a sensible approach for an institution aiming to prepare students for life. "Time does not heal; time conceals," writes Vincent Felitti, a professor of medicine at the University of California San Diego, in the journal *Academic Pediatrics*.

Even for students who do not arrive with a history of trauma, college offers ample opportunities for stress. There's the academic pressure, the high cost of tuition, and the experience of living apart from your family for the first time, not to mention many tricky social situations. The video and audio presentations talk about the "normality" and advantages of taking risks, explaining that by failing, we actually build the muscles of resilience.

It's far from a sure bet. If students don't use the program, or find it annoying, they will have plenty of opportunities to say so. The hope, Clark says, is that those who don't need intensive services gain some additional education and awareness, and those who discover through the program that they need more individualized help—or who know that already—will be able to find it on campus. And the simple introduction of the program may help reduce the stigma that often surrounds mental-health and substance abuse problems, while reminding students that it's entirely normal to struggle sometimes. Already, FSU's graduate and post-graduate departments have already asked to get programs tailored for their students.

"America has bought into the gospel of success at all costs," says Clark. Young people often grow up feeling like there's not a lot of room for failure and setbacks. But resilience is built through messing up and moving on. For students who don't know how to do that already, college is a good place to start.

DAILY NEWS

Bud Light to give Cleveland Browns fans free beer if team wins a game

WHEC

August 15, 2018

Bud Light is installing "Victory Fridges" in the city of Cleveland that will give away free beer when the Cleveland Browns win their first game of the season.

It has now been 599 days and counting -- and 17 straight losses -- since the Cleveland Browns won a football game.

Bud Light is installing "Victory Fridges" throughout the Cleveland area, which will unlock via WiFi following the Browns' first regular-season win of 2018.

Once the fridges unlock, free beer will be available to fans at each establishment.

Each fridge holds about 200 16-ounce bottles of bud light, who is an official sponsor of the NFL and the Browns.

The Browns first regular season game will be on September 9 at home against the Pittsburgh Steelers.

Mixing Red Bull and Vodka Makes the Bad Effects of Alcohol Worse

Yet another reason to stop drinking boozy energy drinks.

Inverse

By Yasmin Tayag

August 16, 2018

Dangerous as they can be, it's no surprise vodka-Red Bulls have stuck around since the '80s. After all, an increased risk of injury and heart palpitations are hardly top of mind when you're having the best night ever on a relentless stream of party fuel. However, new research showing that it's not just caffeine that makes those cocktails dangerous may give pause to even the fist-bumpingest boozy energy drink aficionado. Taurine, another key ingredient to Red Bull and its kin, has been shown to make the bad parts of alcohol even worse.

In a paper published in the *Journal of Psychiatric Research*, a team of researchers from the UK and Brazil show that the interaction between alcohol and taurine can exacerbate the “negative effects” of binge drinking. A glance outside any nightclub or bar after 3 AM illustrates what this refers to: dumb stunts, fist fights, and weird social behavior. Matthew Parker Ph.D., a co-author on the study and Portsmouth University behavioral scientist, tells *Inverse* that the new study was meant to explore the roots of how VRBs cause bad behavior.

“In this study we tested the hypothesis that the mechanisms by which alcohol and taurine increase aggression are through reduction in fear and social communication,” he says. Previous research by co-author Denis Rosemberg, Ph.D., showing that the mixture of taurine and alcohol causes increased aggression in zebrafish, provided some background to the study, but here the team sought to understand the mechanisms behind the aggression.

“These findings were not altogether surprising,” Parker continues. “They helped us to see with more clarity the mechanisms by which mixing energy drinks and alcohol may increase the incidence of violence and problematic behaviour.”

In the past, most of the concern around mixing alcohol and energy drinks focused on the effect of caffeine, which is thought to contribute to alcohol overdose by preventing people from realizing when they’re too drunk to keep drinking. This new study looked at how adding taurine to alcohol affected the behaviors already known to be affected by drunkenness: sociability, aggressiveness, and memory.

Using levels of taurine and alcohol equivalent to those that would make a human moderately intoxicated, the team got a quarter of the 192 zebrafish in their study drunk. The remaining fish were split into three control groups: one exposed to just water, one exposed to only taurine, and the final exposed to only alcohol. Then, they watched how the fish interacted with the other individuals in their group and in response to the presence of a predator fish.

Compared to the fish in the alcohol-only and water-only conditions, the fish that got drunk on taurine and alcohol generally had fewer interactions with other individuals and were more willing to risk exposing themselves to the predator fish. In other words, the taurine-and-alcohol combo made them worse at communicating socially and more aggressive than they would have been if they were drunk on alcohol alone.

Taurine, it seems, takes the bad behavior that results from drinking alcohol and makes it worse. It’s not surprising — given what we already know anecdotally about mixing alcohol with 5-Hour Energy, cans of Monster, and Four Lokos — and even though this study was carried out in drunk zebrafish, there’s a lot we can apply to drunk humans.

“Like anything, if taken in moderation it is unlikely that people will notice huge effects,” he says. “However, if you mix energy drinks with alcohol, you should be aware that this might reduce your ability to make sensible decisions in social situations and may reduce your inhibitions, a mixture that could prove volatile in some instances.”

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