Wishing you and your family a safe and wonderful holiday.

NABCA will be closed on Christmas Day and will reopen on Thursday, December 26. Thank you.

TODAY’S HIGHLIGHTS

- MADD says Alabama’s DUI laws above average, could be better
- New to Texas? Here's your warning about liquor laws impacting Christmas and New Year's Day
- Don't rely on digital age proof while serving liquor: Delhi govt tells bars
- How Easy Is It to Binge Drink During the Holidays?
- Heineken Campaign Celebrates ‘Dry January’ with Alcohol-Free Brew
- A health guide to drinking alcohol at the holidays

CONTROL STATE NEWS

AL: MADD says Alabama’s DUI laws above average, could be better

AL.com
By Mike Cason
December 23, 2019

Alabama rates above average but not at the top among states in the strength of its laws against DUI, according to a report released today by Mothers Against Drunk Driving.

MADD rated the 50 states and the District of Columbia on how their DUI laws covered the use of ignition interlock devices, sobriety checkpoints, revoking driving privileges, endangerment of children, and penalties for suspected drunk drivers who refuse an alcohol test.

MADD gave states up to 5 stars in its ratings. Alabama received 4 stars. The national average was 3.16 stars. Arizona was the only state to receive 5 stars. Eight states received 4.5 stars.

MADD National President Helen Witty said in a press release that the report was MADD’s sixth since it launched a campaign to eliminate drunk driving in 2006.

“MADD applauds Arizona and other states that have worked to help end the violent, 100 percent preventable crime of drunk driving through legislation proven to save lives,” said Witty, whose 16-year-old daughter Helen Marie was killed by a drunk and drugged teen driver.

“Still, the Report makes clear that we have much work to do around the nation.”

The report said Alabama improved its rating by passing a law in 2018 that closed loopholes in ignition interlock requirements. It said Alabama could further strengthen its laws by conducting sobriety checkpoints at least monthly and by raising the penalty for child endangerment from a misdemeanor to a felony.

Read the MADD report.

LICENSE STATE NEWS

TX: New to Texas? Here's your warning about liquor laws impacting Christmas and New Year's Day

Stock up while you can, if drinking on holidays is your thing.

KHOU 11
Author: Doug Delony
December 23, 2019

HOUSTON — Hundreds of people move to Texas daily, so it’s time for the annual reminder about our state's liquor laws.

That's right, Texas transplants, you can't buy liquor on Christmas Day or New Year's Day. This usually leads to a rush at liquor stores on Christmas Eve and New Year's Eve — get it while you can or you'll have a dry holiday.

But that's not all.

Texas state law states no person may sell, offer for sale or deliver any liquor on New Year’s Day, Thanksgiving Day, Christmas Day or on Sundays.
If New Year's Day or Christmas falls on a Sunday, which it doesn't this year, then liquor sales are also banned the following Monday.

Lawmakers created the Sunday rule in 1935 after the end of Prohibition. Legislators added Christmas Day to the ban in 1967, and in 1979 Thanksgiving and New Year's were added as well.

Texas isn't alone, however. Half of the country bans liquor sales on Christmas Day.

Here's a list of other laws pertaining to alcohol in Texas, some of which you may find odd:

In Texas, you can drink as a minor.

You heard us right, you can drink as a minor, but only if the minor's parent, legal guardian or adult spouse is present, according to TABC.

No sales near churches or schools.

TABC says you can't sell alcoholic beverages within 300 feet of a public or private school, church or public hospital, and the distance from a school can be increased to 1,000 feet under certain circumstances.

No sale during certain hours and days.

This is when things get really wacky. There are certain times you can purchase alcohol depending on the type of establishment. Below is a list of the times and days by TABC:

ON-PREMISE LICENSE OR PERMIT (E.G. BAR OR RESTAURANT)
• Monday-Friday: 7 a.m.-midnight
• Saturday: 7 a.m.-1 a.m. (Sunday morning)
• Sunday: Noon to midnight. (10 a.m.-noon only in conjunction with the service of food)
• If the establishment is in a city or county legal for late hours, and they have a late hours permit, they can sell alcohol for on-premise consumption until 2 a.m. any night of the week.

OFF-PREMISE BEER/WINE LICENSE OR PERMIT (E.G. CONVENIENCE STORE OR GROCERY STORE)
• Monday-Friday: 7 a.m.-midnight
• Saturday: 7 a.m.-1 a.m. (Sunday morning)
• Sunday: noon to midnight
• A wine-only package store that holds a beer license may not sell wine containing more than 17 percent alcohol by volume on a Sunday or after 10 p.m. on any day.

A wine-only package store that does NOT hold a beer license must have the same hours of sale as a package store.

PACKAGE STORE / LIQUOR STORE
• Monday-Saturday: 10 a.m.-9 p.m.
• Closed on Sunday, Thanksgiving Day, Christmas Day, New Year's Day.
• If Christmas Day or New Year's Day falls on a Sunday, closed the following Monday. (That's right, liquor stores have to be closed on a day that isn't even a holiday if Christmas Day or New Year's Day fall on a Sunday.)

SPORTS VENUE

“Sports venue” means a public entertainment facility property, as defined by Section 108.73, that is primarily designed and used for live sporting events. In addition to any other period during which the sale of alcohol is authorized, a licensed or permitted premises located in a sports venue may sell alcoholic beverages between 10 a.m. and noon on Sunday.

FESTIVAL, FAIR OR CONCERT

In addition to any other period during which the sale of alcohol is authorized, a licensed or permitted premises located at a festival, fair or concert may sell alcoholic beverages between 10 a.m. and noon on Sunday.

WINERY
• Monday-Saturday: 8 a.m.-midnight
• Sunday: 10 a.m. to midnight

Yes, the times and days are weird, but hold on, because the wacky train continues.

To-go margaritas and daiquiris are legal.

Yes, to-go margaritas and daiquiris are legal just like they do down in New Orleans ... kinda.

The daiquiris that are to-go in Texas are different. TABC states a wine and beer retailer's permit has to be obtained by the business to sell to-go margaritas and daiquiris, but even then, these drinks can only be made with wine or beer. So, the drink may taste a little different and it definitely won't have any rum or tequila in it.

INTERNATIONAL NEWS

India: Don't rely on digital age proof while serving liquor: Delhi govt tells bars

Livemint
December 23, 2019
New Delhi: Delhi's clubs, hotels and bars will now have to check physical age proof of suspected "underage" customers for consuming alcohol with the government declaring that digital copies will no longer be acceptable.

According to the Delhi Excise Rules, the legal drinking age is 25 years in the national capital.

The directive was issued after the excise department found during recent inspections that a few "underage" customers were consuming liquor pretending to be of legal age after producing fake digital IDs before the staff of bars, clubs and hotels.

"All restro-bars, hotels and clubs have been asked to be careful while serving liquor to any person apparently under the age of 25 years and verify customer's age only with a physical ID instead of its digital version carried on mobile phones," a government official said.

In 2015, a proposal to bring down the legal drinking age from the current 25 to 21 in the city had been submitted to the Delhi government, but the AAP dispensation had turned it down.

Recently, the government had warned these establishments against serving liquor to "underage" customers.

"Under the Section 23 of the Delhi Excise Act, 2009, no person or licensed vendor or his employee or agent can sell or deliver any liquor to any person under the age of 25 years," the official said.

If the offence is proved, strict action, including cancellation or suspension of licence and imposition of heavy fines, on an erring establishment can be taken, he said.

INTERNATIONAL NEWS

New research uncovers the downside of ridesharing and alcohol consumption

Medical Xpress
by Jennifer French Giarratano, Georgia State University
December 23, 2019

Ridesharing services like Uber and Lyft, which keep drunk drivers off the road, are also likely to increase excessive levels of alcohol consumption according to new research by economists at the University of Louisville and Georgia State University.

In their study, "Do Ridesharing Services Increase Alcohol Consumption?," Georgia State's Keith Teltser and colleagues Jacob Burgdorff and Conor Lennon of the University of Louisville are the first to uncover this relationship.

"Other studies have examined the more positive effects of ridesharing, such as reduction in drunk driving levels. However, the long- and short-term health effects of drinking, such as mortality, disease and risky sexual behavior, haven't been considered when ridesharing has been examined from a policy perspective," said Teltser. "We plan to look further at these health outcomes that no one seems to be talking about to better understand the potential consequences of ridesharing.

"Because drinking is a social activity, the amount and frequency of drinking that ridesharing encourages could increase these kinds of health issues for both users and non-users of these services."

To examine the effect on drinking, the authors estimated changes in self-reported alcohol consumption before and after UberX, Uber's taxi-like service, arrived in cities across the U.S. Their results showed:

- a 3.1 percent increase in the average number of drinks consumed per day
- a 2.8 percent increase in the number of drinking days per month
- a 4.9 percent increase in the maximum number of drinks consumed on one occasion
- a 9 percent increase in the prevalence of heavy drinking

"Additionally, instances of binge drinking increased up to 21.8 percent in areas with fewer public transit options, where people rely more on ridesharing services to take them safely home," said Teltser.

The researchers also found ridesharing associated with increases in employment and earnings at bars but not at restaurants, an additional indication that ridesharing increases alcohol consumption in a social setting. Ultimately, they suggested that the overall social impact of ridesharing is complex, warranting additional research into its impact on social and health outcomes.

Explore further: Ridesharing service Uber expands in Nordics

How Easy Is It to Binge Drink During the Holidays?

Having a drink at a holiday party but don’t want to have too much?

Healthline
Written by Kristen Fischer
December 23, 2019

Whether you want to loosen up at a work or family function or just really like a friend’s festive punch bowl concoction, it can be easy to consume too much alcohol without realizing it.

And drinking alcohol is associated with holiday celebrations.

“This creates the expectation that everyone will be drinking and that it is socially acceptable, or even expected, to do so,” said George F. Koob, PhD, director of the National Institute on Alcohol Abuse and Alcoholism.

Many people throw around the term “binge drinking,” but it’s important to know what constitutes that, notes Ashley Vena, PhD, who heads the Clinical Addictions Research Laboratory at the University of Chicago.

Binge drinking is defined as having five drinks for men and four drinks for women in a 2-hour time frame.

That can raise blood alcohol levels to 0.08 percent, which is considered legally drunk in most U.S. states.

Why holiday boozing is a thing

While people may binge drink for various reasons during this time of year, people who have higher expectations about the beneficial effects of drinking are more likely to binge.

In other words, you may be more likely to consume too much if you think it will help you have more fun at a party. Other personality traits and age can also lead to a higher likelihood of binge drinking, Vena says.

“Social pressure mixed with a brain chemistry deficiency provides a perfect storm for binge drinking,” added Shoshana Bennett, PhD, a psychologist from California.

Research has indicated that having low levels of dopamine may put people at risk for binge drinking.

“If a larger number of drinks in a short period of time is needed in order to receive the same chemical effect that most people get with one drink, it can easily lead to binge drinking,” she added.

Harms of holiday drinking

Overindulging may only cause a bad hangover, but it can lead to risky decision making, vomiting, and alcohol poisoning — not to mention the effects of intoxicated behavior.

Frequent binge drinking is a risk factor of alcohol use disorder and can have detrimental effects on numerous organs, including the liver, pancreas, intestines, heart, and brain.

Binge drinking during the holidays has specifically been linked to a phenomenon known as “holiday heart syndrome,” which is a cardiac arrhythmia that occurs in people without a history of cardiovascular problems.

“Such cases are more prevalent during holidays as a result of increases in excessive alcohol consumption,” Koob said.

Prevent holiday binge drinking

Even if you don’t drink enough to be legally drunk, there are a few things you can do to avoid drinking too much:

Be mindful of your limits

Know how alcohol affects you, and be aware of any medications you’re taking that could increase the effects of alcohol.

While most of us are aware about the dangers of drinking too much, alcohol can lead to a distorted sense of confidence.

“People might truly believe they’re fine to drive, while the truth is they are not,” Bennett added. “Sometimes the self-awareness is clear, but embarrassment asking for a ride becomes a barrier.”

Make a plan

Monitor how much and how quickly you’re consuming your drinks. If you know you may drink more than you want to, decide at the beginning of a party how many drinks you’ll have and stick with the plan, Koob says.

A single serving of alcohol is defined as:

- 12 ounces of beer with 5 percent alcohol
- 5 ounces of wine with 12 percent alcohol
- 1.5 ounces of spirits with 40 percent alcohol

“It is common to accidentally overpour drinks, and the extra alcohol can derail your plans to keep consumption to a minimum,” Koob added.

Eat before or while you drink

This can help delay alcohol from entering your bloodstream.

“This will not prevent someone from becoming intoxicated, but it can slow the absorption of alcohol into
the body and reduce the peak amount of alcohol that makes it to the brain,” Koob said.

**Pace yourself with nonalcoholic drinks**

Like having a drink in hand? Alternate alcoholic drinks with a glass of water or club soda, Vena suggests. This way, you can still drink but won’t be filling up on alcohol so quickly, and can hopefully avoid having too much of it.

**INDUSTRY NEWS**

**Heineken Campaign Celebrates ‘Dry January’ with Alcohol-Free Brew**

As more drinkers take part in ‘Dry January’ Heineken 0.0 offers a non-alcoholic solution.

CStore Decisions
By Erin Del Conte
December 23, 2019

Customers planning to kick off 2020 by abstaining from alcohol can still enjoy a cold one on New Year’s and beyond. Heineken has introduced an on-premise January promotion that champions Heineken 0.0 as the beer of choice for beer drinkers who want a beer but may have resolved to abstain from alcohol.

In a new twist on rarely enjoyable New Year’s resolutions, Heineken 0.0, the alcohol-free brew with great beer taste encourages consumers to start Dry January with an interesting choice: a cold beer.

“We’re picking up on the trend of adults abstaining or reducing alcohol consumption, which we see as an opportunity to boost business in on-premise outlets during one of the slower months of the year,” said Meredith Kiss, Brand Manager, HEINEKEN USA. “With over 20% of drinkers taking part in Dry January, we think Heineken 0.0 can drive beer sales and profits by engaging beer drinkers who still want a beer but who may be resolved for a time to forgo alcohol,” continues Kiss. “January may well be dry, but it can still include beer which drives traffic — and for January — incremental profits.”

The integrated promotion is supported with digital and social media, merchandising that includes posters, table tents, staff education cards, coasters and LED light-up labels for backbar visibility. On-premise consumer sampling in key markets will drive trial for proof positive that Heineken 0.0 delivers great beer taste without the alcohol. A partnership with Fooji and Twitter will feature an on-demand limited-edition 31-can January Dry Pack in select markets which consumers can order via DryJanPack.com beginning Dec. 27 to keep their New Year’s resolutions alive.

For 2020, Heineken 0.0 is treating New Year’s resolutions as another non-beer moment that can still be enjoyed with a cold brew. For on-premise operators this can generate more revenue and margin than soft drinks and attract younger consumers who visit the on-premise more frequently.

**DAILY NEWS**

**A health guide to drinking alcohol at the holidays**

*Research varies on the health implications of alcohol*

Philly Voice
By Louis Bezich, PhillyVoice Contributor
December 24, 2019

Alcohol consumption is very much a holiday tradition. Whether at parties, business events, or when entertaining at home, there is the expectation that some form of alcoholic beverage will be served. Then there’s the social expectation that one will partake. Who hasn’t grabbed a glass of wine to carry around at a party?

But for those conscious of their health, what is the current thinking when it comes to alcohol? I can remember reading studies suggesting that a glass of wine every night was good for you. Is this still the case? Are there some simple rules of thumb that a conscientious person can follow? Well, sort of.

For some context, it’s important to know that alcohol consumption in the U.S is rising, especially among women, minorities and older adults. A study published in JAMA Psychiatry examined how drinking patterns changed between 2002 and 2013. They found that overall drinking increased by 11 percent. Combined with more alarming increases in high-risk and problem drinking, the researchers said their findings suggest “a public health crisis,” given the fact that high-risk drinking is linked to a number of diseases and psychiatric problems, as well as violence, crime and crashes.

If that doesn’t cause you to think twice, some of the most contemporary research suggests that there is no safe level of alcohol consumption. According to a 2018 article in Live Science, drinking alcohol in moderation is more harmful than previously thought, according to a comprehensive study that analyzed information from millions of people in nearly 200 countries. The authors acknowledge that the findings contrast with most health guidelines, which say that moderate drinking is safe.
In what seems to be the middle ground, the Mayo Clinic says that moderate alcohol use has possible health benefits, but it’s not risk-free. The Mayo Clinic notes that the evidence for moderate alcohol use in healthy adults isn’t certain. The conclusion is that any potential benefits of alcohol are relatively small and may not apply to all individuals. They suggest that the latest dietary guidelines make it clear that no one should begin drinking alcohol or drink more often on the basis of potential health benefits. For many people, the possible benefits don’t outweigh the risks and avoiding alcohol is the best course. They concede if you are a light to moderate drinker and you are healthy, you can probably continue to drink alcohol as long as you do so responsibly.

So, if you’re a person who generally lives a healthy lifestyle and consumes alcohol in moderation, my quick takeaway is that you need not give up drinking altogether so long as you stay within reason. What’s reasonable? The U.S. Centers for Disease Control and Prevention’s dietary guidelines recommend that if alcohol is consumed, it should be in moderation—up to 1 drink per day for women and up to 2 drinks per day for men. Other common questions addressed on the CDC’s website include:

**What is a standard drink in the United States?**

A standard drink is equal to 14.0 grams (0.6 ounces) of pure alcohol. Generally, this amount of pure alcohol is found in:

- 12 ounces of beer (5% alcohol content).
- 8 ounces of malt liquor (7% alcohol content).
- 5 ounces of wine (12% alcohol content).
- 1.5 ounces or a “shot” of 80-proof (40% alcohol content) distilled spirits or liquor (e.g., gin, rum, vodka, whiskey).

**Is beer or wine safer to drink than liquor?**

No. One 12-ounce beer has about the same amount of alcohol as one 5-ounce glass of wine or 1.5-ounce shot of liquor. It is the amount of alcohol consumed that affects a person most, not the type of alcoholic drink.

So there you have it. Clearly, no one is encouraging anyone to start drinking for any health benefit, and the absolute means of preventing any alcohol-related problems, physically or mentally, is to avoid drinking altogether. However, what the experts seem to be saying is that the negative impacts of alcohol consumption can be somewhat mitigated if you live a healthy lifestyle and consume alcohol moderately. While it’s not your typical motivational message for inspiring healthy behavior, it’s a benefit that just might come in handy this time of year. A gift to yourself for all the hard work you’ve put in to stay fit. Happy Holidays!

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**How can you get through Christmas without arguing politics with family?**

KPRC Radio
by Cliff Saunders
December 24, 2019

Christmas is tomorrow. You probably have a get together with family planned. And because it’s 2019, and we are all talking politics, there’s a good chance that talking politics will lead to arguing about politics. There may be no way to avoid a blowup like we always saw on TV with Archie Bunker and ’Meathead.’

So the question is how do you avoid the argument. Because counselor Leigh Richardson says you can’t get away from politics entirely.

"It's going to come up. So having some fun with it is the best way to deal with it," Richardson said.

So maybe you force someone to sing in front of the rest of the family if they bring up politics, or ban them from the liquor cabinet.

"Well I do know if you ban them from the liquor cabinet, it's going to get there attention, maybe in a good or a bad way," Richardson stated, adding that you could also be gentle about and say that you shouldn’t talk politics in front of the kids.

In case you are looking for more ways to avoid an 'All in the Family' political brawl, The Hill has some ideas for you HERE.

You can view the “Archie Bunker on the National Anthem” here.

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**‘Get me a beer’: Man asks for brew after being shot outside gas station**

New York Post
by Ben Feuerherd
December 24, 2019

A man who was shot three times during a brawl with a taxi driver asked for a beer after stumbling into a nearby gas station, a report said.

The victim, who was not identified, got into a fight with driver Phillip Palmer in Moscow, Ohio, last Friday night, a local NBC affiliate reported.
Palmer allegedly pulled a gun and fired at the man, hitting him at least three times, according to the report.

Palmer drove off and the victim stumbled into a nearby gas station, where he asked for a beverage from a clerk who called 911.

“I’m good. Get me a beer,” he says, according to a 911 call published by the station.

“I can’t, baby I can’t. I’m saving you,” the clerk tells him.

The suspect was arrested a short time later and hit with felony assault charges.

The victim is expected to recover from his wounds.