

NABCA

DAILY NEWS UPDATE

Tuesday, February 18, 2020

www.nabca.org



TODAY'S HIGHLIGHTS

- Some people could be blocked from purchasing alcohol in Utah
- Gabriel's Liquor alleges state is blocking deal with Walmart
- China's drinkers get happy hour margaritas delivered to their door as coronavirus lockdown continues
- These Black-Owned Breweries Give Us Hope for the Future
- Virginia Tech researchers studying a new intervention in treating people suffering from alcoholism
- Guinness: ABV, Types, and Nutrition Facts (excerpt)

NABCA NEWS

27TH ANNUAL LEGAL SYMPOSIUM

Registration is open for NABCA's 27th Annual Legal Symposium. Please go to <https://www.nabca.org/meeting/2020-legal-symposium-0> to register!

If you have questions, please contact meetings@nabca.org.

JOB OPPORTUNITY

Manager of Store Operations

PLCB, Pennsylvania

"The PA Liquor Control Board is currently accepting applications. Applications are being accepted through February 25, 2020.

<http://mylcb.lcb.pa.gov/sites/admin/Shared/Documents/HR Documents/Internal Job Postings/Manager of Store Operations - 05362586.pdf>

Chief Executive Officer

Mecklenburg County Alcoholic Beverage Control Board
Charlotte, NC

Mcklenburg County ABC Board is looking to fill the position of Chief Executive Officer. Please click here to review the details of this position.

TTB NEWS

If you are a member of the alcohol beverage community who is responsible for preparing TTB applications, tax returns, and/or operational reports, please take this short survey (hosted by SurveyMonkey®) and share your thoughts on some service improvements TTB is considering:

TTB Survey

If you are a member of the alcohol beverage community who is responsible for preparing TTB applications, tax returns, and/or operational reports, please take this short survey (hosted by SurveyMonkey®) and share your thoughts on some service improvements TTB is considering:

Survey: (<https://www.surveymonkey.com/r/88S585C>)
The survey should take no more than 15 minutes to complete, and your responses will be anonymous.

TTB Alcohol Trade Practice Video Series

TTB provides on-demand alcohol educational information

Videos: <https://www.ttb.gov/news/see-our-new-ttb-trade-practice-video-series>)

NABCA WEBINAR

NEW! [Women. Alcohol. Health. - From Blackouts to Breast Cancer.](#) webinar is now available on our website. Visit www.nabca.org/Resources/Webinars

CONTROL STATE NEWS

UT: Some people could be blocked from purchasing alcohol in Utah

FOX 13 Now
By Ben Winslow
February 15, 2020

Some people could be blocked from purchasing alcohol at state-run liquor stores in Utah under a bill introduced in the state legislature.

House Bill 325, sponsored by Rep. Steve Eliason, R-Sandy, would create an "Alcohol-Restricted Individual Program" that would prohibit the sale of alcohol to people who either voluntarily sign up or are ordered to by the courts.

Utah's Department of Alcoholic Beverage Control would maintain the list and use electronic ID scanning to verify if someone is on the list or not. People can also voluntarily remove themselves from the list or petition a court to do so. The DABC is prohibited from disclosing any information about who would be participating in the program.

The bill appears to be designed to help combat alcohol abuse. Provisions of the bill are tied to substance abuse treatment programs and DUI convictions.

Under Utah's state-controlled liquor program, all alcoholic products (except beer) are sold through DABC stores. Even bars and restaurants must purchase their liquor through the state. The bill appears to apply only to state-run liquor stores.

WV: W.Va. lawmakers encourage "Icelandic model" study to combat youth addiction Expert says West Virginia kids are not different

The Register-Herald.

By Crystal Good, West Virginia Press Association
February 19, 2020

CHARLESTON — A program that focuses on strengthening communities to delay the use of tobacco, drugs and alcohol in youth got the support of the House Committee for Prevention and Treatment of Substance Abuse on Thursday.

In its final meeting of the 2020 legislative session — pending any assignments from Senate bills — the House committee heard a presentation on the Icelandic model for youth substance abuse prevention.

Dr. Alfgeir L. Kristjansson, Ph.D., M.Sc., associate professor at the WV Prevention Research Center, School of Public Health, spoke to the committee.

Kristjansson said the Icelandic model, which seeks to delay the onset of drug use, is being piloted in Fayette and Wyoming counties with funding from the Centers for Disease Control and Prevention. The Icelandic model focuses on reducing known risk

factors for substance use while strengthening parental, school and communities' impact through local research, the distribution of that research, community-based planning, organization and collaboration.

Kristjansson, born in Iceland, has lived in West Virginia for eight years. He said the model developed in Iceland 20 years ago when Icelandic teens were among the heaviest-drinking youths in Europe. Today they are the lowest.

Kristjansson said, "The model has nothing to do with drugs. It's all about strengthening communities. That will delay the use of tobacco, drugs and alcohol in youth."

Kristjansson emphasized, "It's not a program but a collaborative."

Del. Dave Kelly, R-Tyler, asked if the two Icelandic model pilot programs in Fayette and Wyoming have had any results.

Kristjansson said the pilot program is a five-year initiative that began in October. He said results are limited but current data shows, "The kids in those counties are no different than anywhere else."

He said compared with data from 40,000 kids outside of West Virginia, kids in Fayette and Wyoming counties are "no different."

He was confident the successful domains of the Icelandic model intervention would apply in Fayette and Wyoming counties.

"Twenty-seven countries have done this work. The risk and protective efforts are the same. The nature of parent impact activity is always the same. The kids are the same but the substance abuse numbers are pretty bad," said Kristjansson.

He explained to the committee the three traditional steps of addiction prevention.

Primary prevention leverages character and taking responsibility as a means of preventing youth from drinking and using substances, but this method has proven ineffective across generations in America and Europe. Primary models include instructional programs in schools.

Kristjansson said, "Six-month educational programs will not provide results."

Secondary prevention models focus on behavior-changing programs such as smoking cessation.

Tertiary programs focus on those in dire need of help through treatment facilities. Tertiary methods are the least effective and the most expensive, Kristjansson said.

Kristjansson said several decades of research show that a child's environment is the leading cause of drug and alcohol use. "Drug use by kids is not random. We know what leads to use."

He said the communities that produce drug users can be predicted by data, and by ignoring these indicators, society is creating the same drug problem again and again.

The goal of the Icelandic model is to delay the use of nicotine, vaping, marijuana and alcohol. "There is a solid value of starting primary prevention early because the data shows prior to people coming into treatment there is a long trail before they get there and that trail is costly for society."

Kristjansson said children who witness substance abuse at home and who have limited extracurricular activities are at the greatest risk. The Icelandic model is a cooperative approach that strives to create environments in the community where kids can lead healthy lives, and this includes activities they enjoy and supportive adult networks. These changes and developments should be made holistically at the local level. The Icelandic model works with locals who develop a bridge from the data to research and practitioners.

Kristjansson said the pilot initiative in West Virginia needs full-time county prevention specialists. "People deeply rooted in the community. Local people that know everybody."

Kristjansson said external prevention programs with outsiders telling people what to do often do not succeed. The Icelandic model builds local capacity by first collecting community data that is current, distributing that data throughout the community to engage stakeholders and helping the community decide and design collaborations. The Icelandic model looks at available resources such as school buildings for after-school and weekend activities.

Del. Joe Ellington, R-Mercer, asked how the program overcomes the barriers in the school system to use

the school buildings for after-school programs and community meetings.

Kristjansson said the model's applications require time and it is not a short-term program but a cultural issue, "It's a sequence of events, and not everything is on the schools."

Chairman Matt Rohrbach, R-Cabell, asked if faith-based organizations were being included.

Kristjansson answered that faith communities provide spaces and have been excellent partners.

Chairman Rohrbach asked about ACE (Adverse Childhood Experiences) tests. Kristensen said ACEs are too invasive and would require a specific waiver to conduct. He said the Icelandic method requires a high community survey response rate, "Those with high ACEs scores require individual attention."

Rohrbach asked if Kristjansson was willing to work with analysts and interims for a study resolution. "We would like your help. I feel strongly that your data could be replicable to West Virginia."

Kristenson agreed.

Rohrbach recommended a study resolution and interim study.

Members discussed the need for the committee, which was started by former Speaker Tim Armstead. Vice Chair Kayla Kessinger, R-Fayette, noted then-Speaker Armstead — now Justice Armstead — created the committee six sessions ago.

LICENSE STATE NEWS

TX: Gabriel's Liquor alleges state is blocking deal with Walmart

San Antonio Express News
By Patrick Danner
February 14, 2020

The owners of Gabriel's Liquor and Don & Ben's Liquor allege in a lawsuit filed in bankruptcy court this week that the state is blocking their efforts to sell company shares to Walmart - or any other publicly traded company.

The dispute centers on a section of state law that bars a "public corporation" from owning a package store permit.

A public corporation is defined as any company that trades on a public stock exchange or has more than 35 owners.

Gabriel Investment Group Inc., which operates the package stores that entered bankruptcy in September, is considered a public corporation because the family-owned business has more than 35 owners. It received an exemption to the public corporation ban before it took effect in 1995, however.

Walmart expressed concern that Gabriel's exemption wouldn't transfer to the world's largest brick-and-mortar retailer if it purchased the stock, the lawsuit says. Walmart is publicly traded on the New York Stock Exchange.

So Gabriel officials contacted the Texas Alcoholic Beverage Commission to confirm the exemption to a section of the Texas Alcoholic Beverage Code would continue to apply to the company regardless of who owned it.

The TABC initially indicated the exemption would continue to apply to Gabriel following the sale of stock, "regardless of the identity of that buyer," the lawsuit alleges.

"In a subsequent conversation with the TABC, however, the TABC retreated from its initial conclusion and took the contrary position" that the exemption would not apply, the lawsuit adds.

Gabriel's owners are suing TABC.

The agency's decision hinders Gabriel's ability to complete a reorganization and pay back creditors, the complaint says.

Gabriel wants a bankruptcy court to declare the company will remain exempt from the public corporation ban under a new owner, even if it's deemed a public corporation.

For its part, Walmart indicated it's not interested in owning stock in Gabriel's.

"Gabriel's approached us. We were not interested," Walmart spokeswoman Anne Hatfield said.

TABC spokesman Chris Porter declined to comment on the allegations in the lawsuit.

"What I can tell you in general is state law does not allow publicly traded corporations to have an interest in package stores," he said. "So that means

anyone who has a publicly traded corporation that trades on one of the different stock exchanges would not be permitted to have the package store permit within Texas."

Some parties are challenging the law in court but those cases still are in progress, Porter added.

He didn't have any insight into why legislators enacted the law.

The sale of stock to pay debt is one of "two separate concepts" Gabriel has proposed to reorganize its affairs in bankruptcy. The other is "an operating entity that will continue to operate package stores as a privately held corporation."

The lawsuit doesn't break out who would own what if the two plans go forward. At the time Gabriel and four other entities entered bankruptcy, there were 15 Gabriel's Liquor stores and 30 Don's & Ben's Liquor stores.

Records show Gabriel has received bankruptcy court permission to reject the leases on at least seven stores. Requests are pending on two other locations.

The company blamed stiffer competition from big-box wine and spirits retailers for the bankruptcies. It failed to pay its liquor vendors on time, which led the Texas Alcoholic Beverage Commission to place the stores on its "delinquent list" in September. Liquor wholesales are prohibited by state law from selling to retailers on the list.

The bankruptcies occurred after negotiations to merge with another Texas retailer fell through.

The company listed assets of \$12.8 million and debts of almost \$11.3 million in a December court filing.

The politically connected Gabriel family has operated the businesses more than 70 years. The lawsuit says Gabriel Investment Group has been marketing the business to other companies for 24 years. In recent years, the focus has been on trying to sell ownership to Walmart, the suit says.

Randall Pulman, a San Antonio lawyer for the bankrupt entities, declined to comment Friday.

INTERNATIONAL NEWS

Norway: Why more and more Norwegians are drinking alcohol-free beer

The Local
February 17, 2020

10.6 million litres of non-alcoholic beer were sold in Norway in 2019, a new record for the Scandinavian country.

The figure, which applies to country's the entire beverage industry, was reported by news bureau NTB on Monday.

Increasing popularity of non-alcoholic beer is linked to a wider selection and improving quality of products, according to Henrik Lund, marketing manager for alcohol-free beer Ringnes, a major Norwegian brewery.

"The good taste experience and the high quality of the brewery means that alcohol-free beer is no longer seen as a substitute for beer with alcohol," Lund told NTB.

While 2019 was a record year for non-alcoholic beer, 2020 has begun by setting an unprecedented pace for sales of the product.

During the first three weeks of January, sales of non-alcoholic beer increased by as much as 10 percent compared to 2019.

Increasing awareness regarding fitness and health, making more people consider their alcohol intake, is helping to boost the sector, Lund said.

"We believe (the January figures are) primarily due to a stronger focus on health and fitness in January," he told NTB.

"This is due not only to a desire to reduce alcohol consumption after Christmas and New Year's celebrations, but also the fact that beer without alcohol contains far fewer calories than soda or beer with alcohol," he added.

Asia: China's drinkers get happy hour margaritas delivered to their door as coronavirus lockdown continues

CNBC
By Arjun Kharpal
February 17, 2020

Bars in major Chinese cities are delivering their happy hour drinks deals to customers' places of residence as a large number of people remain stuck indoors because of the outbreak of the new coronavirus.

Happy hour deals, where drinks are discounted, are usually reserved for patrons who are physically present at an establishment.

But with people staying at home in China and some cities putting a ban on dining out in groups, to try to contain the spread of the virus, bars are taking drinks to where their customers are.

In the southern Chinese city of Guangzhou, a major trading and economic hub, a number of bars have started delivering their discounted drinks.

Bandidos, a Mexican eatery, is packing its 25 yuan (\$3.58) Margaritas into jars and sending them with a straw to customers. Their happy hour is from Monday to Friday between 4 p.m. to 7 p.m local time. Customers can contact one of the representatives for the bar on messaging app WeChat to order their drinks.

A gin bar called Evening Standard has launched a delivery menu for their cocktails too.

And Hope and Sesame, a "speakeasy" jazz bar which was on Asia's 50 Best Bars list for 2019, is selling bottled versions of their cocktails.

In Beijing, a brewpub called Jing-A Brewing Co. said it is remaining open but only for takeaway orders, deliveries to peoples' residences and refills when people bring their own beer containers, known as growlers.

"This change is due to local authorities prohibiting groups of more than 3 from dining or congregating in our brewpub," the company said in a WeChat post.

The bar, which has a couple of locations in the Chinese capital, said it has extended its delivery hours from 11 a.m. to 11 p.m. Beijing time. Users can order through delivery platform Meituan. Jing-A is offering deals on its beer delivery.

The coronavirus has spread across the world, claiming the lives of over 1,700 people, mainly in China. Businesses stayed shut longer than usual after the Lunar New Year holiday while many people are still working from home. This has forced them to

rely more on deliveries of products from platforms like Meituan or JD.com.

Despite drinking establishments trying to make the best out of a bad situation, it doesn't appear to be hugely helping their businesses.

"At least (delivery) is better than nothing," Philip, the owner of Evening Standard in Guangzhou, told CNBC.

Another bar owner, who wished to remain anonymous to protect his business, said he is considering introducing deliveries but is concerned about the impact.

"It doesn't compare with being open. We aren't profitable doing this," the owner told CNBC.

INDUSTRY NEWS

These Black-Owned Breweries Give Us Hope for the Future

Thrillist

By Ale Sharpton

February 18, 2020

A year ago I debuted my very own brew, Piano Keys Imperial Stout. It's made with Ugandan vanilla beans and Nicaraguan cocoa nibs with an ABV of 10%. I created it at the invitation of New Belgium when they invited me to be a consultant of their new diversity program. New Belgium not only loved the idea for my stout, they granted me creative control down to the Piano Keys name, concept, branding, and ingredients.

And not only was the collaboration successful (we're planning a second run in spring 2020), but every turnout for the draft-only releases throughout Atlanta, Asheville, and Fort Collins brought together the most diverse crowds each venue has ever hosted. We followed with a symposium in Atlanta featuring a panel of minority beer influencers and entrepreneurs alongside New Belgium's executives to strategize more progress in the industry.

This collaboration leads into a very important topic. I believe beer brings everyone together to whet the palate, and this New Belgium collaboration truly did that. Now let's talk about getting more Black breweries actually making and selling their own lagers and ales.

Within the past several years, the craft beer industry has flourished. It's produced a plethora of styles and has become a lot more accessible in bars, restaurants, and even airlines. But when it comes to the people who actually own the breweries, who produce the plethora of sours, pilsners, IPAs, stouts and other varietals, we're not seeing the same amount of diversity. African Americans own roughly one percent of the independent breweries throughout the US.

But there is progress. Every year, more Black brewers enter the market. So I reached out to a few Black brewery owners who are working on founding their own sites, to hear how they went from homebrewing to actually selling their beer. I asked them to share their future plans, and give us their thoughts on the industry as a whole. I also talked with burgeoning Black beer festival Fresh Fest founder Mike Potter, whose mission is to showcase the ales and lagers brewed by Black breweries for thousands to experience.

Hibiscus and contract brewing: Sankofa

Let's start with Sankofa, located in our nation's capital. Founders Kofi Meroe and Amado Carksy—childhood friends who were raised a good part of their lives in Nigeria, Ghana, and Benin collectively, before settling in Washington DC—became enthralled with ales and lagers during what they termed the "craft beer renaissance of the mid 2000's." From there, they began homebrewing in a small, one-bedroom apartment in Northwest DC, infusing their creations with ingredients from West Africa. Eventually, the duo realized they were on to something. Collaborating with a nanobrewery to produce their first beer, contract brewing—where a brewery with a higher capacity produces and packages another brewing company's product—became their way into the business.

"Our Hibiscus Pale Ale recipe caught the attention of a brewery in DC [Public Option] who allowed us to brew it on their system," Meroe says. "We celebrated the occasion with a launch party and that was pretty much the start of Sankofa. We felt not only did we have good recipes, but we were bringing a diverse perspective on craft beer culture that we found resonates with a lot of people from all backgrounds."

From there, Sankofa used contract brewing and crowdfunding to make their beer company official, but not without much contemplation.

“We settled on a contract brewing model to further explore the potential success of the Sankofa Beer brand,” Meroe says. “Funding was also a big part of our decision, but we were able to run a successful Kickstarter campaign that really set the foundation for everything we’ve done over the last year and a half.” Meroe and Carsky are leaning towards opening a taproom and future collaborations to further develop the Sankofa brand.

Building brand awareness in ATL: Khonso and Down Home Brewing

In Atlanta, two Black-owned breweries are gaining a lot of momentum. Kevin Downing, Corby Hannah, and William Teasley started Khonso Brewing in 2018. They currently contract brew and their kegs are distributed throughout the city; packaging for retail is in the planning stage.

Now in its third year, Down Home Brewing is still on the grind. Co-founder Chris Reeves reflects on it.

“Getting our foot in the door and people not understanding what the brand represented was the biggest challenge,” Reeves says. “Now, we are dealing with building more brand awareness and getting our story out. In my opinion, you may be passionate about something and want to be successful, but it’s a lot harder if you don’t see much representation that looks like you.”

Regardless of an adversities, Down Home is progressing with not only three canned varieties on the shelves—Georgia Hooch IPA, Down Right Hazy IPA, and their most popular, the T-Pom Pomegranate Wheat Ale—they’re also actively looking throughout Georgia’s capital for a location to set up shop.

One emerging brewing company, Los Angeles-based Warcloud Brewing, is not only making an eclectic variety of inventive beers, but travels down an unbeaten path with captivating merchandise and branding honoring Black, Native American, and other war heroes of color. Their take on “diversity” is also extraordinary.

Warcloud co-founder and head brewer Justin Collins says, “Don’t ask for diversity anymore, just own your brewery, your own your brand, and own your

product. This goes for all creeds and people of color, gender, religion... whatever you want to call yourself in 2020. Black-owned breweries will have its resurgence once that type of mindset and enlightenment on its brewing history is realized. The hard work must be put in with proper education at the forefront.”

Creating a blueprint for more

Some of that heavy lifting is being lightened by diversity-driven nonprofits such as Brewing Change Collaborative, which does advocacy, outreach, and education. Established beer companies are helping, too, by providing more talented minority brewers opportunities to take up the reins of their own brewhouses. New Belgium created the role of Diversity and Inclusion Specialist, currently filled by Colorado State University Business College doctoral candidate and lecturer Patrice M. Palmer. And Randolph College professor of communications and beer studies scholar Dr. J. Nikol Jackson-Beckham serves as an ambassador for the Brewers Association.

African-American beer experts, journalists, and other influencers are conceptualizing new beers in collaboration with (predominantly white-owned) breweries. And renowned rappers including the Nappy Roots, Tech N9ne, Del The Funky Homosapien, Run The Jewels, and Petey Pablo have partnered with brewing companies to launch special releases.

California wine prices may drop to lowest in 20 years

Good news for wine drinkers, bad news for grape growers

KCRA 3

By Melinda Meza, Stockton Reporter

February 17, 2020

LODI, Calif. — The price of wine is at an all-time low because of an abundance of grapes, according to a new report from the Silicon Valley Bank Financial Group.

The State of U.S. Wine Industry 2020 report said wine prices could reach the lowest in 20 years. Some are calling it good news for wine drinkers.

“That’s always good news to us -- lower prices on alcohol, yay,” said Priscilla Kumar, who was wine tasting in Lodi on Monday.

The San Joaquin County Farm Bureau said it's not good news for everyone, especially growers.

Growers in Northern California began planting thousands of acres of new vines in 2016 with bountiful harvests of grapes, but the surplus of grapes goes to waste.

The farm bureau said some growers are choosing to leave grapes on the vine because it would cost more to produce.

"Wine grapes being left in the field is a pretty sad thing," said San Joaquin County Farm Bureau President Bruce Blodgett. "A lot of money being left on each one of those bundles on the vines looks like dollar signs because that is what it meant to those landowners."

According to the report, the oversupply of grapes isn't a reflection of the quality of the wine, but that the wine industry is "increasingly missing the mark on consumer expectations."

"Our current oversupply in California and Washington isn't due to speculative overplanting. It's due to the wine industry's growing miss in not providing consumers what they want," the report outlines. "That's not an adverse statement about the quality of what our industry produces. We've never made better wine. But based on the industry's current results, making great wine isn't good enough for the consumer today."

Speaking with CNN, the author of the annual report Rob McMillan said the larger millennial population has not yet embraced wine, which is the wine industry's largest growth opportunity.

"The industry should rightly be concerned," McMillan said. "We aren't engaging with the millennial consumer, and boomers who have driven wine sales for the last 30 years won't live forever."

He thinks that improved value on wine could lead to millennials becoming "more consistent wine buyers."

"Today, the wine supply chain is stuffed," McMillan wrote. "This oversupply, coupled with eroding consumer demand, can only lead to discounting of finished wine, bulk wine and grapes. U.S. wine consumers will discover unprecedented retail value in 2020 and should buy up."

The cheaper prices may even last up to three years.

Double Dutch to launch mentoring scheme for women

The Spirits Business

By Melita Kiely

February 18, 2020

Tonic water and mixer producer Double Dutch is set to launch a scholarship and mentoring programme for female bartenders to support women looking to build a career in the industry.

As part of the programme, Double Dutch will team up with numerous bartenders to offer hands-on training and share their industry knowledge with the successful female applicants.

The twin female founders of Double Dutch, Joyce and Raissa de Haas, will offer their time and expertise through one-to-one mentoring sessions.

The initiative will officially be unveiled at an all-female panel discussion and brunch on 2 March in partnership with Percy & Founders in Fitzrovia, London. Based on the theme 'Breaking barriers: How to thrive as a woman in hospitality', the event will welcome women from across various parts of the food and beverage industry.

Speakers will include: Hannah Sharman-Cox and Siobhan Payne of Drink Up London; Agnieska Josko, F&B Operations Manager at Ormer Mayfair; Jacqui McMillan, general manager of Novotel Canary Wharf and Boka; Angela Farrugia, founder of Brand X Society; Anna Sebastian, bar manager of Artesian; and Camille Vidal, founder of La Maison Wellness.

Raissa de Haas, co-founder of Double Dutch, said: "We have seen so much talent and creativity from women when it comes to mixology.

"Unfortunately, women are still very under-represented in the drinks and bar trade, and there are very few female role models and mentors.

"We are committed to supporting other women in the industry, and we hope through the establishment of this scholarship and mentoring programme we can help support and inspire the next generation of female talent."

Those interested in applying for the scholarship and mentoring programme can do so online at doubledutchdrinks.com. Applications will be accepted from 8 March until the end of April.

The scheme is open to UK women aged over 21 who are looking to enter or already working in the bartending industry.

EDUCATION NEWS

Virginia Tech researchers studying a new intervention in treating people suffering from alcoholism

WFXRtv.com Digital Desk
February 17, 2020

Fralin Biomedical Research Institute at VTC scientists led by Warren Bickel (left) and Stephen LaConte have received a \$3.45 million National Institute on Alcohol Abuse and Alcoholism of the National Institutes of Health grant to study a new approach to understand the decision-making of alcohol use and abuse. (Picture: Courtesy Virginia Tech)

BLACKSBURG, Va. (WFXR) — Scientists at Virginia Tech have been rewarded a \$3.45 million grant from the National Institutes of Health to research another method for treating people who suffer from alcohol use disorder or alcoholism.

Researchers have launched a study using behavior analysis, an in-laboratory drinking situation, neuroimaging, and computational modeling to understand the decisionmaking process for people with the disorder, according to a press statement from Virginia Tech (VT).

The research is being led by Warren Bickel, a professor at the Fralin Biomedical Research Institute at VTC, and Stephen LaConte, an associate professor at the Fralin Biomedical Research Institute and an expert in advanced neuroimaging.

“People who have problems with alcohol have a decision-making process focused on immediate outcomes, and they make choices that aren’t very healthy for them,” said Bickel.

The purpose of the study is “to explore ways for people to mentally construct how they will feel at future events, and this lowers the value they place on alcohol,” he said.

Study volunteers will participate in a bar scenario where they “self administer” alcohol, according to VT.

Researchers will introduce the participants with an intervention “that applies a reinforcer called episodic future thinking to get people to concretely think about future events that will influence their immediate decisions,” according to VT.

The study has a neuroimaging component called functional magnetic resonance imaging that looks at part of the brain triggered during risky decision-making, according to the university statement.

“In a large time-frame, long-term behavior reinforcers, such as building relationships with loved ones, gain influence while the immediate value of alcohol reinforcement decreases,” according to VT. “In episodic future thinking, research volunteers describe upcoming events in their lives, and talk about what they are going to see, hear, feel, smell, and feel. Then, like a story, they put a title on it.”

“If someone said a month from now I’m going to go to my nephew’s birthday party, we would text them reminders, ‘Nephew’s Birthday Party,’” Bickel said. “It worked. People who were drinking an average of six beverages a day cut their consumption nearly in half, only because we were texting them with the titles they wrote for themselves during episodic future thinking.”

DAILY NEWS

43 minors caught in Massachusetts bar, bar scheduled to be summoned

WWLP.com
By Jada Furlow
February 17, 2020

LAWRENCE, Mass. (WWLP) – Claddagh Pub in Lawrence will be summoned for a hearing after Massachusetts Alcoholic Beverages Control Commission Investigators found 43 minors in possession of fake IDs and or alcohol Thursday night.

According to the Office of the State Treasurer Deborah B. Goldberg, investigators found the bar to crowded when they arrived around 11 p.m. and noticed people leaving as they started to request proof of legal drinking to those who looked younger. Investigators reported most of the people caught were 19-years-old.

Claddagh Pub located on Canal Street in Lawrence, Mass. will be summoned for a hearing before the

Commission. If the bar is found to have violated the law, the bar's liquor license can be suspended, modified, or revoked.

ABCC's Operation Safe Campus program aims to prevent underage drinking at college area bars and provide law enforcement at liquor stores.

"Bars and restaurants have an obligation to responsibly serve their patrons. We will continue to step up our monitoring and enforcement actions because we know that this can save lives and prevent tragedies before they happen."

Guinness: ABV, Types, and Nutrition Facts (excerpt)

Guinness is one of the most consumed and popular Irish beers in the world.

Healthline

Written by Ariane Lang, BSc.

February 17, 2020

Famous for being dark, creamy, and foamy, Guinness stouts are made from water, malted and roasted barley, hops, and yeast (1).

The company has over 250 years of brewing history and sells its beer in 150 countries.

This comprehensive review tells you all you need to know about Guinness, including its different varieties, their ABVs, and their nutrition facts.

What's in a pint of Guinness?

Beer is made from four key ingredients — water, cereal grains, spices, and yeast.

Guinness's choice of grain is barley, which is first malted, then roasted, to give it its dark shade and characteristic richness (2).

Hops are the spices used to add flavor, and Guinness yeast — a particular strain that's been passed on for generations — ferments sugars to produce alcohol in the beer (3Trusted Source).

Lastly, Guinness added nitrogen to their beers in the late 1950s, providing them with their iconic creaminess.

Nutrition facts

It's estimated that a 12-ounce (355-ml) serving of Guinness Original Stout provides (4):

- Calories: 125
- Carbs: 10 grams

- Protein: 1 gram
- Fat: 0 grams
- Alcohol by volume (ABV): 4.2%
- Alcohol: 11.2 grams

Given that beer is made from grains, it's naturally rich in carbs. However, many of its calories also come from its alcohol content since alcohol provides 7 calories per gram (5Trusted Source).

In this case, the 11.2 grams of alcohol in 12 ounces (355 ml) of Guinness contribute 78 calories, which accounts for roughly 62% of its total calorie content.

Thus, the calorie count for various types of Guinness is highly influenced by their alcohol content, as well as their particular recipe.

SUMMARY

Guinness beers are made from malted and roasted barley, hops, Guinness yeast, and nitrogen. Their nutritional value varies according to the specific recipe and alcohol content.

Alcohol by volume (ABV)

Alcohol by volume (ABV) is a standard measure used around the world to determine the amount of alcohol in an alcoholic beverage.

It is expressed as a volume percent and represents the milliliters (ml) of pure alcohol in 100 ml of the beverage.

The U.S. Dietary Guidelines urge consumers to limit their alcohol intake to two drinks per day for men and one for women (6Trusted Source).

One standard drink equivalent is defined as providing 0.6 ounces (14 grams) of pure alcohol (6Trusted Source).

For example, a 12-ounce (355-ml) Guinness Original Stout at 4.2% ABV corresponds to 0.84 standard drinks.

Note that drink equivalents take into account the volume of the beverage. Therefore, if you have a larger or smaller serving, it will vary accordingly.

Since one drink equivalent contains 14 grams of alcohol, and each gram provides 7 calories, each drink equivalent would contribute 98 calories from alcohol alone to the beverage.

SUMMARY

The ABV tells you how much alcohol is in an alcoholic beverage. It's also used to determine drink equivalents, which may help estimate the calories from alcohol in a drink.

Types of Guinness beers, their ABVs, and calories

There are seven types of Guinness beers available in the United States (7).

1. Guinness Draught

Guinness Draught was developed in 1959 and has been the top-selling Guinness beer ever since.

It has the distinctive black color of a Guinness beer while feeling smooth and velvety to the palate.

Just like the Guinness Original Stout, this beer has an ABV of 4.2%.

This means it has a drink equivalent of 0.8 for every 12 ounces (355 ml) of beer and thus provides 78 calories solely from alcohol.

2. Guinness Over the Moon Milk Stout

This milk stout is a sweeter variety than Guinness's regular beers.

Brewed with added lactose — milk's natural sugar — alongside a series of specialty malts, this beer has an espresso and chocolate aroma.

Yet, Guinness does not recommend this product for consumers who may be sensitive or allergic to dairy or lactose.

The Guinness Over the Moon Milk Stout has an ABV of 5.3%, granting it a drink equivalent of 1 for every 12 ounces (355 ml), meaning that it packs 98 calories from alcohol alone.

3. Guinness Blonde

The Guinness Blonde twins the Irish and American brewing traditions for a refreshing, citrusy taste.

This golden beer achieves its unique flavor by switching the regular Mosaic hops for Citra hops.

Its ABV of 5% means that it yields 98 calories from alcohol and accounts for 1 drink equivalent per 12 ounces (355 ml).

4. Guinness Extra Stout

It's said that the Guinness Extra Stout is the precursor to every Guinness innovation.

This pitch-black beer has a peculiar bittersweet flavor often described as sharp and crisp.

Its ABV stands at 5.6%, conferring it a drink equivalent of 1.1 for every 12 ounces (355 ml), which translates to 108 calories from alcohol.

5. Guinness Foreign Extra Stout

The Guinness Foreign Extra Stout has a stronger flavor that's also fruity to the palate.

The secret to its particular taste is the use of extra hops and a stronger ABV, which were initially meant to preserve the beer during long overseas excursions.

This beer has an ABV of 7.5%. Its drink equivalent for every 12 ounces (355 ml) is 1.5. Thus, it packs a whopping 147 calories just from its alcohol content.

6. Guinness 200th Anniversary Export Stout

This variety celebrates 200 years of Guinness in America and was designed to bring to life a recipe that dates back to 1817.

It has a dark ruby-red color with a slight chocolate flavor.

Its ABV of 6% means that 12 ounces (355 ml) equal 1.2 drink equivalents. That's 118 calories from alcohol alone.

7. Guinness Antwerpen

The Guinness Antwerpen variety arrived in Belgium in 1944 and has remained highly sought ever since.

It's produced using a lower hop rate, giving it a less bitter taste and a light and creamy texture.

However, a lower hop rate doesn't mean a lower alcohol content. In fact, with an ABV of 8%, this beer has the highest ABV of the varieties on this list.

Therefore, 12 ounces (355 ml) of Guinness Antwerpen has a drink equivalent of 1.6, which translates to 157 calories from alcohol alone.

In addition to these varieties, Guinness has created many types of beers over the years. Some of them are sold only in certain countries, while others have been limited editions.

SUMMARY

The many types of Guinness beers vary in flavor, texture, and color. Their ABV also differs greatly, ranging from 4.2–8%.

Health effects of drinking Guinness beers

The brand's famous 1920s slogan "Guinness is good for you" has little to do with an actual health claim.

All the same, this beer contains some antioxidants. Its barley and hops provide a significant amount of polyphenols — powerful antioxidants that help your body combat unstable molecules called free radicals (8Trusted Source, 9Trusted Source, 10Trusted Source).

Around 70% of polyphenols in beer come from barley, while the remaining 30% comes from hops (9Trusted Source, 11Trusted Source).

Aside from their potent antioxidant activities, polyphenols offer cholesterol-lowering properties and decrease platelet aggregation, reducing your risk of heart disease and blood clots, respectively (8Trusted Source, 9Trusted Source).

Still, the downsides of regular drinking beer and other alcohol outweigh any potential benefits. Excessive alcohol intake is linked to depression, heart disease, cancer, and other chronic conditions.

Thus, you should always drink Guinness and other alcoholic beverages in moderation.

SUMMARY

Although Guinness provides some antioxidants, its negative effects are greater than any health benefits. Excessive alcohol intake harms your health, so be sure to drink in moderation.

The bottom line

Guinness beers are recognized for their dark color and foamy texture.

While you may believe that the intensity of their color and flavor equals a high calorie content, this isn't always the case. Rather, these attributes result from the roasted barley and the amount of hops used for brewing.

The calorie load of the different types of Guinness is instead highly influenced by their alcohol content or ABV.

While both their barley and hops confer Guinness with antioxidant properties, you should remember to indulge in beer in moderation to reduce your risk of negative health effects.

This email and any files transmitted with it are intended solely for the use of NABCA members, free-of-charge. If you do not wish to receive this daily service, please respond with "UNSUBSCRIBE" in the Subject line. In addition, **if there is another individual within your company who should also be receiving this service, please forward their NAME, TITLE, EMPLOYER, and EMAIL ADDRESS to communications@nabca.org.** Thank you for your time and attention as we continue to work to improve upon the services and benefits that we provide to our members. Please note that any views or opinions presented in this email are solely those of the author(s) and do not necessarily represent those of the National Alcohol Beverage Control Association.
