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December 22, 2017

Please visit NABCA's new website at www.nabca.org

SAVE THE DATE

MARCH 18-20, 2018

25th Annual Symposium on Alcohol Beverage Law & Regulation at the Crystal Gateway Marriott in Arlington, VA.

Join government, legal and industry professionals for a symposium that offers the chance to hear the latest on legal issues related to alcohol beverages. Session topics currently planned include *Here Comes the Judge*, *The Lens of Time: 1st versus 25th NABCA Legal Symposium*, *Trade Practices: A Civil Matter?* plus many others. Watch for registration materials in the coming months! Continuing Legal Education (CLE) credit is available for many states. For more information, go to www.nabca.org.

APRIL 11-13, 2018

Alcohol Policy 18: Evidence To Action - Building an Evidence-Based Social Movement Renaissance Arlington Capital View Hotel, Arlington, Virginia. For additional information on hotel, important dates and more, please visit the AP18 Conference website. **AP18 Registration Now Open!**

APRIL 30–MAY 1, 2018

2018 RRForum National Conference - hosted by the Michigan Liquor Control Commission and will be held in Detroit.

NEW!

MAY 21-24, 2018

81st Annual Conference will be held at the Arizona Biltmore, Phoenix, AZ. **Theme: Bridging Divides;** For more information, visit www.nabca.com website.

JULY 18-20, 2018

8th Biennial Northwest Alcohol & Substance Abuse Conference Riverside Hotel, Boise Idaho

The Pre-Conference Sessions are on Wednesday. The official conference kicks off Thursday morning. Visit NorthwestAlcoholConference.org for more information.

NABCA HIGHLIGHTS

Native American Nations & State Alcohol Policies: An Analysis

Sunday Alcohol Sales (July 2017)

Alcohol Technology in the World of Tomorrow - (White Paper)

The Control State Agency Info Sheets. Please view website for more information.

NABCA Survey Database – now available for members on the website.

www.NABCA.org



CONTROL STATE NEWS

MD, Montgomery County: County Executive Candidates Criticize Frick Over Planned Fundraiser with Total Wine Co-Owner

Robert Trone and others are hosting event

Bethesda Magazine
By Andrew Metcalf
December 21, 2017

County Executive candidate Bill Frick Wednesday brushed off criticism of a planned January fundraiser that Total Wine & More co-owner Robert Trone is hosting at his Potomac home.

Democratic Montgomery County Council members Marc Elrich and George Leventhal—who are also running for county executive—criticized the fundraiser, saying it has the appearance of catering to special interests.

Elrich and Leventhal are using the county's new public campaign finance system that limits contributions of \$150 or less. The contributions they get are then multiplied by county funds. The system was designed to reduce the influence of large campaign contributions.

"The reason that I decided to participate in the public campaign finance program was so that no one would ask whether I was unduly influenced by large campaign contributions from special interests and this fundraiser surely will raise those questions for Mr. Frick," Leventhal said.

"I avoid taking money from people that have expectations of me politically," Elrich said. "I'm a big proponent of people standing on their own and not relying on large donors to pull off an election."

At the Trone fundraiser, Frick's campaign is suggesting individual donations of \$6,000; \$1,000; or \$500, according to a flyer promoting the event. The maximum amount an individual can donate to a campaign in an election cycle in Maryland is \$6,000.

In an interview, Frick, a state delegate from Bethesda, did not directly address Leventhal and Elrich's criticisms, saying only that he and Trone have been friends for more than a decade.

But Frick's campaign spokeswoman, Lucinda Ware, issued a statement saying that "Delegate Frick is honored to have the support of an all-star list of Montgomery County civic and business leaders in his campaign. This event is hosted not only by Anna and Robert, the county's 2015 Philanthropists of the Year, but a member of the County Business Hall of Fame, multiple past presidents of the Chamber of Commerce, and highly regarded entrepreneurs and community leaders. By contrast, [Frick's] competitors are funding their campaigns with millions in taxpayer funds, money raised through a massive tax increase that was supposed to go to schools, teachers, police and firefighters."

In Annapolis, Frick sponsored a bill in 2016 that would have set a referendum for county voters to decide whether to keep the Department of Liquor Control (DLC), which has a monopoly over the distribution and sale of alcohol. The measure did not pass.

David Trone, Robert's brother and the co-owner of Total Wine, has supported privatization of the DLC.

Elrich and Leventhal have opposed efforts to privatize the DLC. Although, in a November county executive debate, Leventhal said he would be willing to sell the department if the county could clear the approximately \$100 million in long-term bonds the department's revenue pays off.

Both Frick and Robert Trone said in interviews with Bethesda Beat Wednesday that David Trone had not coordinated with them in any way on the fundraiser. Alex Koren, a spokesman for David Trone, who is running for Congress in the 6th District, also said no coordination took place and noted that David Trone has not donated any money to Frick's county executive campaign.

David Trone and Frick were briefly political opponents in the District 6 congressional race, before Frick decided to run for county executive instead.

Robert Trone said he and his wife, Anna, have known Frick and his wife, Bethany, for the last 15 years. Bethany Frick worked at Total Wine from 2003 to 2012.

"I believe Bill will be a great county executive and help move the county forward," he said.

Robert Trone added that he's supporting Frick as a person, rather than for any policies he has pushed in the past. "My belief in politicians is to support the best candidate who I believe has the ability to get the job done," Trone said.

The county has allocated \$11 million in this year's operating budget to fund the public campaign finance program. Dozens of candidates running for County Council and county executive are using the system.

Leventhal noted that Frick voted for a bill in the General Assembly that authorized the county to establish the public financing system. "If he thought it was such a bad use of public funds, why did he vote to authorize it?" Leventhal asked. "He seems to be running away from his voting record."

Frick said the authorization was part of a broader campaign finance reform bill that made several changes to state regulations governing campaign contributions.

Leventhal, who used traditional campaign financing to win his previous four elections, said he wouldn't have used that method if public financing had been available. This is the first year candidates can use the system in the county.

Other people hosting the fundraiser include well-known Bethesda real estate agent Jane Fairweather; Tom Murphy, the former president of EagleBank; Tim Hwang, the CEO of FiscalNote; and Julie Veratti, a co-owner of Denizens Brewing Co. in Silver Spring.

Robert Trone has contributed thousands of dollars to Democratic candidates and state Democratic parties in recent years, according to the campaign finance data website OpenSecrets. Candidates he has supported include Hillary Clinton, Rep. John Delaney and Sen. Chris Van Hollen.

In June 2015, he contributed \$2,700 to the 8th District congressional campaign of Democrat Kathleen Matthews—about seven months before David Trone announced he would run for the same seat in the 2016 Democratic primary.

David Trone and Matthews lost the election to then-state Sen. Jamie Raskin. Trone spent a record \$13 million of his own money on the race.

Other Democratic candidates running for county executive are Council member Roger Berliner; the county's deputy planning director, Rose Krasnow; and Potomac businessman David Blair.

Krasnow is using public campaign financing, while Blair and Berliner are using traditional campaign fundraising.

Republican Robin Ficker is also pursuing the seat.

LICENSE STATE NEWS

MN: 74 gift boxes, 74 lives lost: Minnesota State Patrol raises awareness of DWI dangers

SC Times

By Alyssa Zaczek

December 21, 2017

The Minnesota State Patrol is shedding light on the consequences of driving under the influence this holiday season.

At Thursday's awareness campaign event at Crossroads Center, State Patrol officers offered mall shoppers the chance to don fatal vision goggles (colloquially known as "beer goggles") and experience a breathalyzer test.

Passers-by could even try their hand at a game of beanbags — with and without the fatal vision goggles — to learn firsthand how their motor skills and basic functions become hindered while under the influence.

The hands-on demonstrations were intended to help drivers understand what impairment is like, how severely it can impact driving and awareness, and the consequences of driving under the influence.

"We really want people to know that it's not about the number of citations we write or the number of people we pull over," said patrol Sgt. Jesse Grabow. "It's about raising awareness of the dangers of driving under the influence, and the importance of making responsible choices."

Grabow said those arrested for driving while under the influence could face fines, jail time, loss of license and increased insurance costs.

But the event also focused on the ultimate consequence of driving under the influence: fatal vehicle collisions.

On display at the event were 74 gift boxes, each of which represented a person who lost their life in an alcohol-related crash in 2016. Despite their bright, festive exteriors, the boxes were a part of the event to serve as a sobering reminder.

"These are gifts that will never be opened, never be give out," Grabow said. "Each box represents a person who won't be home for the holidays."

Grabow said the holidays are an especially poignant time of year to hold such an event.

"From my perspective in law enforcement, we do see the number (of DWI arrests and fatal alcohol-related crashes) go up this time of year," he said. "We're hoping to encourage people to make those good choices. If you have to ask 'How many more drinks is too many for me to drive?', you already probably shouldn't be driving."

Grabow made several suggestions on ways to prevent a DWI arrest or alcohol-related crash, including the use of designated drivers, having a "plan B" like Uber or Lyft to get home safely, and committing to only consuming one or two drinks over the course of "It's still so concerning to us, when we arrive on the scene of a fatal crash involving alcohol, that despite the information that's out there people still make the choice to drive impaired," Grabow said. "And it is very much a choice."

Scott Wasserman, public information officer for patrol, said the average number of DWI arrests per weekend in Minnesota is 285.

"But that number absolutely spikes during the holidays," he said.

According to Wasserman, the Crossroads event was the fourth in an awareness-raising tour statewide. Similar outreach events have recently taken place in Duluth, Rochester and Minnetonka.

"It's a great opportunity to make that connection," Grabow said of the events. "People come over and they share their stories, their experiences with alcohol and impaired driving. We share that conversation, and then hopefully they go on and share what they've learned from us with their friends, and that's what raises awareness."

INTERNATIONAL NEWS

Switzerland: Swiss fact: Switzerland has some of the strictest alcohol driving limits

le News

December 21, 2017

While the limits for regular experienced drivers are the same as much of western Europe, limits for new and professional drivers are particularly strict.

Since 1 January 2014, new and professional drivers are required to be alcohol free before driving. In practice this means less than 0.1 grams of alcohol per kilogram of blood and translates to 0.05 millilitres of alcohol per litre of exhaled air, a measure that can now be used by the police and courts in most instances, after a change to the law on 1 October 2016.

This limit essentially means new and professional drivers must abstain from alcohol before driving.

Regular experienced drivers must stay under 0.5 grams of alcohol per kilogram of blood, which translates to 0.25 millilitres of alcohol per litre of exhaled air. This is around one pint of beer or two glasses of wine for most people, but less for some – breath limits are half the blood limits but equate to the same level of intoxication.

People from the UK should be aware that Swiss limits are nearly 38% lower than those in the UK – in the UK (excluding Scotland) the blood alcohol limit is 0.8 grams for all categories of drivers.

Some countries in Europe are even stricter. In Hungary, Czech Republic, Slovakia and Romania the limit is zero. In Estonia, Poland and Sweden it is 0.2 grams of alcohol per kilogram of blood.

And, once you've overdone it, there is no quick way back. According to Touring Club Suisse (TCS), your body only removes around 0.15 grams of alcohol from your blood every hour. Smoking, cold showers and coffee do nothing.

If you get caught the penalties are high. Those caught with 0.25 to 0.39 millilitres of alcohol per litre of exhaled air (equivalent to 0.5 to 0.79 grams of alcohol per kilogram of blood), can be cautioned and heavily fined for their first offense. In addition, repeat offenders (within 2 years) or drivers breaking other rules or causing an accident with these levels will lose their license for at least one month.

Anyone caught with 0.4 or more millilitres of alcohol per litre of breath (equivalent to 0.8 grams of alcohol per kilogram of blood), will lose their license on the spot for at least three months. They will also be fined and face up to three years in prison. Fines in some cases will be based on income and wealth.

Passengers can face the same penalties as the drunk driver unless they can prove they were unaware of the driver's drunken state, something TCS describes as relatively rare.

In 2016, 43 people were killed in Switzerland by drivers under the influence of alcohol, drugs or medicine.

South Africa: Drinking and driving: How much alcohol will put you over the limit?

Moderate alcohol consumption is no more than two standard drinks per day for women and three standard drinks per day for men.

Highway Mail
December 22, 2017

THE general rule of drinking and driving is simple – just don't do it.

It is a proven fact that your driving is impaired after even one unit of alcohol, according to the Automobile Association.

However, the South African Breweries (SAB) has released a guideline on alcohol units and measures in an effort 'to reduce the harm that alcohol abuse causes to South Africans' ahead of the start of the festive season'.

The legal alcohol limit in South Africa is a breath-alcohol content of 0.24mg per 1,000ml or a blood alcohol limit of 0.05g per 100ml.

The South African government defines moderate alcohol consumption as no more than two standard drinks, 340ml or a half quart of beer per day for women and no more than three standard drinks per day for men.

"The rule of thumb is a maximum of one unit of alcohol per hour, which constitutes 10ml of pure alcohol, based on an adult weighing 68kg," warned SAB in a statement.

"Our bodies can process only one unit of alcohol each hour. Be aware that if you weigh less than 68kg your body will need more time to process the same amount of alcohol."

Driving under the influence is a criminal offence and it only takes one point over the limit to put you at risk of spending up to six years in prison.

One unit represents:

- * Two thirds of a beer or spirit cooler with 5 per cent alcohol content.
- * 75ml of red or white wine per hour with an alcohol content of 12 per cent to 14 per cent.
- * 25ml or a tot of spirits per hour.

Alcohol content is also expressed as a percentage of the whole drink. Wine that says '13 ABV' on its label contains 13 per cent pure alcohol.

"Alcohol significantly slows reaction time and distorts your vision, and the effects of a heavy night of drinking could well affect your driving ability the next morning, and you may still even be over the legal limit," said SAB spokesman, Nirishi Trikamjee.

Quick-fix solutions to sober up, such as drinking coffee, taking a cold shower or drinking a litre of water before driving are myths.

"Once the alcohol is in your system, your liver is going to need time to process it and restricting yourself to only one unit per hour is the only way to stay sober in the eyes of the law."

PUBLIC HEALTH NEWS

Researchers study inebriation at sporting events

Medical Xpress
Research Society on Alcoholism
December 22, 2017

In many western countries, public concern about violence and other problems at sporting events has increased. Alcohol is often involved. Research shows that approximately 40 percent of the spectators drink alcohol while attending U.S. baseball and

football games, especially when alcohol is served within the arenas themselves. Alcohol-related problems can be compounded at large sport stadiums that hold tens of thousands of spectators. This study examined occurrences of overserving at licensed premises both inside and outside the arenas, and allowing entry of obviously intoxicated spectators into the arenas.

To determine the level of overserving and inappropriate entry, trained professional actors portraying individuals who were "obviously" intoxicated visited licensed premises inside and outside sporting arenas, and attempted to gain entrance to the arenas. The settings were three arenas hosting matches in the Swedish Premier Football League that were held in the largest and second-largest cities in Sweden. The scenarios were developed by an expert panel, and each attempt was monitored by observers who assessed the rate of denied alcohol service and denied entry to the arenas.

Overserving and allowing entry of "obviously" intoxicated spectators were frequent at these sporting events. The rates of denied alcohol service were only 66.9 percent at licensed premises outside the arenas (101 of 151 attempts), and 24.9 percent at premises inside the arenas (59 of 237 attempts). The rate of denied entry to the arenas was only 10.8 percent (11 of 102 attempts). The authors noted that the variation in server-intervention rates could reflect a lack of training in responsible beverage service among serving staff at licensed premises inside the arenas as well as entrance staff. This lack of training could contribute to unacceptably high intoxication levels among spectators and contribute to increased alcohol-involved problems within the arenas in Sweden. These findings have implications for alcohol consumption at sporting events in other countries as well, including the United States.

Explore further: Many alcohol-related injuries occur at home

More information: Elgán, T. H., Durbeej, N., Holder, H. D. and Gripenberg, J. (2017), Overserving and Allowed Entry of Obviously Alcohol-Intoxicated Spectators at Sporting Events. *Alcohol Clin Exp Res*. DOI: 10.1111/acer.13563

Journal reference: *Alcoholism: Clinical & Experimental Research*

Provided by: Research Society on Alcoholism

INDUSTRY NEWS

Samuel Adams Utopias: 28% Beer Illegal in 15 US States Re-Released for its 10th Anniversary

Is \$200 too much for a beer?

Independent

By Chelsea Ritschel, In New York

December 22, 2017

A beer so strong it's illegal across America is being re-released for its 10th anniversary.

Described by its creator as "the craft beer community's most renowned and sought-after extreme barrel-aged beer," Utopias is not just any beer.

Created by Samuel Adams, Utopias is distinct - and very alcoholic, thanks in part to a strain of yeast called "ninja yeast."

"At 28% ABV (alcohol by volume), this brew is reminiscent of a rich vintage Port, old cognac, or fine Sherry with notes of dark fruit, subtle sweetness, and a deep rich malty smoothness," so basically, not like your typical Sam Adams beer at all.

And it doesn't cost the same as your typical beer either.

Because Utopias is made with the "world's finest ingredients," according to the press release, including multiple varieties of hops and malts, a bottle of the beer retails for \$200 (£149).

It's also quite difficult to secure a bottle - only 13,000 bottles of Utopias are brewed, every two years - and the "the first bottles of Utopias bottles can be found in the hands of Samuel Adams employees," according to the Samuel Adams website.

"Since Utopias was first released, each bottle number corresponds with when each employee was hired, making Founder and Brewer Jim Koch number 1 and Brewer Dean Gianocostas number 2." Sounds like a pretty great holiday bonus.

If are willing to shell out the cash for the beer, the good news is it will probably last you a while.

Because the alcohol content is so outrageously high, the recommended serving size is just one ounce - meaning your \$200 bottle of beer should last you longer than the length of one football game.

The craft beer is illegal in 15 US states

That is unless you live in Alabama, Arkansas, Georgia, Idaho, Missouri, Mississippi, Montana, New Hampshire, North Carolina, Oklahoma, Oregon, South Carolina, Utah, Vermont, or West Virginia - as all of these states have banned the sale of the beer.

But if the beer is not illegal where you live, and you have the money to blow, the Utopias 10th anniversary brew is officially on sale.

DAILY NEWS

5 Holiday Travel Safety Tips

Consumer Safety

By Kate Harveston

December 21, 2017

Many of us are heading home for the holidays. Others scheduled vacations months in advance, flocking south and away from the ice and snow, or northward to popular winter locales. Wherever your destination may be, it's important to be aware of the thousands of others headed in that same direction. This is most noticeable when driving, but crowds will form at the airport security gates, as well as in bus and train terminals.

While it is easy to feel rushed and bamboozled by the holiday bustle, keeping organized and efficient is key for safe travel. If you are able, plan your trips a few weeks in advance and avoid the busiest dates and times. For many people this is not possible, so don't panic. The key is keeping calm and figuring out the safest way to get from point A to point B — and back again! Here are a few concerns to be mindful of and some tips that should help you out.

No Drunk Driving – Ever!

If traveling anywhere — even a short distance — be extremely aware of others on the road. Drunk driving during the holidays — especially New Year's Eve — is a greater concern than any other time of year. Add to that the danger of icy road conditions and poor visibility from snow. If driving home on New Year's, stay extremely cautious and keep a safe distance from other cars. Map out travel conditions ahead of time, if possible, and take the safest route home.

Additionally, make sure you are in a good condition to drive home. If you've drunk too much to safely drive, take a cab or have a friend pick you up. Your own safety and the safety of others on the road should be your first concern, not the convenience of driving home.

Plan for Traffic – to Avoid It!

Holiday traffic — particularly around major metropolitan centers — is an inevitability. Knowing this, you should decide ahead of time how comfortable you are driving through high-volume congestion. If you're a confident driver, altering your route might not be necessary. However, if you're uncomfortable driving in high-volume traffic with abrupt lane changes and screeching brakes, that nervousness may impact your driving and lead to a more dangerous situation than if you just took a backroad.

Many nervous drivers alter their routes to avoid areas of heavy traffic. You can do this by getting off the highway at critical junctures and sticking to country roads. Of course, take into consideration that back-country driving is different from city or highway driving. You'll want to make sure you turn extra carefully, especially on narrow roads and near funky intersections, or in bad weather. A higher percentage of traffic fatalities occur on country roads than anywhere else.

Know Train, Bus & Other Public Transportation Protocols

If you are traveling by yourself — say, going home for Christmas break from college — you may consider taking the train or a bus, especially if you're a nervous driver. Instead of stressing behind the wheel for hours, you can sit back and rest on the train. All that being said, safety is your top priority, and there are some concerns on trains.

You may have heard about the news of the tragedy outside of Tacoma, Washington, in which an Amtrak train derailed, leaving several dead. A few years prior to this event, there were several other high-profile Amtrak derailments.

With all this in mind, safety is a huge concern: if you are planning on traveling by train, be cognizant of your surroundings and inquire about the proper action in case of an emergency. Derailments tend to be more common on routes that have recently changed, so try to research routes that have been in service for a while. When riding the train, avoid blocking the aisles with your luggage in case of an emergency.

Stay Alert When Traveling on Airplanes

If you're flying, arrive at the airport at least a couple of hours before your flight. Lines at TSA and ticket-printing issues can hold you up and make your journey a logistical nightmare.

Unattended packages in the airport should be reported to the TSA. Be very careful when you are loading and unloading your luggage: other passengers tend to throw their bags in the luggage compartments without securing them, and nobody wants a heavy suitcase falling on them! Finally, pay attention to the safety demonstrations and videos before the flight: though emergencies are exceedingly unlikely, it never hurts to play it safe.

Practice Safe Driving Habits

If you are set on driving, keep in mind that falling asleep at the wheel is a major concern, especially during long car trips. Listening to something can keep you focused and alert, and stop you from drifting off. For the best experience, you might want to download a relaxing soundtrack for your journey, or burn a CD if you're old-school. Specific genres of music — particularly songs sitting around 60 to 80 BPM — can relax you during your ride while keeping you focused.

Leave your metal albums at home, though. Frenetic, loud music will boost your adrenaline and make you drive more aggressively, and actually add a level of stress to already-stressful situations.

Podcasts and recorded books are another great option for long car trips. Pick something engaging enough to keep you interested. A tedious recording is one of the few things worse than silent driving: at best, it is torturously boring. At its worst, it can put you to sleep. On the other hand, make sure it's a topic that won't totally take your mind off the road. The goal is simply to keep you alert — not distracted.

Stay Safe into the New Year!

Hopefully your travels go smoothly and safely this holiday season. Unforeseen incidents do happen while traveling, so don't freak out if everything doesn't go according to plan. Bizarre travel mishaps make for great stories when you make it home. Keep your sense of humor and holiday spirit up during curveballs and everything will be okay.

Are reduced-calorie wines worth it?

FOX 61

By CNN WIRE

December 21, 2017

If you're counting calories, a glass of wine might be your alcoholic beverage of choice, as it's a lighter option than many other mixed drinks.

Reduced-calorie wines can save you even more calories, perhaps enough to earn a few bites of cheese or chocolate. Of course, you have also ask yourself: Are you actually enjoying it?

The savings

Depending on the variety, reduced-calorie wines have about 15% to 30% fewer calories than regular wine. For example, at 90 calories per 5-ounce glass, FitVine's lower-calorie white wines have 25% fewer calories than a glass of regular white table wine, which has about 120 calories.

If you are sticking to current recommendations for moderate drinking — that is, limiting yourself to one or two glasses of wine each day — you would be saving 30 to 60 calories a day. In the case of Skinnygirl wine, you save even less: about 20 to 25 calories per glass. Overall, that's not a huge savings for something that is considered an indulgence.

"If you're drinking two glasses of low-cal wine a day versus 'regular' wine, you've eliminated 60 calories out of an average 2,000-calorie diet. That's 3% of your total calorie intake. To me, that doesn't seem like enough of a calorie reduction to be concerned about, but I'm not a triathlete," said Dwayne Bershaw, who teaches winemaking classes in the Department of Food Science at Cornell University.

Sugar is a hot topic these days, and some reduced-calorie wines claim to have practically no sugar at all. For example, FitVine claims its wines have less than 0.2 grams per 5-ounce glass. However, according to Bershaw, "there are many high-quality whites, and most reds, which contain very little residual sugar. So, from this perspective, these wines are just like many others on the market."

In fact, according to the US Department of Agriculture's national nutrient database, a 5-ounce glass of red table wine typically contains less than 1 gram of sugar, while a glass of white wine contains about 1.4 grams.

The more alcohol, the more calories

The way to reduce calories in wine is to lower the amount of alcohol, according to Bershaw. "Unless we are talking about overtly sweet wines, alcohol content is by far the largest driver of calories," he said.

But this creates a bit of mystery. FitVine's ABV (alcohol by volume, a measure of how much alcohol is in a given amount of a drink) ranges from 13.4% to 13.9%, similar to other wines, according to Bershaw. He is unsure why FitVine's reduced-calorie wines are lower in calories than other wines with a similar alcohol and sugar content.

When Bershaw did a calculation for a lower-alcohol (12.5%) Riesling, it was slightly lower in calories than FitVine's wines because of the lower ethanol (alcohol) content. In other words, there may be other lower-calorie wines out there, but they just may not be marketed as such, he explained.

Cense's Sauvignon Blanc, the product of a partnership between Truett Hurst Wineries and Weight Watchers, is made using an exclusive technology that offers consumers a wine with an ABV of 9.6% and only 85 calories per 5-ounce glass (or three SmartPoints). "In essence, we can capture the alcohol and take what percentage out we want, but we keep the aromas and essences and mouthfeel of a full alcohol wine," said Jason J. Strobbe, Truett Hurst's executive vice president. He said the company will be releasing a lower-calorie rosé in February.

"Low-alcohol wines can be great-tasting wines, and they are usually more food friendly (pairing well with meals) than the high-alcohol wines that were popular five to 10 years ago" Bershaw said. "Plus, you can drink two or three glasses without feeling like you need to go to bed early."

The bottom line

Though reduced-calorie wines have fewer calories, it's not enough to justify an extra glass or two. If you drink more to compensate for the reduced calories, you will consume more alcohol and calories overall. For example, two glasses of white wine have about 240 calories, but three glasses of lower-calorie (FitVine white) wine have 270 calories — and more alcohol than you should be consuming on a daily basis anyway.

Wine may protect our hearts and reduce diabetes risk when consumed in moderation — defined as up to one drink per day for women and up to two drinks per day for men — but drinking more can increase health risks.

"Just because we can make lower-alcohol wine that's also lower in calories doesn't mean that people should drink more of it," said Ginger Hultin, a registered dietitian and spokeswoman for the Academy of Nutrition and Dietetics.

Wine experts say the flavor of wine and how well it pairs with food matters, in addition to a wine's nutritional facts, which are not even required on wine labels and therefore makes it difficult for consumers to choose wisely. "This topic would be much easier for consumers to navigate if winemakers were forced to list both ingredients and the calorie content of their products," Bershaw said.

"I think each person has to decide what they like about the wines they drink," said Stephen Mutkoski, professor emeritus of wine education and management at the School of Hotel Administration at Cornell University.

"For me, it is flavor, balance and how it works with the food I am planning to cook or order in a restaurant. Personally I would never give up these important attributes to consume 25 or 30 calories less. If you give up one dessert a week, you can probably save more calories and enjoy a range of wines all week long and still come out ahead on the caloric scale."

Bottom line: Choose the wine you like the taste of best, limit your intake, and savor every sip.

State: Businesses let RIT students buy alcohol with student IDs

Democrat & Chronicle

By Will Cleveland

December 21, 2017

NEW YORK - Rochester Institute of Technology students allegedly used their college-issued identification cards, cards that don't include dates of birth, to purchase alcohol at two adjoining Scottsville Road businesses

The New York State Liquor Authority on Thursday stopped the businesses — Father Son Wine & Spirits and Joey's Mini Mart — from selling alcohol, effective immediately.

The licenses of Father Son Rochester Inc. and Joeys Mini Mart Inc., both at 1735 Scottsville Road near the RIT campus, were suspended, according to State Liquor Authority Chairman Vincent Bradley.

On Wednesday, the SLA charged Father Son Wine & Spirits with six counts of sales to minors and Joey's Mini Mart with three counts, all of which occurred in the last three months.

"The licensee of Joey's Mini Mart is the son of the licensee of Father Son Wine & Spirits, indicating the stores intentionally engaged in a deliberate scheme to deceive police and SLA Investigators," the agency asserted.

According to the SLA database, John and Pamela Valvano hold the license for Father Son Rochester Inc., while Joseph Valvano holds the license for Joeys Mini Mart Inc.

According to a release from the SLA, an underage agent tried to buy alcohol at Father Son Wine & Spirits on Sept. 15. The agent gave the clerk an actual New York state driver's license and was denied. An SLA investigator inside the store "observed that he was the only person in the premises who appeared to be of age. Moments later while observing from the parking lot, the investigator observed several customers appearing to be underage entering the liquor store, and the adjacent convenience store, exiting with bottles of spirits or beer," according to a media release.

On Oct. 31, an SLA investigator talked with RIT's public safety manager about underage alcohol sales at the two businesses and found out that student "were showing their college IDs, IDs that do not include a date of birth, to purchase alcohol at these locations."

Investigators interviewed five underage RIT students. The students "voluntarily" provided written statements where they admitted to purchasing alcohol from the two businesses. "The students interviewed maintained that it was common knowledge on campus that both stores would make the illegal sales" when students used their college IDs. Investigators also determined that store clerks would allegedly deny sales to anyone who didn't appear to be a college student in the store, "supposedly in order to avoid detection," the release continued.

Last week, SLA investigators conducted a second undercover sting operation at the businesses. The underage agent entered Father Son and purchased 1 liter of vodka. The cashier allegedly didn't ask for identification. Authorities also saw two underage customers leaving the store with a box of liquor. They provided voluntary statements and "indicated that they have purchased alcohol at the liquor store several times in the past using" their college IDs.

"These father-son businesses contrived a conscious and calculated strategy to deliberately break the law," SLA attorney Christopher R. Riano said in a release.

"The SLA's decision to summarily suspend a license is not a final determination on the merits of the case," the SLA said. Licensees are entitled to "an expedited administrative law hearing."

Revealed: How different alcohol makes you feel

Daily Nation

By Aggrey Omboki

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Drinking hard alcohol will make you experience the strongest emotions while wine and beer will leave you relaxed.

For those who plan to enjoy drinks over the festive season, you may have realized that a glass of wine puts you to sleep but hard drinks energise you.

RED WINE

Researchers working on the Global Drug Survey reported these findings after interviewing 30,000 young adults, aged between 21 and 34 years, from 21 countries.

The scientists sought to establish how the respondents felt after drinking alcohol.

Each person interviewed had drunk all the types of alcohol studied—including spirits, beer, and red and white wine— in the 12 months before the study.

Data from the survey published in online journal ResearchGate on November 21, 2017 show that respondents reported different reactions depending on the type of alcohol consumed.

"This study allowed us to get a fuller picture of the ups and downs people get from drinking, which drinks are linked with which emotions, and which groups are most at risk from some of the most concerning outcomes, such as feeling aggressive," says Mark Bellis, lead researcher and director of policy and international development at Wales Public Health, UK.

RELAXED

Study findings showed that spirits were most strongly associated with feelings of being energised, confident, and sexy.

On the flipside, they were also connected with feeling aggressive, ill, restless, and tearful.

Red wine was most strongly associated with feeling relaxed, but also tired.

Beer was associated with feeling relaxed and confident although it was also associated with high levels of feeling tired.

This means the two types are likely to make the consumer feel sleepy.

The survey also found that heavy drinkers more commonly reported energy and confidence from drinking, but the negative emotions were also high in this group.

AGGRESSIVE

In the heaviest drinking group, over 60 percent reported feeling aggressive.

Bellis says part of the reason why people take alcohol is an attempt to achieve emotional satisfaction through better moods and emotions.

“For people to make informed choices about how much to drink, they need to understand the negative as well as the positive emotional changes that come with drinking,” he says.

According to the scientist, many factors may link different drinks to different emotional outcomes.

“Spirits are often consumed more quickly and have much higher concentrations of alcohol in them, which can result in a quicker stimulating effect as blood alcohol levels increase,” he says.

“People may also be drinking them deliberately to feel the drunken effect quickly, while other types of drink are more likely to be consumed slowly or with food.”

EMOTIONS

Bellis points out that there are other compounds apart from alcohol in different drinks.

“Although these compounds are part of the difference in taste between drinks, little consideration has been given to what other effects they may have on the drinker,” the researcher says.

“A person’s expectations about the feelings they will have when drinking may also play a part in what they experience but this can also present a health risk. For instance, our results suggest that people who are heavier drinkers may be relying on certain drinks for energy and confidence, but heavier drinkers are also much more likely to report negative emotions as well.”

Women tended to report higher levels of all emotional responses after drinking, with the exception of feeling aggressive, which was higher in men, according to the survey results.

DISEASES

Bellis says despite intense advertising campaigns that seem to promote the guarantee of good emotional experiences from alcohol consumption, it was important for drinkers to understand the adverse effects of consuming these products.

“There is plenty of promotional material that pushes the positive emotions people might look for from drinking, but it is important to understand the negative ones as well,” he says.

“If people are to make informed decisions about their drinking, they need to know the full picture of how alcohol affects moods and emotions.”

He says the study findings are an important milestone in efforts to understand how alcohol affects the human mind.

“We hope this work will help fill a gap in understanding alcohol’s effects. Health professionals have often focused on links between alcohol and cancer, liver disease, and cardiovascular disease but the emotional side of drinking is another important aspect to consider when trying to tackle alcohol related harms.”

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