

# CALCAP, ANEF & CCAGE

VOLUME 2, ISSUE 2 MARCH 2008

## EXECUTIVE REPORT

Dear Friends of CalCAP, ANEF & CCAGE,

I hope that you had a joyous Easter and are enjoying a glorious Spring. In Sacramento, and throughout the state, we continue to face the challenges presented by the gambling and alcohol industries.

In order to gain 17,000 more slot machines, four tribes spent more than \$120 Million convincing the voters that this historic expansion of gambling was good for California. Unfortunately, they were successful. Now, every gambling interest wants to join this new era of seemingly unrestricted gambling, and bills have been introduced to facilitate their desires.

Likewise, the alcohol industry seeks to entwine itself even more deeply into the



fabric of our society by increasing their presence and products into our daily lives. This, in spite of weekly reports of deaths, injuries and health risks and costs associated with alcohol use and abuse.

Because of recent successes by the gambling and alcohol industries, 2008 promises to be a challenging year for us, but the hope and promise of the Easter message gives us the strength to endure, prevail and succeed.

Rev. James B. Butler,  
Executive Director

## WHAT TO DO WITH A TAX REBATE?

By now everyone knows that the U.S. government will be sending checks in May or June as a part of an “economic stimulant package.” The only questions many of us have are “How much?” and “How will I spend it?” Regardless of the answer to the first, I hope that you will consider using a part of the “rebate” to support your church and the California Council on Alcohol Problems. If you gave a gift of 10% to each of these or-

ganizations, you would still have 80% available for discretionary spending or saving. I realize that not everyone is in a financial position to provide this extra gift, but I also know that some of you are.

Rest assured that gifts given to churches and CalCAP will not only help stimulate the economy, but also help improve it.

## NOW YOU KNOW!

*It is estimated that about 20% of men and about 8% of women will meet criteria for alcohol dependence at some point in their lives.*

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## ALCOHOL AMONG SENIORS

Although underage drinking is a problem, young people are not the only ones with a drinking problem. Alcohol poses a danger to everyone in our society, young and old alike.

A recent study funded by the National Institute on Alcohol Abuse and Alcoholism reports that 9% of adults over 65 engaged in unhealthy drinking, consuming four or more drinks in a single day, or more than 30 drinks a month. Because of different metabolic rates and a greater sensitivity to alcohol, this amount of drinking in seniors raises the risk of serious medical problems,

including falls that can lead to hip fractures. There are also problems related to the interactions of alcohol and the medications that many seniors use, and this dangerous interaction between alcohol and other drugs is not limited to prescription medicine.

There was also some very good news in this study – 66% of those surveyed stated they did not drink at all. We are helping our society better understand the dangers of underage drinking, and now we need to help share the message that seniors also face a real danger from alcohol.



MORE THAN  
1900 BILLS  
INTRODUCED  
IN THE 2008  
SESSION

## CAPITOL WATCH

Although the California Budget shortfall has been the primary focus of the Capitol these early months of 2008, there are still roughly 1,900 bills that have been introduced, and will be considered before November of this year. We are following and addressing those that affect alcohol and gambling (currently more than 150) and anticipate that many will be stopped in one committee or another.

Every type of legalized gambling in California (Casinos, Race Tracks, Cardrooms,

the State Lottery, and even Bingo) has at least one bill that will permit its expansion, and some include the internet.

However, this “budget crisis” may provide us the opportunity to encourage the legislature to increase the taxes on alcohol. These taxes have not been raised since 1992. It is time for these taxes to be raised, and the budget concerns may serve as the impetus to accomplish this difficult task.

## COLLEGE CAMPUS DRINKING

During the past decade, increased attention has been directed toward underage alcohol use and binge drinking among college students and the negative consequences related to these behaviors. Binge drinking refers to the “consumption of a sufficiently large amount of alcohol to place the drinker at increased risk of experiencing alcohol related problems and to place others at increased risk of experiencing second-hand effects” (*Psychology of Addictive Behaviors*).

The National Survey on Drug Use and Health

(NSDUH) also asked young adults aged 18 to 22 about college attendance. Data from the 2005 survey indicate that young adults aged 18 to 22 enrolled full time in college were more likely than their peers not enrolled full time (i.e., part-time college students and persons not currently enrolled in college) to use alcohol in the past month, binge drink, and drink heavily. Clearly, alcohol-related problems on campus still exist, and some campuses are taking steps to address this problem.

The next newsletter will include an article on alcohol prevention and awareness programs used by various California Campuses.

## DATE RAPE DRUGS

Although Alcohol is still the number one drug abused in America, other drugs are assaulting our youth. Among these drugs is a very dangerous group referred to as “Date-Rape” Drugs.

The two most popular drugs of this group are Gamma Hydroxy Butyrate (GHB) and Rohypnol (Rohypnol). These drugs are powerful, rapidly acting central nervous system depressants, similar to valium but much stronger (Rohypnol is 10

times stronger). These drugs are often used in sexual assaults because they are easily slipped into someone’s drink, and the person becomes either very open to suggestion and physically weak, or passes out. Rohypnol is most dangerous because they cause black outs, and thus the victims have no memory the next day of what has happened to them. Because these drugs are often colorless and tasteless, it is important to teach our youth to never accept a drink from someone

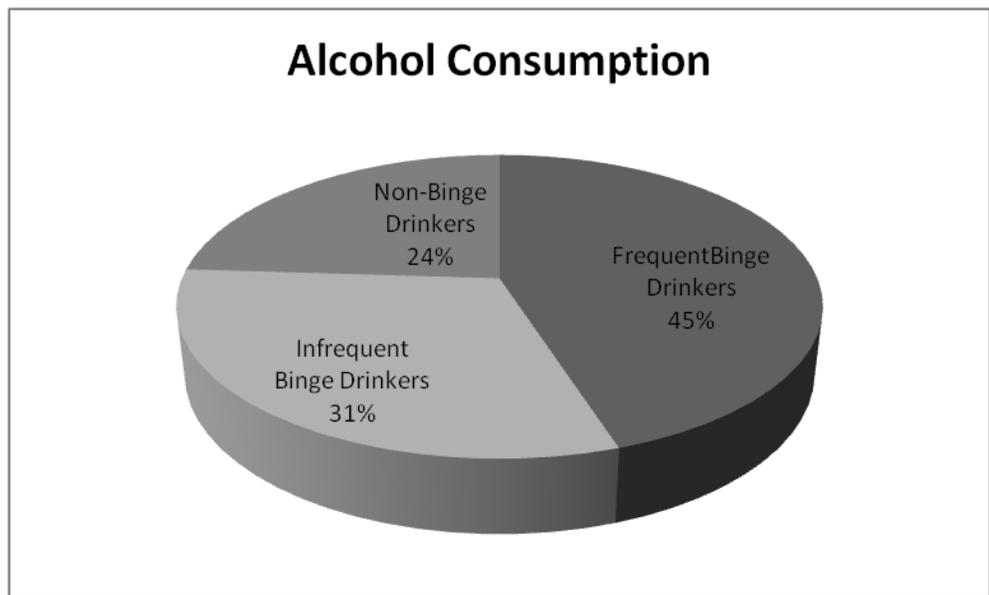
that has already been opened, or to leave your drink unattended, even if it is just a soda or water. In addition to the risk of sexual assault, these drugs also impose health risks and can cause unconsciousness, coma, muscle spasms and slowed or stopped breathing, sometimes resulting in death.

Our Youth need to know and understand the dangers of these “Date-Rape” drugs.

## ALCOHOL CONSUMPTION AMONG ADULTS

According to a study by the Pacific Institute for Research and Evaluation, as indicated by the pie chart, among adults 76% of alcohol is consumed by 23% of the people. This 23% of adults is composed of “Binge” Drinkers and “Frequent Binge” Drinkers and dispel the myth that the majority of alcohol is consumed in a responsible and moderate manner.

The average number of drinks consumed by drinkers who do not binge was fewer than three per week. By contrast, frequent bingers who have had five or more drinks at a time five or more times in the past month consume on average more than 24 drinks per week. Even though frequent bingers are only



seven percent of the population, they drink 45 percent of the alcohol consumed by adults in the United States.

These statistics show the importance of heavy drinkers for the alcohol market. Alcohol sales depend on

the heaviest drinking consumers. The claim that the “overwhelming majority of Americans” use alcohol responsibly is true only because most Americans either abstain or consume alcohol very infrequently.

For Adults  
76% of  
Alcohol is  
Consumed by  
23 % of the  
people.



## CALIFORNIA COUNCIL ON ALCOHOL PROBLEMS

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Executive Director

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WE'RE ON THE WEB!

[WWW.CALCAP.ORG](http://WWW.CALCAP.ORG)

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STEP INTO SPRING  
&  
STEP OUT IN FAITH

### OUR TASK AND MISSION

*The CalCAP family, which includes the California Council on Alcohol Problems (CalCAP), the Alcohol-Narcotic Education Foundation (ANEF) and the California Coalition Against Gambling Expansion (CCAGE), is a statewide, faith based organization that seeks to prevent the moral, economic, scientific and social problems caused by alcohol and gambling. This is done through research, education, advocacy and lobbying. Thus, we raise the awareness of these problems among the people, and address the legislature regarding alcohol and gambling issues.*

*We are funded entirely by gifts from denominations, churches, church groups and individuals. We do not receive any financial support from any governmental agency or political party.*

*If you would like to be part of our information network, arrange for a program or preaching date, or support our work through-out California, please contact our Executive Director, the Rev. James Butler, or our Sacramento office, at 916 / 441-1844 or [calcap@sbcuc.net](mailto:calcap@sbcuc.net). Our Mailing address is 803 Vallejo Way, Sacramento CA 95818.*

*Because CalCAP is involved in lobbying efforts, donations to CalCAP are not tax-deductible.*

*Donations to ANEF are tax-deductible.*

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## IS YOUR CHURCH IN THE 2%?

The results of a national survey indicated that only 2% of congregations participated in or supported substance abuse/prevention programs, as compared with 33% for hunger-related projects, 18% for housing/shelter and 11% for clothing. Our congregations need to do better than that. Churches are ideally positioned to influence their members, both youth and adults, and their communities regarding the dangerous consequences of alcohol and/or other drug use and abuse. Often youth begin experimenting with drugs like marijuana, inhalants or ecstasy because they believe the drugs are harmless. In reality these drugs are quite harmful and may endanger one's life.

Research has already shown that youth who participate in a religious community are less likely to use drugs. In a Gallop Poll, more than half of teens said that religion helps them deal with problems related to alcohol and other drugs. It is important that churches strengthen their commitment to substance abuse prevention.

To accomplish this there are four basic steps churches might follow. The first is to elevate substance abuse prevention on your faith agenda. Next, put substance prevention messages in the context of your faith and religious beliefs. Third, help youth sort out the meaning in the many messages they receive in their media filled world of music, computers, magazines, television and movies. And finally, extend the reach of your prevention message from your congregation to your community.

In future newsletters, I will focus on each of these steps as we recognize the unique opportunity of the church to address this important individual and social issue.

Rev. James Butler

