



ACAP is the successor to the American Temperance League and the Anti-Saloon League established in 1895. Membership is made up of state temperance organizations, national Christian denominations and other fraternal organizations that support ACAP's philosophy of abstinence.

## Have You Thought About This? By Dr. William E. Day

The use of alcohol and its increasingly disabling dependency impacts the American family in a most destructive pattern. Unlike the creative teamwork that exists in a healthy family, responsibilities in a user's home are unfairly distributed. The outcome results in a resentful, angry frustration that breaks and burdens the entire social unit. To make matters even worse, instead of confronting the individual about his or her behavior, often feelings are withheld in order to avoid uncomfortable confrontations.

Because the drug alcohol is a depressant and causes neuroadaptation – permanent changes in the brain – this addictive substance can become a killer. One in seven drinkers becomes dependent on alcohol.

The disease of alcoholism worsens over time. Yet alcoholics continue to drink in spite of the real problems this deadly liquid causes. This is why I wish to encourage you to take a more active role in the advocacy to prevent the use of this negative and destructive factor in our society.

You may ask what do we do? Let us begin a program of positive healthy communications in each of our states based upon an understanding of the needs and perceptions of those within our targeted area. I implore you to join with others and maximize your creative skills to reach your state with information about alcohol. Your program can employ pamphlets, posters, newspaper articles, television and radio PSAs. Develop new ideas, manifest a different message and

make available attention-catching material.

Join me as we begin a summer of sharing insights we have found to be effective and productive in our programs. There are key principles that are consistently significant in developing a community or statewide communications campaign. Work with your organization to devote time and effort to create a comprehensive campaign plan. Keep up with the current research that applies to the targeted population. Establish good working relationships with others concerned with the use and abuse of alcohol in your state.

Let's get growing as we seek to bring help and hope to our families who know all too well, alcohol abuse is a family affair.

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## WHO WE ARE:

American Council on Alcohol Problems is the channel of cooperation through which state temperance organizations, national religious bodies and similar concerned groups in America can unite to deal with the problems caused by alcohol and other drugs.

Visit the ACAP Website at  
[www.sapacap.com](http://www.sapacap.com)



### **Colorado Steps Up Education and Enforcement of Drugged Driving** BY JOIN TOGETHER STAFF May 22nd, 2014

<http://www.drugfree.org/join-together/colorado-steps-up-education-and-enforcement-of-drugged-driving>

Now that recreational marijuana is legal in Colorado, the state has increased education about the dangers of drugged driving and stepped up enforcement, according to NPR. The problem, experts say, is that there is no widespread agreement about how much marijuana impairs a person's ability to drive.

Colorado's new state limit for marijuana use while driving is 5 nanograms per milliliter of blood of THC, the drug's psychoactive chemical.

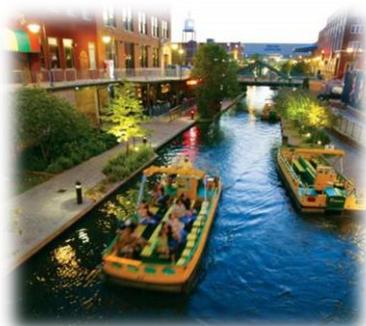
John Lacey, a traffic safety expert, says marijuana doesn't metabolize predictably like alcohol. "It makes setting an absolute level where everyone is impaired, like we have for alcohol, much more difficult for

marijuana and for other drugs," he told NPR. "They just behave differently than alcohol does."

He noted drivers who use marijuana tend to drive more slowly, have trouble staying in their lane, and don't respond as quickly as drivers who don't use the drug. He advises people to stay off the road after they've used marijuana.

Colorado has added dozens of drug recognition experts to its ranks of law enforcement. While the state has started to keep track of marijuana DUI citations, most local police departments do not.

A study published earlier this year concluded that fatal car crashes that involved marijuana tripled in the past decade. One in nine drivers involved in a fatal crash tests positive for marijuana, according to the Columbia University researchers.



Visit the ACAP website – [www.sapacap.com](http://www.sapacap.com) – to stay up-to-date on information regarding the 2014 American Council on Alcohol Problems annual meeting in Oklahoma City, Oklahoma, September 15-17, 2014. If you have any questions, call the ACAP office at 205-989-8177 or email [ccorley@alcap.com](mailto:ccorley@alcap.com)

<http://www.washingtonpost.com/blogs/go-vbeat/wp/2014/04/30/lawmakers-begin-moves-to-ban-powdered-alcohol/>

## Lawmakers begin moves to ban powdered alcohol

BY REID WILSON

April 30 at 12:55 pm

The definition of a mixed drink could change if a new product, freeze-dried alcohol, wins federal approval in coming months. But a Minnesota lawmaker doesn't want to see the powdered substance, known as Palcohol, on store shelves.

Minnesota state Rep. Joe Atkins (D) on Tuesday introduced new legislation that would ban sales of powdered alcohol, while a similar bill is moving through Vermont's legislature.

The manufacturer of Palcohol is still seeking approval to market its product from the federal Alcohol and Tobacco Tax and Trade Bureau. The company resubmitted an application after the bureau said it needed more information about the amount of alcohol each individual packet contained.

Palcohol is intended for hikers and backpackers who might want to enjoy a drink after a long day on the trail, the company says on its Web site. It offers powdered vodka and rum, along with a cosmopolitan, a mojito, a "powderita" and a lemon drop. The company says airlines could use the powder, saving fuel costs due to the reduced weight, and that an ice cream manufacturer is considering incorporating the

powder into its product.

Perhaps most disturbingly, companies in Sweden and Canada want to try the stuff in their windshield-washer fluids, Palcohol's Web site claims.

But opponents say the product could be attractive to children and bring up new health risks.

"Virtually every possible use for powdered alcohol is nefarious, not to mention potentially dangerous," Atkins said in a statement introducing the bill. "The different flavorings make it appealing to children and students who could easily sneak packets into school. This powder could also be inhaled or snorted, bringing a whole new world of problems into play."

In Vermont, the head of the state's Department of Liquor Control said he would work with legislators to ban the product. The state Senate passed a measure that ban sales of the powdered substance until the legislature moves to proactively allow its sale. The measure, sponsored by state Sen. Kevin Mullin (R), now goes to the state House for approval.

States have moved to ban other alternative methods of ingesting alcohol in recent years, most prominently through vapors. Legislators in more than 20 states have moved to ban machines that allow consumers to ingest alcohol through vapors; earlier this month, Maryland banned another form of vaporized alcohol known as the Vaportini.

## Powdered Alcohol: Potential Damage for Underaged

The federal government admitted Monday that its recent approval of Palcohol—a powdered alcohol which turns water into vodka and rum—was actually done in "error." The Alcohol and Tobacco Tax and Trade Bureau granted Palcohol "label approval" on April 8 only to withdraw it 13 days later. "TTB did approve labels for Palcohol," it said in a statement. "Those label approvals were issued in error and have since been surrendered." Palcohol's parent company Lipsmark said in a statement that "there seemed to be a discrepancy on our fill level, how much powder is in the bag" and that the approvals were surrendered on the afternoon of April 21. "This doesn't mean that Palcohol isn't approved," it said. "It just means that these labels aren't approved. We will re-submit labels." Palcohol will have to resubmit labels for approval to the bureau, which is part of the Department of Treasury.



To read the entire story, go to...  
<http://time.com/71664/powdered-alcohol-palcohol-error/>

*Alcohol consumption can not only lead to dependence but also increases people's risk of developing more than 200 diseases including liver cirrhosis and some cancers.*

*- The "Global status report on alcohol and health 2014"*

**A Good Choice for You!**

Throughout life a person has many decisions to make. One of the motivating factors in decision-making is the desire for happiness. Ayn Rand in *Atlas Shrugged* defines happiness as “a state of non-contradictory joy – a joy without penalty of guilt, a joy that does not clash with any of your values, and does not work for your own destruction.”

Effective drug awareness focuses on differentiating between: A) drug use that promotes happiness because it is a non-contradictory joy and promotes health and well-being; B) drug use that interferes with true happiness because it results in penalty of guilt, leads to a clash in values, works for the destruction of self and others, and harms health and well-being.

Our desire at ACAP is to make available to you a drug awareness program that is effective and fulfilling. The presentation of factors that result in health and well-being are provided, the current drugs of prevalence are examined and the ultimate promotion of a drug-free life style is fully made clear.

If there is a need in your state for such materials and training, please contact our national office at ACAP, 2376 Lakeside Drive, Birmingham, AL 35244. (205) 989-8177.

The drug education materials are produced by American Character Builders and endorsed by ACAP. (2009 Resolution to Endorse American Character Builders <http://www.sapacap.com/resolutions-from-past-board-meetings>). [www.AmericanCharacterBuilders.org](http://www.AmericanCharacterBuilders.org).

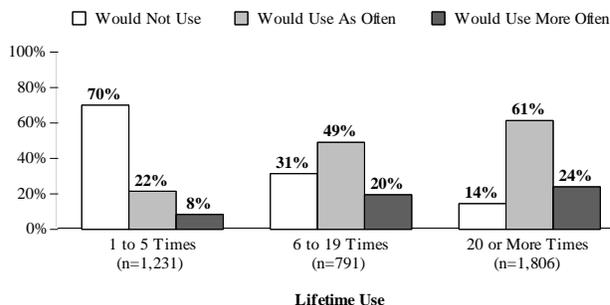
<sup>13</sup> “You are the salt of the earth; but if the salt loses its flavor, how shall it be seasoned? It is then good for nothing but to be thrown out and trampled underfoot by men.

<sup>14</sup> “You are the light of the world. A city that is set on a hill cannot be hidden. <sup>15</sup> Nor do they light a lamp and put it under a basket, but on a lampstand, and it gives light to all *who are* in the house. <sup>16</sup> Let your light so shine before men, that they may see your good works and glorify your Father in heaven.

**Matthew 5:13–16 (NKJV)**

**Majority of High School Students Who Are Infrequent Marijuana Users Say They Would Not Use If Marijuana Were Legal; Frequent Users More Likely to Report They Would Use as Often or More Often**

The majority of high school seniors who are infrequent users of marijuana report that they would not use the drug again if use were legalized, according to a recent analysis of combined data from the 2007 to 2011 national Monitoring the Future surveys. More than two-thirds (70%) of those who had only used marijuana one to five times in their lifetime said that they would not try the drug again if use were legalized. More frequent marijuana users, however, were more likely to report that they would use the drug as often or more often if use were legal. For example, 61% of heavy marijuana users (those who had used 20 or more times in their lifetime) reported that they would use marijuana as often as they currently do and 24% reported that they would use more often (see figure below). Similar results were found for past month and past year users (data not shown). The study also found that 10% of 12<sup>th</sup> graders who had never used marijuana said that they would try the drug if use were legalized (data not shown). The authors suggest that “[p]ublic health practitioners must continue to educate cannabis users and ; associated with use” (p. 11).



Source: Cesar Fax

[www.cesar.umd.edu](http://www.cesar.umd.edu)