



What's On Tap?



The Chicago Social Drinking Project (CSDP)
The University of Chicago

The Cocktail Playdate: Can moms have fun too?

Director's Note

The media spotlight has recently turned on a trend among mothers: when their kids get together for a playdate, the moms gather to relax with a bottle of wine.

The New York Times, Today Show and internet bloggers have recently focused on the issue. Those against the "Cosmopolitan Moms", as they were dubbed by the New York Times, say that the moms are teaching their children how to drink and are being irresponsible.



On the other

side, blogger Melissa Summers supports moderate drinking and believes the issue is just another excuse for today's women to judge each other. She believes that women tend to judge each other rather than give support, as shown by the working mom versus stay-at-home mom and breast feeding versus bottle feeding debates.

Our own Dr. Andrea King also weighed in on the issue. She believes that most moms can drink responsibly. If a person has one or two drinks over a

few hours, she says, their ability to perform tasks is not largely affected.

Missing from this debate is whether or not it's wrong for a dad to drink beer while he watches his kids in the backyard. Dr. King believes that "there is more of a stigma for women", while Summers agrees that expectations for moms and dads are different.

Source: <http://www.chicagotribune.com/news/opinion/chi-0703110006mar11,1,65860.story>



The summer edition of the CSDP newsletter brings you two new articles about alcohol, the results of our April 2007 lottery drawing and an interesting quiz on little-known facts about coffee.

I was interviewed in our quarterly lab spotlight feature (pg 2). You can learn more about how I became interested in developing the CSDP. To date, this study has certainly been the most rewarding of all the studies I have conducted. Have a great summer!

Andrea King

Andrea C. King, PhD
Principal Investigator
Associate Professor

Could your cocktail count as a serving of fruit?

U.S. and Thai researchers found that adding ethanol boosted the antioxidant nutrients in strawberries and blackberries. Ethanol is the type of alcohol found in rum, vodka, tequila and other liquors. In fact, any colored fruit may be more healthful when mixed with

a splash of alcohol.

Researchers at Kasetsart University in Thailand and scientists at the US Department of Agriculture were investigating ways to keep strawberries fresh during storage. They found that mixing the berries with alcohol increased their anti-

oxidants, which are chemicals that reduce cell damaging effects of other compounds.

Source: <http://www.cnn.com/2007/HEALTH/diet.fitness/04/20/nutrition.cocktails.reut/index.html>

April 2007 Lottery Winners

The CSDP April 2007 lottery was conducted on April 5, 2007. The Grand Prize Winner of a \$100 gift card was #543. When notified of the win, #543 said "I'm not surprised. I had a feeling I would win." (That's one confident CSDP subject!) Our second place winners

of a \$10 gift card were #450 and #548. Subject 450 said "swееееееееет thanks a lot!" and #548 would like to thank the Academy. Third place winners #551 and #556 received a CSDP coffee mug.

Participants due to complete their Annual Follow-

Up between April and September 2007 will be eligible for the October 2007 lottery. To be entered in the drawing, you must complete your annual follow-up by the due date. Congrats to our winners!



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Lab Spotlight: Dr. Andrea King

In each newsletter, we will highlight one lab member and help you get to know them a little bit better. This month we highlight Dr. Andrea King.

How long have you been working for the Chicago Social Drinking Project?

I received a grant in 1999 from a foundation called the Alcoholic Beverages Medical Research Foundation to pilot test responses to substances in social drinkers, ranging from infrequent light drinkers to heavier drinkers. Those results led me to submit and receive funding in 2003 from the National Institutes of Health for a larger study to study the same responses to alcohol, caffeine, sedatives and stimulants in social drinkers—The Chicago Social Drinking Project.



Who was your first subject?

The first subject I ever tested in my life was in 1985. I tested subjects while I was still in the womb.

What are your main duties for the CSDP?

I supervise, train, problem-solve and oversee all aspects of this incredibly large study. I analyze the data, write papers for publication, and I write grants for continued funding. This has been the biggest and most comprehensive study of my career thus far.

Where did you go to college, and what was your favorite class?

I went to the University of Illinois at Urbana-Champaign. My favorite class was “Neuropsychopharmacology”. I thought I would learn all about how alcohol and drugs affect the brain, but

I was amazed at how little we really know. That, and seeing college students drunk a good majority of the time, solidified my interests in the addictions field, so I pursued graduate school in Biological Psychology.

Do you have any hobbies?

Spending time with my three year old daughter, six year old Siberian Husky and my husband. Before all that entered my life, I was a volleyball junkie. I nearly killed myself running in the Chicago Half Marathon a few years ago and won't make that mistake again anytime soon.

What was your worst job?

Oh, there have been so many, how can I choose? I have been the Easter bunny, busgirl, snack shop attendant, cashier at Wendy's, food service worker, and waitress.

Are you concerned about your drinking habits or those of a friend or family member?

The principal investigator of CSDP, Andrea King, would be happy to speak with you and give suggestions, feedback or referrals, if needed.

Dr. King's Direct line: 773-702-6181

Puzzle Corner

How much do you know about that daily cup of Joe? Take this quiz to find out!

- Which type of roast contains the most caffeine?
 - Espresso (darkest roast)
 - French (dark roast)
 - Breakfast (medium roast)
 - New England (light roast)
- What's a ristretto?
 - A very short, super-concentrated shot of espresso
 - A very long espresso shot containing twice the water of a regular shot
 - A double shot of espresso in a short cup with no foam
 - An espresso shot topped with light cream
- Ordering whipped cream on your midday grande mocha adds an extra _____ calories to your daily diet.
 - 100
 - 150
 - 50
 - 10
- Which of the following chores can coffee NOT do?
 - Fuel a fire in your fireplace
 - Exfoliate and tone your skin
 - Deodorize your freezer
 - Clean tarnished silverware
- On average, an 8-ounce cup of decaf coffee contains how many milligrams of caffeine? (According to the American Beverage Association, a typical 8 oz cup of coffee has 104-192 mg of caffeine.)
 - Zero, silly, it's decaf
 - About 50-80 milligrams
 - 25 milligrams or less
 - 5 milligrams or less

Source: MSN Health & Fitness—Diet & Fitness “Spill the Beans” Coffee Quiz by Bethany Lye, accessed 1/29/07



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