



What's On Tap?

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



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Director's Note



Happy holidays from the Chicago Social Drinking Project! We wish you a bright holiday season and hope that the new year finds you well.

This winter, the CSDP staff will focus on publishing findings from the study as well as looking at the data gathered from the annual follow-ups you have completed.

I hope you enjoy reading about our latest presentations as well as the results of our fifth Bi-Annual Raffle. This issue also features information about the upcoming January 1, 2008 Illinois smoking ban which will include taverns and bars.

Feel free to contact me anytime. Best wishes to all!

Andrea C. King, PhD
Principal Investigator

CSDP IN ACTION

In terms of CSDP study findings and how we disseminate the results, Dr. King has been "hitting the road" over the past six months by giving several presentations on alcohol response in social drinkers. In July 2007, she led a symposium at the 30th Annual Meeting of the Research Society on Alcoholism which took place in Chicago, IL. Dr. King presented data on different mood responses to alcohol in sub-groups of social drinkers. While more experienced

drinkers were just as impaired as less experienced drinkers, they self-rated less perceived impairment which may put some at risk for harm. Other research highlighted studies using intravenous alcohol and a technique being developed to examine processes that occur when one loses control of drinking.

Earlier this month, Dr. King was also invited to present research findings to colleagues at the Center for Drug and

Alcohol Programs at the Medical University of South Carolina, Charleston SC. The study results were well received and quite a bit of enthusiasm was expressed by leaders in the field about our next phase, the longer term follow-up portion. It was pointed out by a senior researcher that follow-up in studies longer than two years is rare but quite valuable. With this in mind, we hope you all will continue with us during this next phase of the study!

BAR OWNERS WORRIED ABOUT SMOKING BAN

On January 1st, smoking in any public place will be illegal in Illinois. While some are hailing this new legislation as "the strongest clean indoor air law in the country", others are worried about how it will affect their businesses. The Illinois Beverage Association has said, "All-out smoking bans have a severe negative economic impact on hospitality venues that serve beverage alcohol for consumption on-premise." According to

Americans for Nonsmoker's Rights, however, the opposite is true. In New York, public support for the state's smoking ban has increased from 54% in 2003, when the law took effect, to 74% in 2004. New Yorkers also report going to bars and restaurants more often now that they are smoke-free. A survey given in the state of California in 2000 report similar trends, with 75% of adults saying they prefer smoke-free environments 5

years after the law's implementation. With such favorable responses from patrons across the country, Chicago bar owners are hoping that Illinois' new law will pay off—literally.

"Illinois Smoking Ban Goes Into Effect January 1." Source: Health Care News, November 2007.

"Patron Surveys and Consumer Behavior." Source: Americans for Nonsmokers' Rights, August 2006.

Do you know someone who wants to quit smoking?

Please visit <http://stopsmoking.uchicago.edu> for more information about the Chicago STOP Smoking Research Project.



OCTOBER LOTTERY WINNERS

The Chicago Social Drinking Project conducted its fifth Bi-Annual Raffle on October 5, 2007.

Results Were:

Subjects #495, 498, and 594 received prizes of \$10 gift cards.

Subject #497 received the grand prize of a \$100 gift card to Barnes and Noble. The grand-prize winner's response: "This is fantastic news!!! I love you guys!"

Subject raffles occur every October and April. To be eli-

gible, you must complete your Annual Follow-Up by the 15th of the month in which it is due. Our next drawing will be in April 2008, so any subject with an Annual Follow-Up due between October and March is eligible to enter. Best of luck!

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LAB SPOTLIGHT: MEGAN CONRAD

In this issue of “What’s On Tap?”, we learn more about Megan Conrad, the latest addition to the CSDP team.

After graduating from the University of Illinois in Urbana-Champaign, Megan joined the King Lab in August 2006 and began working on the Chicago Social Drinking Project as a Research Assistant. Megan has made great contributions to CSDP and Dr. King refers to her as an “organizational genius!”

Megan is currently spearheading quarterly follow-up as well as assisting in data management and literature reviews. Her future plans include obtaining a Ph.D. in psychology.



More about Megan:

If you had one, what would be your theme song?

I would have to say *R.E.S.P.E.C.T.* by Aretha Franklin, starting from where she sing-spells it out.

What is your favorite band?

I am slightly obsessed with Daddy Yankee at the moment. He is one of the biggest names in reggaeton,

which is a mixture of hip-hop and Latin music. His latest album is amazing.

Do you collect anything?

Books. It’s getting to be ridiculous. I still have random picture books that I got from Scholastic when I was in second grade. If you ever need a copy of *Amelia Bedelia’s Family Reunion*, I’m your girl.

What is your favorite TV show?

I love *Dirty Jobs with Mike Rowe*. The host has a dry sense of humor and the people he meets are fantastic. A well-timed *Dirty Jobs* marathon on the Discovery Channel means my Saturday is shot.



TRIVIA CORNER

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Impress your co-workers at this year’s holiday party by telling them about the alcohol-related origins of these words and phrases! Take your best guess, then get the answers on the right.

1) Did “BOOTLEG” refer to...

- A) Stumbling while trying (unsuccessfully) to conceal intoxication
- B) Smuggling whiskey in one’s boot in order to sell it illegally
- C) Europe’s most notoriously drunken pirate: Bootleg McVodkarumschnapps

2) Did the phrase "MIND YOUR P’S AND Q’S” originate...

- A) As a bartender’s warning to watch your tab
- B) As an observation that you may be slurring your words
- C) As a bartender’s poor imitation of Mary Poppins on Tuesday’s “Governesses Drink Free” night

3) Did the term “WET YOUR WHISTLE” begin by...

- A) Getting a bartender’s attention by using a whistle attached to your mug
- B) Attributing a soccer referee’s poor performance to heavy pre-game drinking
- C) Soaking beer-battered “whistle fish” (which was always a bit dry) in a scotch sauce (which was quite delicious served over a big, steaming pile of haggis)

- 1) **B.** In the American West, it was illegal to sell liquor to Native Americans, so traders would hide small bottles of whiskey inside their boots in order to smuggle it to them.
- 2) **A.** In old England, a bartender would mark a customer’s tab on a chalkboard as he ordered pints or quarts of beer. If he was drinking too much or oversteering his limit, he was reminded to check his tab, or, “mind his p’s and q’s”.
- 3) **A.** Ceramic drinking mugs in England would sometimes have a whistle welded onto the rim. The whistle came in handy when looking for a refill. Instead of trying to catch the bartender’s eye, the customer would simply give a tweet on his mug.

ANSWERS:

Source: Lendler, Ian. *Alcoholica Esoterica*. New York: Penguin Books, 2005.