



What's On Tap?

Chicago Social Drinking Project

Volume 4 ◦ Issue 1



CSDP Implements Exciting New Follow-Up Component

Spring 2009 will mark the official launch of an exciting new phase in the Chicago Social Drinking Project. This April, in conjunction with the 5-Year Annual Follow-Up, we will begin inviting back the first set of study participants (i.e., #401-420) to the University of Chicago to complete 2 additional in-person experimental sessions. All participants will take part in a brief phone and in-person screening (to

ensure eligibility) prior to attending these study visits. During each session, participants will consume a beverage before completing various questionnaires and performance tasks.

This will be the first study to conduct additional in-person sessions during follow-up, so your participation will be historic! Due to the importance of this new component, we've added several considerations to make

completing these sessions more manageable:

- * *Increased compensation of \$400 for 2 sessions*
- * *Schedule flexibility with longer hours, weekend availability, and a window of participation 2-3 months on either side of your scheduled follow-up*
- * *Transportation, lodging, and other accommodations for out-of-towners*

We look forward to your continued participation as we move forward with this historic new phase.

Director's Note



In this issue of "What's On Tap?" we tell you more about the new follow-up component of the CSDP and present an article comparing the benefits of caffeine and sleep. We also explore the story behind a Chicago beer riot and show you where your fellow CSDP participants have been over the past 5 years (see Page 2). We hope that you have a great Spring, and look forward to hearing from you during your next follow-up interview.

Andrea King

Dr. Andrea King
Principal Investigator

Caffeine No Substitute for a Nap

While 90% percent of Americans use caffeine daily, usually to increase alertness, little is known about caffeine's effects on learning and memory. Researchers at the University of California—San Diego (UCSD) recently published an article comparing the benefits of caffeine use vs. a mid-day nap on learning and

memory tasks. All participants trained on a finger tapping exercise (learning) and word recall task (memory) before receiving a pill (caffeine or placebo) or



napping for 60-90 minutes. When tested in the afternoon, the nap group performed significantly better on the learning and memory task than both the caffeine pill and placebo pill groups. Interestingly, there were no significant differences in performance between those who received a placebo pill and those who took a caffeine pill.

These findings contribute to evidence suggesting that, while caffeine may help with general alertness and concentration, it may also interfere with tasks that require processing of explicit information, such as recalling specific words heard several hours before. In light of these findings, Sara Mednick, who heads UCSD's research group, cautions against using caffeine as a substitute for sleep, as "no medicinal alternative to a good night's rest has been discovered."

NIMH News, "Caffeine no substitute for a nap to enhance memory."
Source: <http://www.nimh.nih.gov/science-news/2008/caffeine-no-substitute-for-a-nap-to-enhance-memory.shtml>

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April 2009: Next Raffle!

If you completed your follow-up between 10/08 and 3/09, you are automatically enrolled in our semi-annual drawing for prizes that include a \$100 gift card.

Chicago's First Civil Disturbance Focuses on Beer

This April marks the 154th anniversary of Chicago's first civil disturbance: the Lager Beer Riot of 1855. In March of that year, a coalition of temperance advocates swept into office on a platform of moral reform and the restoration of public order. Mayor Levi Boone and the new council immediately raised liquor license fees to \$250 a year, shortened license terms from 1 year to 3 months, and enforced a forgotten ordinance closing taverns on Sundays. The measures were wildly unpopular and met with public dissent and protest. In response, the mayor tripled the city's police force to enforce the new laws. On April 21, after several tavern owners were ar-

rested for selling beer on Sunday, protests came to a head as protesters clashed with Chicago police near the Cook County Court House. Waves of angry protestors flooded the downtown area, prompting the mayor to raise the draw bridges to prevent additional citizens from crossing the Chicago River. After several minutes and shots from both sides, the riot came to an end. This government action mobilized voters, who turned out in droves during the next elections to defeat the pro-temperance council, and brought renewed attention to city politics in general, ending the era of nonpartisanship. *Encyclopedia of Chicago, "Lager Beer Riot."* Source: <http://www.encyclopedia.chicagohistory.org/pages/703.html>

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Broke your mug? Pen out of ink?

Check out our website to view all the CSDP gift items. Email or call us and we'll be happy to mail you a new or replacement item at any time!

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Where in the World is the CSDP?

The Chicago Social Drinking Project has seen its share of globetrotters—within the past 5 years, we've had participants complete follow-up interviews from over the country and the world. Check out the map below and see if you can pick yourself out!

