



What's On Tap?

Chicago Social Drinking Project (CSDP)



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Director's Note

It's been a long and cold winter for many of us in Chicago. We hope Spring soon approaches!

We've been hard at work during the Winter, completing follow-up data collection, analyzing data in preparation for publication, and making plans for the future direction of the Chicago Social Drinking Project.

In this edition of 'What's on Tap', we discuss everything from Chicago facts to caffeine and smoking research. We hope you find the articles and quizzes enjoyable.

AKing MD

Dr. Andrea King
Principal Investigator



Chicago's Green River: From Plumbing Error To Tradition

From wearing green clothing to drinking green beer, St. Patrick's Day brings with it a long list of traditions. The city of Chicago adds to this list with its annual dyeing of the Chicago River.

Each year, in conjunction with the city's St. Patrick's Day parade celebration, the Chicago River is dyed a vibrant shade of emerald green, transforming it for several hours into a unique and crowd-attracting spectacle.



The tradition stems from 1961 when Stephen Bailey (then business manager of the Chicago Journeymen Plumbers Local Union #130) noticed the green stained coveralls of a plumber who had been working on a project by the river. That year, the city

began enforcing water pollution controls, and the plumber had been pouring green dye into the waste systems of buildings on the riverfront to trace any possible leaks into the river. A St. Patrick's Day enthusiast, Bailey saw this as an opportunity to enhance the city's St. Patrick's Day celebration.

As Chicago was the first city to attempt this process, an initial problem was finding a recipe for dyeing an entire river. The first attempt in 1962, utilizing 100 lbs of an oil-based fluorescent dye, resulted in the river retaining the green coloring for an entire week!

This oil-based dye was discontinued when discovered to be harmful to the river and environment. Through trial and error and experimenting with a number of vegetable dyes, the present method of adding 40 lbs of new dye (the rec-

ipe is a closely guarded secret) which keeps the river green for 4-5 hours was established.



The annual dyeing of the Chicago River

Today, the annual dyeing of the river draws thousands of St. Patrick's Day revelers to the riverfront prior to the north side St. Patrick's Day Parade.

The Chicago River will be dyed this year on March 15 starting at 10:45 am. The river can best be viewed from the upper level bridges at Michigan Avenue or Columbus Drive.

Source: www.greenchicagoriver.com

Caffeine Research Reveals New Benefit, Risk

Caffeine, in the form of coffee and tea, has been used as an early morning pick-me-up for hundreds of years. Recent research has shed light on some additional benefits and risks for this ever-popular drug.

Benefit: Once thought detrimental to an athlete's diet, research at the University of Nebraska has

revealed that caffeine may improve athletic performance. Weight training men given a dose of caffeine (3-6 mg/kg body weight) an hour prior to working out significantly increased both the number of total bench press reps and the max bench amount (by 5 lbs.) It is believed that caffeine acts to blunt muscle pain, allowing one to persevere through a weight training set.

Risk: A recent study of over 1000 pregnant women found that as little as 200 mg of caffeine per day (~1.5 cups of coffee) during pregnancy doubles the risk of miscarriage. Moreover, even smaller doses of caffeine increases this risk by up to 40%

Sources:

*<http://abclocal.go.com/wls/story?section=news/health&id=5904330>

*http://findarticles.com/p/articles/mi_m0801/is_12_68/ai_n21119453

Chicago Spring Event Calendar

- 3/9: Chicago Southside St. Patrick's Day Parade**
- 3/15: Chicago Northside St. Patrick's Day Parade**
- 4/4: Chicago WhiskeyFest**
- 5/2: Looptopia**
- 5/16-17: Chicago Mayfest**
- 5/24: Memorial Day Parade**
- 5/31-6/1: Belmont/ Sheffield Music Festival**



CSDP Research Staff

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Quitting Smoking Study at U of C



Although you may only know of Dr. Andrea King (the principal investigator for the Chicago Social Drinking Project) through her work with social drinking, her research in clinical addictions spreads into many other realms. Recently, another of Dr. King's studies, The Chicago Stop Smoking Research Project (C-STOP) has been receiving a lot of media attention.

C-STOP is a 12-week clinical trial designed to help participants quit smoking. Participants in the program receive nicotine replacement therapy using nicotine patches, behavioral counseling, and a 50% chance of receiving either a placebo pill or the study drug, Naltrexone.

Naltrexone is a FDA-approved medication that has been used in the treatment of both heroin and alcohol addiction. In a previous study, Dr. King found that Naltrexone, when used in conjunction with nicotine replacement and behavioral counseling, may increase smoking quit rates.

Naltrexone acts by blocking the opioid receptors in the brain. The opioid system is associated with the pleasure derived from

using many common recreational substances. It is theorized that, while taking Naltrexone, the typical pleasure received from smoking a cigarette is blocked, resulting in less immediate reinforcement and future desire for cigarettes.

Recently, partially due to the enactment of the Illinois Smoking Ban in January, C-STOP has been receiving a lot of media attention. C-STOP has appeared in the Chicago Sun Times, on WBBM news radio, and on WMAQ (NBC 5, Chicago).

C-STOP is conducted at the University of Chicago, with satellite offices in the West Loop and in Lakeview available for counseling sessions. Thus far, the study has been very successful, enrolling over 150 of the planned 300 subjects. The study will be enrolling new subjects through December 2008.



Dr. Andrea King, left, obtaining breath reading

Questions? Suggestions?

Contact us!

Email:

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Web:

<http://socialdrinking.uchicago.edu>

Telephone: (773) 834-3878

Follow-Up: 1-866-662-2046

Do you know someone who wants to quit smoking?

Please visit:

<http://stopsmoking.uchicago.edu/>

For information on the Chicago Stop Smoking Research Project (C-STOP) at the University of Chicago.



Trivia Contest!



Directions:

- Test your researching skills by answering the following alcohol related questions.
- E-mail your answers to Patrick at socdrink@uchicago.edu (or call 773-702-5047).
- All subjects with correct answers submitted by 3/24/08 will be entered into a drawing to win a \$20.00 gift certificate to Target, Barnes & Noble, or Starbucks (answers and winner will be announced to all participants on 3/25/08).
- Good Luck!

Questions:

- 1) What was the only state NOT to ratify the 18th Amendment (which established prohibition).
Kentucky North Dakota Oregon Rhode Island
- 2) Which of these has the lowest alcohol by volume (at 3.5%)?
Miller Light Bud Light Amstel Light
- 3) Which of these is not a variety of Captain Morgan Rum?
Parrot Bay Caribbean Stock Black Label Silver Spiced



Don't Forget!

Daylight Saving
Time Change:
3/9/08

No Joke! Next Raffle to be held on April 1, 2008

If you have completed or are scheduled to complete an annual follow-up between October 2007 and March 2008, you could be the winner of the April lottery!

The Chicago Social Drinking Project will conduct its 7th Bi-Annual Raffle in April 2008. The winner will receive \$100 in gift cards.

To be eligible, you must complete your Annual by the 15th of the month that it is due.