



Advocating for evidence-based policies and practices
to prevent and reduce alcohol-related harms.

OMAHA COALITION MEETING
Wednesday, September 9, 2020
9 a.m.

A G E N D A

- I. Welcome and Introductions
- II. Review of the August 12, 2020 Meeting Minutes
(please contact PEM staff with corrections)
- III. Violence Against Women & Alcohol's Role: Christon MacTaggart with the Women's Fund of Omaha
- IV. Focus Area Updates
 - a. Local
 - i. Infinity
 - ii. Reign Lounge
 - b. Policy
 - i. Policy Work Group Meeting Recap
 - 1. Executive Orders 20-06 and 20-09
 - 2. LR 450
 - ii. PHAN event on Alcohol & COVID-19
 - c. Enforcement
 - i. Compliance checks
 - d. Youth
 - i. Youth Work Group Meeting today after this meeting
 - e. Awareness
 - i. Norfolk underage party editorial
 - ii. September 2020 Research Summary available at www.projectextramile.org
- V. Additional Discussion/Announcements
- VI. Next Meeting Date: **October 14th, 9 am via Zoom**
Speaker: Bill Kovarik, Nebraska Highway Safety Administrator

IMPORTANT UPCOMING EVENTS

PEM presentation to PHAN on Alcohol & COVID-19 – October 22nd at 1 p.m.
Nebraska Liquor Control Commission Hearings – November 3 & 4, 2020

The mission of Project Extra Mile is to advocate for evidence-based policies
and practices to prevent and reduce alcohol-related harms.

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PROJECT EXTRA MILE

OMAHA METRO AREA COALITION MEETING MINUTES

August 12, 2020

- I. Call to Order: Project Extra Mile Coalition Chair Jen Pollock called the meeting to order virtually via Zoom at 9 a.m.
- II. Welcome and Introductions: Welcome and introductions took place. Coalition members in attendance: Jennifer Pollock, Kristin Miles, Wendy Evans, Mandy Peth, Jim Timm, Palistene Gray-Moore, Don Hoes, Kerry Kernan, Sharona Crittenden, and Lorelle Mueting. Staff members in attendance: Chris Wagner, Liene Topko, Beatha Kliwer and Erin Ayad.
- III. Approval of Minutes: The minutes from the May 13, 2020 meeting were reviewed and approved. No additions or corrections were made.
- IV. Alcohol & Heart Health: Kristin Miles, DNP with CHI Health, presented on the correlation between binge drinking and heart health. Miles defined binge drinking, shared demographic and Nebraska-specific data, as well as consequences binge drinking can have on the body and specifically the heart. She shared how binge drinking can deteriorate the heart, leading to blood clots which weaken the heart's pumping ability therefore resulting in heart disease and stroke. Miles also shared two patient case studies from CHI.

Miles and Chris Wagner shared the importance of alcohol screenings in the clinical setting which is what PEM has been working toward with CHI and gaining information regarding efforts from other health systems. CHI has a policy in place to screen every patient annually, however better data collection needs to be done to determine how effective the implementation of these screenings has been.

Wagner also discussed the US Dietary Guidelines that are now recommending one drink per day for both men and women (a decrease of one per day for men). He encouraged coalition members to use the comments PEM submitted and adapt them to their needs to also submit to the Committee.

- V. Focus Area Updates:
 - a. Local
 - i. Liene Topko shared that after several months the Nebraska Liquor Control Commission (LCC) finally held a hearing to determine the fate of the Reign Lounge in Florence. The LCC listened to the concerns of citizens and followed the City of Omaha's recommendation in denying the liquor application citing concerns of citizens, the city, the drain on law enforcement resources, and the inability for the owner to properly run the business.
 - ii. Topko also shared that Infinity, formerly Hustler Club/Club Omaha, applied for the first bottle club license in Omaha and was recommended

denial by the City of Omaha after failing to failing to respond to a request for information by the city.

- iii. Coalition member Lorelle Muetting shared her frustrations with the Gretna Community (where she resides) and the lack of community responsibility following the June 2019 tragedy where four of five girls crashed and died after consuming alcohol. Efforts are being made to bring greater awareness to the issue of underage alcohol use, but it appears community members do not wish to talk about it.

b. Policy

- i. Chris Wagner discussed PEM's suggestion to and involvement in drafting and sending a letter to the National Governors Association by the American Public Health Association's Alcohol, Tobacco, and Other Drug section. The letter emphasized the need to cease the temporary relaxation of alcohol laws to reduce alcohol-related harms in communities and to not make the changes permanent. Wagner also shared that PEM forwarded this letter directly to Gov. Ricketts.

c. Enforcement

- i. Liene Topko shared that alcohol retail compliance checks took place on July 23-24 and resulted in 12 (9%) businesses of 128 checked selling to the minor. Recognizing the varying agency policies surrounding COVID-19 the hope is to set up another operation in the next few months.
- ii. Topko also shared that PEM has been working with the Nebraska Liquor Control Commission (LCC), Attorney General's Office (AG), and the Nebraska State Patrol (NSP) in setting up operations to ensure compliance with the law on alcohol delivery services and sales to intoxicated individuals.

d. Youth

- i. The Youth Leadership Retreat has been rescheduled for June 14-16, 2021 due to COVID-19. A promotional flyer was included in the packet.
- ii. Chris Wagner invited individuals working with youth to share insight or contacts for youth organizations to help build the PEM Youth Leadership Council.
- iii. A meeting will be convened with stakeholders to discuss how to move forward in growing the group, especially during a pandemic.

e. Awareness

- i. The June-August Research Summaries 2020 were provided in the meeting packets.

VI. Additional Discussion/Announcements: none

VII. Adjournment and Next Meeting Date: The meeting was adjourned. The next meeting will take place on Wednesday, September 9th at 9 a.m. virtually via Zoom call.

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YOUTH LEADERSHIP RETREAT

2021

June
14th-16th

What: Project Extra Mile's 2021 Youth Leadership Retreat

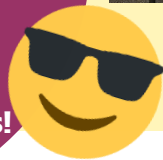
**Where: Lutheran Church of the Master, West Campus
1200 N 181st Ct., Elkhorn, NE 68022**

For more info and to apply online visit www.projectextramile.org by June 4th

Questions? Call (402) 963-9047 or email us at youth@projectextramile.org

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PREVENTING ALCOHOL-RELATED HARM

Project Extra Mile Youth Leadership initiative is supported in whole or in part by Grant #93.243 under the Strategic Prevention Framework-Partnership for Success Grant from the Substance Abuse and Mental Health Services Administration, Center for Substance Abuse Prevention, through the Nebraska Department of Health and Human Services and Region 6 Behavioral Healthcare.



RESEARCH SUMMARY

Date Compiled: September 2020

Key takeaways from included research:

- Coping motives were associated with *increased* alcohol consumption early in the COVID-19 pandemic and highlight the need for longitudinal research to establish longer term outcomes of drinking to cope during the pandemic.
- Overall, 40.9% of 5,470 respondents who completed surveys during June reported an adverse mental or behavioral health condition, including those who reported having started or increased substance use to cope with stress or emotions related to COVID-19 (13.3%).
- Heavy drinking has been identified as an important risk factor for intentional injuries, and with the erosion of alcohol control policies on alcohol availability, heavy drinking is likely to increase during the COVID-19 pandemic.
- Although men consistently had higher alcoholic liver disease (ALD) death rates, gaps between men and women for ALD death rates have narrowed in the past two decades, especially among people ages 25—34 years. The rate ratio of men to women dropped from roughly 3:1 in 1999 to 2:1 in 2018.
- Commentary: "...to protect frontline health-care services and public health more generally, it is essential that modest, evidence-based restrictions on alcohol prices, availability and marketing are introduced. In particular, we recommend increases in excise taxation coupled with minimum unit pricing to both reduce impacts on health-care services and provide much-needed revenues for governments at this critical time."

Embattled, embarrassed Dodge County attorney sentenced for 'garden-variety' DUI

Written by Todd Cooper

FREMONT, Neb. — Strip away the title — or the fact that the county attorney was sitting as a defendant in a courtroom just two turns of a hallway from his office — and this was a garden-variety drunken driving case.

So said visiting Judge Robert Wester as he addressed Dodge County Attorney Oliver Glass, who had just pleaded guilty to first-offense drunken driving Monday.

“Please don’t take offense at what I’m about to say,” Wester told Glass. “You’re a garden-variety drunk. When you accept that, we’ll all be better off. You do not have to live like that anymore.”

Wester gave Glass what he considered a “garden-variety” punishment for first-offense DUI: 15 months of probation, a \$500 fine, an interlock device that Glass must clear in order to drive over the next 60 days. Hovering over that: seven days in jail that Wester can waive if Glass complies with terms of his probation.

“To say it’s been a rough few months is an understatement,” Glass told Wester. “I could sit here and give you a bunch of excuses. I’m just sorry and embarrassed.”

Surrounding Glass’s March 23 DUI are all sorts of weeds that Monday’s plea didn’t address. A Fremont man, Nathan Schany, and his attorney, Andrea McChesney, allege that Glass badgered Schany, who has been dating Glass’s estranged wife, into a psychiatric ward. They point to 10 phone calls and 46 texts Glass sent in the few hours before Schany was hospitalized in mid-March. In the messages, Glass mocked Schany, calling him a “faggot,” “retart” (sic) and “bitch.” He made reference to Walter White getting his head blown off in the hit series “Breaking Bad” and suggested that he could get all kinds of drugs for Schany.

Dodge County held Schany, 28, for six days in a psychiatric ward after he made suicidal comments to his parents in the hours after receiving those texts. Area mental health officials considered the nearly weeklong stay abnormally long.

Schany also has alleged that Glass got him fired from his job at a Fremont office supplier. Glass has denied wrongdoing, saying he had nothing to do with Schany’s termination or hospitalization. Glass’s harassing messages to Schany were nothing more than the “sarcastic blather” of a man “upset” over his pending divorce, Glass’s attorney said.

Judge Wester repeatedly asked Chief Deputy Douglas County Attorney Brenda Beadle, the special prosecutor appointed to handle the case, if Monday’s plea applied only to the events of March 23. Beadle and Glass’s attorney, Clarence Mock, said yes. A lawyer familiar with the case said federal agents are investigating to determine whether Glass violated any federal laws.

“We’ve looked into a number of things,” Beadle told the judge. “I can’t say if there’s other agencies investigating. I don’t know what the (lawyers’) discipline committee is going to do.”

Glass isn't the only one under scrutiny. A misdemeanor assault case is pending against Schany after Fremont police said that clerks witnessed Schany push and punch Glass at a Casey's gas station in April. Schany denies that — and a trial is scheduled for October.

And Beadle said Monday that some of Glass's former neighbors had grown fed up with what they believe was favorable treatment given to Glass by Fremont police. The night of March 23, a 911 caller, a neighbor of Glass's, kept following Glass as he swerved and hit curbs on the edge of town.

After several minutes, the caller suggested to a dispatcher that Fremont police weren't eager to respond because they knew the truck belonged to Glass, Beadle said. In time, Beadle said, a Dodge County sheriff's deputy fell in behind the truck and pulled him over. A breath test registered Glass's blood-alcohol content at .142, well above the legal limit of .08.

"I know Mr. Glass professionally; he's a very nice man," Beadle told the judge. "He does have a terrible problem. He's gotten by with it far too long. No one has held him accountable."

One matter Monday's hearing didn't address: the fact that Glass had a handgun in his glove compartment that night, though he does not have a permit to carry a concealed weapon. Dodge County sheriff's deputies secured the gun but did not cite Glass.

After deliberating on the matter, Wester told Glass that, as part of his probation, he cannot carry a gun.

Beadle said that followup investigation showed that since his arrest, Glass has gone to the Casey's "in the middle of the day" to purchase single-serving bottles of liquor that he pours into a fountain drink. Videotape showed him doing so since his return from inpatient alcohol treatment in April, Beadle said.

A tearful Glass told the judge that he has "relapsed a couple of times" since April. However, Glass said, he now is seeing an Omaha therapist for his addiction. He said he attends AA meetings six times a week and is doing much better.

Glass said he is working to stay sober for the benefit of his children, who "think the world of me."

He wiped away tears.

"I want to take responsibility for my actions and do better," Glass said. "The most important thing are my children. In order to be a good dad, I have to stay sober. I'd like to show that the last few months don't define me."

Teens are having unprotected sex, driving drunk and vaping among other risky behaviors, CDC says

Written by Jen Christensen, Sandee LaMotte, Kristen Rogers, Katia Hetter

(CNN) – Kids are still taking pretty big risks, according to several new studies of youthful behavior from the US Centers for Disease Control and Prevention.

Teenagers are only using condoms about half the time when they have sex, they're not always wearing seat belts when they drive, more than a third admit to texting while driving and a third are vaping, the CDC's annual survey of teens found.

Every two years, the CDC collects data from a nationally representative sample of public and private high school students from grades nine to 12 in all 50 states and the District of Columbia.

It's part of the Youth Risk Behavior Surveillance System, which began monitoring youth health behaviors in 1990 in areas of tobacco, alcohol and drug use; unhealthy diets and lack of exercise; sexual activities that lead to unwanted pregnancies and sexually transmitted infections; and unintentional injuries and violence.

Pregnancy risks

More than 27% of high school students nationwide said they had been sexually active within the last three months before the question was asked. The good news: Nearly 90% of sexually active students said they had used a condom or a primary contraceptive method at their last sexual intercourse.

Condoms were the most popular contraceptive, with just over half (54%) of the teens saying they had used a condom when they last had sex.

However, a fifth of the teens reported using only the withdrawal method -- which is highly ineffective -- or no contraceptive at all.

Avoiding pregnancy prevention was most common among non-Hispanic black youth (23.2%), followed by Hispanic youth (12.8%) compared with non-Hispanic white students (6.8%).

Birth rates among teens in the US remain much higher than rates in similar Western industrialized countries. The CDC encouraged educators to step up efforts to improve condom and contraceptive use among teens.

STD risk high

As for protecting themselves against sexually transmitted diseases, only 9% of sexually active students had used a condom with a more effective contraceptive method, which is what experts recommend.

"Only approximately half of sexually active students reported any condom use at last sexual intercourse, which is concerning given the high risk for STDs among this population," the report said.

Adolescents and young adults account for more than 50% of new sexually transmitted infection diagnoses, despite being only about 25% of the sexually active population, said pediatrician Dr. Laura Grubb, the author of new American Academy of Pediatrics guidelines on adolescent barrier protection during sex published last month in the journal *Pediatrics*.

They also account for one in five of all new HIV (human immunodeficiency virus) diagnoses in the United States, according to the US Centers for Disease Control and Prevention.

Condoms and other forms of barrier protection can address both problems. (However, the CDC says that "natural" or "lambskin" condoms, while protecting against pregnancy, may not provide protection against HIV or a sexually transmitted infection.)

The AAP supports the "provision of free or low-cost barrier methods within communities, including providing barrier methods within clinics," the policy stated.

"It does not have to be a controversial position," Grubb said. "There is no evidence that providing contraception to adolescents makes them more sexually active or promotes risky behavior.

"In fact, comprehensive evidence-based sexuality education results in adolescents delaying sexual behavior, using contraception at first intercourse, and having less sexual partners at a young age," she added.

Vaping risk is high

Almost a third of students (32.7%) surveyed said they vaped in 2019, despite educational efforts to get kids to quit or not start using e-cigarettes at all. That's a huge increase from 13.2% in 2017, said Harold Wimmer, president and CEO of the American Lung Association.

Only 6% of teens reported smoking tobacco cigarettes; nearly 6% said they smoked cigars. Only about 4% said they used smokeless tobacco.

Despite the reduction in reported tobacco use, the "dramatic increase in youth vaping led to a near doubling of overall tobacco product use among high school students from 19.5% in 2017 to 36.5% in 2019," said Wimmer in a statement.

Yet recent research found almost half of teens said they seriously thought about quitting, while nearly 25% said they tried to quit but failed, according to new research.

It may be more difficult for teens to kick the habit because their developing brain is more susceptible than mature adult brains.

"The rational decision-making part of the brain loses out to the more instinctual parts and people find themselves using nicotine even when they really want to quit," said Dr. Sharon Levy, director of the Adolescent Substance Use and Addiction Program at Boston Children's Hospital and an associate professor of pediatrics at Harvard Medical School, in an earlier interview with CNN.

That's why teens are at high risk of nicotine addiction and switching to cigarettes. And that's even more concerning now, since people who are addicted to nicotine have a higher risk of complications from Covid-19.

"The Food and Drug Administration (FDA) has a unique opportunity to reverse this spike in youth use, by denying any flavored tobacco product permission to remain on the market when it reviews the applications due to the agency on September 9," Wimmer said.

"In the meantime, our states and communities must act to fill the void left by FDA's failure to take action by passing state and local laws to prohibit the sale of all flavored tobacco products," he added.

Substance abuse

Nearly 30% of surveyed students last year said they currently drank alcohol, while 3.7% admitted to current binge drinking, defined as five or more drinks at one time for a man or four or more drinks at one time for a woman.

Nearly 22% of teens said they currently used weed and just over 7% said they currently abused prescription opioids.

One in seven high school students said they had misused a prescription opioid at least once in their lifetime.

"Use of other substances, particularly current use of alcohol and marijuana, was common among students currently misusing prescription opioids," the report said.

Driving dangers

Kids also took great risks on the roads. During 2019, 43% of US high school students said they didn't always wear a seat belt when they rode in the car when someone else was driving.

Despite the legal age for alcohol consumption being 21, drinking and driving is a concern for teens in this age group. Nearly 17% had ridden in a car with a driver who had been drinking in the past 30 days prior to the survey. Of the 60% who drove in that past month, 5.4% had a drink before they got behind the wheel.

Distracted driving continues to be an issue for teens. Nearly 40% admitted to emailing or texting while driving in the 30 days before taking the survey. In fact, car crashes in 2018 were the leading cause of death among teens.

Suicide and violence

A supplement to the CDC report looked at suicide risk behavior among teens, and found lesbian, gay and bisexual teens continue to experience more violence than their heterosexual peers -- they also continue to have a higher suicide risk.

About 23% of them said they had made a suicide attempt compared to 5% of heterosexual students. Bullying was also an issue: A third of LGBTQ kids reported being bullied, compared to 17% of heterosexual students.

Omaha police: Mother blows .236 BAC with three children in the vehicle

Written by Chelsea Robinson

OMAHA, Neb. — Omaha police arrested a woman last week for drunk driving with children in the car.

According to a police report, a man called 911 and stated his female friend, a 28-year-old woman, had driven off "extremely intoxicated" around 3 a.m. Friday. He said he was worried about the woman's children.

Police were able to find the woman's vehicle in a parking lot near the area of 5505 Grover Street.

Officers observed a child running around the parking lot and saw two others standing in the backseat of the vehicle. Police conducted a traffic stop, identifying the children as the mom's 5-year-old, 3-year-old and 1-year-old.

Police discovered the mom did not have a valid Nebraska or Iowa license.

Officers said the woman had bloodshot, watery eyes and smelled heavily of alcohol. She submitted to a breathalyzer test and blew a .236. She was arrested and cited for DUI and three counts of child abuse by neglect.

The kids' father was called and collected the children.

To-Go Drinks an Elixir for Public, a Lifeline for Business

Written by Associated Press

DETROIT — The coronavirus is shaking up America's liquor laws.

At least 33 states and the District of Columbia are temporarily allowing cocktails to-go during the pandemic. Only two — Florida and Mississippi — allowed them on a limited basis before coronavirus struck, according to the Distilled Spirits Council of the United States.

Struggling restaurants say it's a lifeline, letting them rehire bartenders, pay rent and reestablish relationships with customers. But others want states to slow down, saying the decades-old laws help ensure public safety.

Julia Momose closed Kumiko, her Japanese-style cocktail bar in Chicago, on March 16. The next day, Illinois allowed bars and restaurants to start selling unopened bottles of beer, wine and liquor, but mixed drinks were excluded.

Momose spent the next three months collecting petition signatures and pressing lawmakers to allow carryout cocktails. It worked. On June 17, she poured her first to-go drink: a Seaflower, made with gin, vermouth, Japanese citrus fruit and fermented chili paste. A carryout bottle, which serves two, costs \$32.

Momose has been able to hire back four of her furloughed employees. A group she co-founded, Cocktails for Hope, is now helping restaurants buy glass bottles in bulk for carryout.

"Part of getting cocktails to go approved was embracing the fact that this isn't going to fix everything, but it is going to fix something," Momose said. "All these little things that we do will keep us open and keep our staff employed."

U.S. liquor laws — many of which date to the end of Prohibition in 1933 — are a confusing jumble that vary by state, city and county.

Carryout cocktail regulations — which were passed starting in March — only deepen that confusion. Lawmakers approved carryout cocktails in some states; governors approved them in others. Nevada passed no statewide measure, but individual cities like Las Vegas and Reno allow them. In Pennsylvania, only restaurants and bars that lost 25% of average monthly total sales can sell cocktails to go.

Most carryout cocktail regulations require customers to buy food with their mixed drinks. Lids or seals are generally required, but some states say drinks also need to be transported in the trunk. Marbet Lewis, a founding partner at Spiritus Law in Miami who specializes in the alcohol industry, says IDs should be checked — online or in person — by restaurants and bars as well as by delivery drivers.

Some states, like Arizona, allow third party delivery companies like DoorDash to deliver cocktails; Kansas only allows delivery within a 50-foot radius.

The laws also have different sunset dates. Alabama is only allowing carryout cocktails through Sept. 15, while Colorado and Massachusetts have extended them into next year. Michigan is allowing them through 2025.

Last month, Iowa became the first state to permanently allow carryout and delivery of cocktails. Lawmakers in Ohio and Oklahoma are considering a similar measure, and the governors of Texas and Florida have expressed support for the change.

There is overwhelming public support for making cocktails to go permanent, says Mike Whatley, vice president of state and local affairs for the National Restaurant Association. Between 75% and 80% of respondents have said they support carryout cocktails in numerous state polls, Whatley said.

U.S. restaurants and bars have lost an estimated \$165 billion since March due to lockdowns and social distancing requirements, the association said. In a May survey of 3,800 restaurants, the association found that 78% of operators who were selling alcohol to go had brought back laid-off employees, compared to 62% of operators overall.

But some are urging states not to be too hasty. Mothers Against Drunk Driving worries that permanent carryout cocktails will lead to an increase in drunken driving unless laws make clear that the drinks can't be consumed until the buyer is in a safe location.

The U.S. government hasn't released preliminary drunk driving data for 2020. But Jonathan Adkins, the executive director of the Governors Highway Safety Association, said there's no anecdotal evidence that drunk driving has spiked during the pandemic.

Patrick Maroney, a former liquor control officer in Colorado who is now a consultant, said carryout beer and wine — which was allowed in around 15 states prior to the pandemic — are different from cocktails because the containers are sealed by the manufacturer and the alcohol content is lower. Cocktails are mixed at the bar, so the alcohol content can vary and they may not be properly sealed, he said.

Maroney said states need to make sure police and health officials are consulted before changing laws that have worked for decades. He noted that California reported a spike in reports of alcohol delivery to minors in April.

"Are law enforcement officials worried about an 'open air' type atmosphere?" he said. "Is the law restricted to at-home consumption? How do they enforce it?"

Maroney received funding from the Center for Alcohol Policy — which is funded by beer wholesalers — for a recent research paper raising concerns about carryout cocktails.

Even before the coronavirus hit, there was a push to modernize alcohol laws to reflect the growing popularity of food delivery, Lewis said. She thinks lawmakers will have a hard time reinstating bans on carryout cocktails once the pandemic eases.

"Once you get the genie out of the bottle and there hasn't been a problem, how do you get it back in?" she said.

Still, restaurant and bar owners say they're not worried that patrons will get so used to carryout that they'll stop going out even after the coronavirus has passed.

"I think that people are social. People enjoy the bar experience and like being waited on," said Dave Kwiatkowski, who owns the Sugar House cocktail bar in Detroit, which closed March 15 but was able to reopen July 10 for carryout service.

Kwiatkowski normally employs a staff of 16. For now, it's just him at the door and a bartender making drinks.

"It's enough to pay the electricity and the insurance, and it's nice to give at least a couple of people some jobs," he said.

Kwiatkowski does wonder how he'll handle carryout demand once the pandemic has ended and there's a crowd in the bar on a Saturday night. But that will be a good problem to have, he said. He wants carryout cocktails to be permanently legalized.

"I think this is probably going to change how we do business forever," he said.

Parents, family relationships influence adolescent substance abuse, UB study finds

Written by Charles Anzalone

Young children with parents with alcohol problems, those whose parents experience marital aggression and those with fathers who were more aggravated with their children in early childhood were more likely to have substance abuse problems as adolescents, according to a study by researchers in the School of Nursing and the Department of Psychology.

The study, Early Childhood Risk and Protective Factors Predicting Resilience against Adolescent Substance Use, examines the relationship among factors in young children coming from families with and without alcohol problems that led to substance abuse, such as binge drinking and illicit drug use, when the children became adolescents. It was published in Adversity and Resilience Science.

“There was a higher proportion of children from alcoholic families that used substances as adolescents compared with those from non-alcoholic families (64.7% versus 37.5%),” says study co-author Jennifer Livingston, associate professor in the School of Nursing, whose research focuses on how early adverse experiences can contribute to substance abuse and other problems. “However, the risk and protective factors were different based on whether or not the children came from alcoholic families.”

The research team studied New York State birth records from 227 families when their children were 12 months old. Half of the families had at least one parent — usually the father — with an alcohol problem. Livingston and colleagues then followed up with these families when the same children were between 15 and 17 years old.

Lead authors on the study were Rina Das Eiden, senior research scientist in UB’s Department of Psychology, and Stephanie Godleski, assistant professor in the Psychology Department at the Rochester Institute of Technology, who earned her PhD from UB. In addition to Livingston UB co-authors were Craig Colder, professor of psychology, and Megan Casey and Kenneth Leonard from UB’s Clinical and Research Institute on Addictions.

“Parent characteristics and family relationships were important influences on the substance use of children from alcoholic families,” says Livingston.

Adolescents from families with alcohol problems were at risk for substance abuse in cases where their parents experienced marital aggression and their fathers showed they were aggravated with their children in early childhood.

“Families in which at least one parent has an alcohol problem face considerable disruptions in inter-parental and parent-child relationships,” Livingston says. “This discord plays a significant role in putting youth at risk for using substances themselves.”

For adolescents from non-alcoholic families, individual child characteristics were more important factors than parenting and relationship factors in determining adolescent substance use, according to the study.

“Among adolescents from non-alcoholic families,” Livingston says, “those who used substances were less able to control their behavior and regulate their emotions in early childhood compared with those who were not substance users.

“There were no differences in parent characteristics or family relationships for adolescents from the non-alcoholic families.”

Because tensions among family members with alcohol problems increase the risk of adolescents developing substance abuse problems, the study points to the need for interventions aimed at improving family relationships, Livingston explains.

“This could include interventions to improve communication, positive parenting skills and conflict resolution,” she says.

The study suggests a need for future research to examine whether reducing parental alcohol symptoms and enhancing the couple’s relationship when children are in the first three years of life would help to prevent underage drinking and substance use among children; in particular, among children of alcoholic fathers.

The researchers suggest intervention and prevention efforts that may not only emphasize reduction in alcohol problems, but also build more successful co-parenting.

These positive parenting practices may also enhance partner relationships and promote better behavior regulation among the children, the study says.

Teaching parents these new parental strategies that may help promote self-regulation in the toddler-to-preschool years “may examine if there are causal associations with promoting positive outcomes even among children who are at low risk,” researchers say.

Google searches for local beer delivery shot up by 500% during lockdown

Written by Kate Ng

Google saw a 500 per cent increase in people searching for local beer delivery during lockdown, the search engine's UK managing director has said.

However, a decline in demand after lockdown measures lifted has led to a call from online beer and alcohol retailers, as well as small breweries, for more government support.

Speaking to ITV's Good Morning Britain on Tuesday, Google's UK chief Ronan Harris said there had also been a 1,300 per cent increase in searches for local produce, including the terms "local farm box" and "local meat delivery" over the past few months.

"As we were forced into lockdown and limiting our movements, people were returning to their local businesses and wanting to find out were they open, were they delivering, were they doing click and collect, and what was available," he said.

The higher number of searches translated into significant jumps in sales for online alcohol retailers. In April, beer and wine supplier Rebellious Goods reported a 1,000 per cent increase in sales and its online business saw the average spend increase to £60 from £20.

Craft Metropolis, an online craft beer shop based in southeast London, told The Independent it saw Google searches for beer delivery rocket in March and April and perform especially well in May and June.

Oliver Meade, founder of Craft Metropolis, said: "UK-wide online delivery for us was up 300 to 400 per cent compared to the same month in previous years, and local deliveries in SE20 London where we are based, and London in general, was almost unmanageable with the resources we had at the time."

But with pubs and restaurants reopening, combined with the fact the UK has entered a recession, consumer demand for beer deliveries have now returned to "normal", he added.

Mr Meade said the lower levels of demand are worrying and alcohol-only businesses are looking to the government for more support.

"We are now faced with our worst month since January, both in-store and online," he said.

"There's been a huge increase in breweries and distributors who have product at source or at lower price points creating business-to-customer platforms.

"This is great for beer and for customers but puts the squeeze on small outlets like us and especially ones with high street stores.

"Wet-led businesses without food have been left out to dry while many other sectors are receiving government support such as the eat out to help out scheme – yet the alcohol-only market is being left without thought," he added.

Also facing difficulties are small independent breweries who are facing a proposed tax hike under the small breweries' relief tax system. According to the Society of Independent Brewers (SIBA),

changes to the system could mean more than 150 local craft breweries paying higher taxes compared to larger breweries, who would pay the same amount of tax or less.

A petition to stop the government from raising taxes for smaller breweries garnered 23,476 signatures.

James Calder, chief executive of SIBA, said in a statement: "Independent breweries have been left high and dry by the government during coronavirus, so to hit them now with a proposed tax rise will be devastating.

"During lockdown, small brewers have seen beer sales drop by, on average, 80 per cent, and just as they are taking their first steps back into normality the news of a proposed tax hike has caused a huge rift in the industry.

"The fact that the government has signalled tax rises for small brewers but not telling us by how much is further adding to the uncertainty, worry and anger. We need the government to reverse the decision or publish the details of their proposals so we know who are the winners and losers, and by how much."

Irresponsible behavior of young people at party extends beyond drinking to COVID-19 concerns

Written by Unknown

There are more than a few teenagers and young people who want to be treated like adults, and they do their best to earn that kind of respect.

But there are others who continue to act like children, and irresponsible, bratty ones at that.

A recent large underage drinking party in Woodland Park in Stanton County is what brings this all to mind. But the particular location of this event is beside the point — the same kind of thing can, and does, happen almost anywhere.

With this particular situation, the Stanton County Sheriff's Office arrived at the scene shortly after 1 a.m. on a Sunday. After investigating, the sheriff's office cited 24 minors between the ages of 13 and 20 for alcohol violations.

Yes, from our perspective, the citing of 24 individuals certainly fits the description of a "large party."

It gets worse, though.

One of the minors, a 15-year-old girl, struck an officer in the face. Another highly intoxicated girl was arrested in connection with obstructing a police officer. Two minors tried to flee the scene by breaking out of a basement window. Both had to be transported to Faith Regional Health Services in Norfolk for injuries they received during the attempt.

A large amount of alcohol was seized from the Woodland Park residence. In all, four basement windows were broken after some of the partygoers tried to flee through them, said Stanton County Sheriff Mike Unger.

To top it off, many of the minors were unruly and uncooperative during the investigation — so much so that assistance had to be sought from the Madison County Sheriff's Office and the Nebraska State Patrol.

As if minors illegally drinking isn't bad enough — and it is — one also has to wonder how many positive cases of COVID-19 will result from such a gathering where we're guessing social distancing and face masks weren't exactly a priority.

There's plenty of blame that perhaps can be tossed around, but, ultimately, this is on the shoulders of the young people involved. But do they really care?

What's truly unfortunate is that an incident like this can further negative generalities and stereotypes about the maturity of young people. It's difficult to make a good impression when there always seem to be some bad apples in the bunch that spoil things for others.

Liberal liquor law is attracting sellers to Nebraska

Written by Matt Olberding

Nebraska's fairly liberal licensing rules for out-of-state liquor sellers are attracting companies to the state.

Two companies -- one manufacturer and one online liquor retailer -- have announced plans this month to make Nebraska their first expansion market outside their home states.

Spirit Hub, an online seller of craft spirits, announced earlier this month that its more than 1,100 small-batch spirits from more than 200 independent distilleries are now available to customers in Nebraska.

"Spirit Hub is growing and expanding rapidly, and Nebraska was the first on our list for market expansion due to its forward-thinking direct-ship retail licensing opportunities," Michael Weiss, CEO and founder of Spirit Hub, said in an email.

The company, which got its start in April 2019 in the Chicago area, also plans to expand to New Hampshire, North Dakota and Washington, D.C. before the end of the year.

Another company that has announced plans to expand to Nebraska is Lee Spirits, based in Colorado Springs.

The company said in a news release Wednesday that its Lavender Gin and Strawberry Gin lemonade canned cocktails are now available throughout Nebraska.

Though the company sells some of its distilled spirits products outside of Colorado in Arizona and Oklahoma, Nebraska is the first market outside of its home state for its canned cocktails.

Nick Lee, co-founder of Lee Spirits, said it launched its canned cocktails in February in Colorado and they proved to be very popular, "which provided us with enough insight that we knew bringing them to market in additional states could happen rather quickly."

"We are thrilled to be distributing our canned cocktails across Nebraska and are hopeful the reception with consumers, bar owners and spirit store operators are as enthusiastic in places like Omaha, Lincoln, Grand Island and Fremont as they have been across the entire state of Colorado," Lee said in a news release.

Hobert Rupe, executive director of the Nebraska Liquor Control Commission, said Nebraska is a popular market for out-of-state alcohol sellers because of its relatively simple shipper licensing process.

"We are pretty easy to get licensed," Rupe said, although he noted that Nebraska's license is more expensive than many other states.

More than 500 out-of-state companies are licensed to sell in Nebraska, he said. While the vast majority of those are wineries, "We're seeing more distilleries do it now," he said.

Rupe said the state is especially attractive to online companies like Spirit Hub that ship directly to consumers because it's much easier to get a license here than in many other states.

"That's where we are a little more liberal," he said.

Reduced hours of sale results in a decline in alcohol-related assaults - research

Written by Unknown

New Zealand research published in the prestigious international journal Addiction today confirms the importance of reducing the hours during which alcohol can be purchased. The authors found an 11% reduction in the rate of people hospitalized for an alcohol-related assault following the reduction from 24 hour sales prior to 2013 to more restricted hours - <https://onlinelibrary.wiley.com/doi/10.1111/add.15206>

New Zealand is an unsafe country for many New Zealanders, both in public spaces as well as in private homes, because alcohol-related assaults are common.

"Lead author of the current paper, Professor Jennie Connor, has previously published research indicating there were 72,000 physical and sexual alcohol-related assaults each year in New Zealand, which is about 200 per day on average" said Prof Doug Sellman, medical spokesperson for Alcohol Action NZ.

"This degree of drug induced violence has a major impact on the well-being of New Zealanders and the well-being of the economy. It has been estimated that the social costs of alcohol amount to nearly \$8 billion per year of which a substantial amount is related to alcohol-related assaults."

"These findings reinforce what we know about alcohol availability contributing harm generally and that late night alcohol availability is particularly harmful" added Dr Tony Farrell, Chairperson of Alcohol Action NZ,

"Importantly the study shows that the harm can be reversed with straightforward measures that apply to the whole population, but only affect a minority of people. The majority of those people are heavy drinking young adults".

The alcohol industry strongly lobbied the government during the major Law Commission review of the alcohol laws in 2009/2010, with the result that only a relatively minor reduction in hours of purchase was adopted in the new law (on-licence 8am - 4am, off-licence 7am - 11pm). Any significant reductions in hours through Local Alcohol Plans have largely been seen off by the alcohol industry tying Councils up in court when they dare to propose stronger regulation.

This study shows that a more robust reduction in hours of purchase produce a substantial reduction in alcohol-related assaults. Alcohol Action NZ advocates for the withdrawal of all alcohol sales from supermarkets and reduction of the hours of purchase of alcohol in other outlets to: 10am - 1am for on-licenses (cafes, bars and restaurants) and 10am to 10pm for off-licences (liquor stores).

Metro law enforcement cracking down on drunk drivers

Written by Ashly Richardson

OMAHA, Neb. (WOWT) -Law enforcement across the metro are out in full force this weekend.

It's all in an effort to crackdown on impaired drivers.

The Papillion Police Department is one of the departments with extra officers out on the streets.

They say there's typically a large increase of drunk drivers out on the streets at the end of summer.

So, they are cracking down to make the streets safer.

On Friday night alone, police in Papillion arrested four drunk drivers.

On a typical Friday or Saturday night, they usually arrest one or two people for DUI's.

Officer Brian Malone says it's difficult to see this happening in the community.

"It's frustrating. you see people tossing beer cans out of the car. You can smell alcohol or you can smell marijuana. So it's frustrating and we wish we had more people to help," says Papillion Police Officer Brian Malone.

It's not just the Papillion police department that is cracking down. There's a statewide initiative to get impaired drivers off the roads.

There's a number of things they're looking out for.

"We typically see a wide range of people. it's people who are underage or people who are repeat offenders. It's usually simple things like traffic offenses that lead us to speak to those individuals," says Officer Malone.

A grant from the Nebraska DOT is helping to pay for the increased staff out on the streets.

Parents more likely than non-parents to turn to alcohol during pandemic, survey finds

Written by Brooklyn Neustaeter

TORONTO -- Parents with at least one child under the age of 18 at home are more likely to report using alcohol to cope with the stress of the COVID-19 pandemic, according to a new Canadian study.

The study, conducted by York University psychology researchers, surveyed Canadians early on in the pandemic and found that the use of alcohol as a coping strategy was highest among parents with young children, in addition to individuals experiencing greater depression and more social disconnection.

The findings were published Tuesday in the journal *Alcoholism: Clinical and Experimental Research*.

Researchers surveyed 320 Canadians who drink alcohol within one month of the initiation of the COVID-19 emergency response using an online crowdsourcing platform. The average age of participants was 32 years old.

The survey assessed work- and home-related factors, psychological factors and alcohol-related outcomes over a 30-day period.

According to a press release from York University, researchers were looking to determine whether alcohol was being used as a coping strategy during the pandemic and, if so, who is more likely to report such behaviour.

The study found that parents with kids under 18 years old were more likely to report using alcohol to cope compared to adults without children or those with adult-aged children. One of the study's authors says this finding is "particularly noteworthy."

"While the pandemic has been challenging for everyone, our data suggest that parents' well-being was especially impacted," assistant professor Matthew Keough said in the press release.

Keough explained that the additional stress put on parents during the pandemic was likely why their drinking had increased.

"Parents have been coping with many stressors and responsibilities during COVID-19, which potentially include working from home, homeschooling young children, and managing their own negative emotions. Our data suggests that drinking alcohol may have been a main coping strategy among stressed out parents," he said.

The study also found that income loss was associated with increased alcohol consumption early in the pandemic, whereas living alone was associated with increased "solitary drinking behaviour."

However, the study cautioned that these associations were not explained by the use of alcohol as a coping strategy. The study's authors say more research is needed to establish the long-term health outcomes of drinking to cope amid the pandemic.

According to the study, participants reported moderate drinking on average during the early stages of the pandemic, consuming between two and four drinks once or twice a week. Researchers say this was similar to their alcohol consumption prior to the pandemic.

However, some participants did report an increase in alcohol consumption amid the pandemic.

Researchers found that drinking to cope, in turn, was related to increased alcohol use following the onset of the pandemic, as well as increased risk for alcohol-related problems such as mental and physical health issues.

York University assistant professor and co-author of the study Jeffrey Wardell said the new research points to the importance of addressing coping-related alcohol use due to COVID-19 but added that more research is needed.

"Using alcohol to cope with distress is a clearly established risk factor for alcohol use disorder," Wardell said in the release. "This is concerning because these alcohol problems could worsen over time, suggesting it may be important to help these individuals find more positive coping strategies rather than using alcohol to cope."

Drizly Brings Alcohol E-Commerce And On-Demand Delivery To Omaha In Time For Labor Day Weekend

Written by Drizly

BOSTON, Sept. 1, 2020 /PRNewswire/ -- Drizly, the nation's largest alcohol e-commerce and on-demand delivery platform, today announced that it has become available in Omaha, just in time for Labor Day weekend. Through partnerships with seven top local adult beverage retailers, across a total of 12 locations, adults of legal drinking age can now shop the Drizly app or website for the area's widest selection of wine, beer and spirits and get on-demand delivery straight to their door.

Drizly launches in Omaha with Big Dog's Beverage, Cornhuskers Beverage Mart, Happy Hour Spirits, N Street Drive In, Ralston Liquor Outlet, Spirit World and six Mega Saver locations. Drizly is also available in Elkhorn and Lincoln, Nebraska.

"As a family-owned business, we value our customers and strive to offer them the best shopping experience, whether they choose to shop in store or online. Drizly's power to showcase our inventory makes the purchase experience seamless. The ability to offer on-demand delivery through online purchases will help us to better serve our loyal customers and make it easy for new customers to discover us," said Nicole Bourquin, Owner and Manager of Cornhusker Beverage Mart.

"With demand for at-home delivery having reached entirely new heights this year, there couldn't be a better time to bring Drizly to Omaha," said Blaine Grinna, Director of Retailer Development at Drizly. "We are launching in the best way for consumers in the area, with six of the area's premier retailers in our network. Consumers will be able to shop an incredibly wide selection across the 12 stores, with the ability to compare prices, find that needle-in-haystack bottle of whiskey, or simply enjoy delivery of their go-to beer or hard seltzer in under 60 minutes."

Consumers of legal drinking age across Nebraska, and a total of over 335 markets across North America, can visit Drizly.com or download the Drizly app (App Store and Google Play) to shop inventory from local retailers in their market for beer, wine and spirits delivered on demand. A detailed look at recent changes in Drizly's delivery processes to maximize customer and retailer employee safety can be found [here](#).

Retailers in the area who are curious about alcohol delivery can check out BevAlc Insights, a comprehensive resource for retailers to access data and insights about the beverage alcohol industry and its fast-growing e-commerce sector. The platform is regularly updated with category and market trend forecasts, fresh consumer insights and other information and counsel developed expressly to help adult beverage retailers grow. Retailers interested in partnering with Drizly can learn more at [JoinDrizly.com](#).

About Drizly

Drizly is North America's largest ecommerce alcohol marketplace and the best way to shop beer, wine, and spirits. With the speed and convenience of on-demand delivery and shipping, Drizly

partners with retailers in 1,350 cities to offer consumers of legal drinking age unrivaled selection and a transparent, personalized shopping experience. Backed by world-class institutional investors, Drizly partners with retailers to bring their shelves online, helping them to reach new customers, tap into key market and customer insights, and diversify their business to grow sales.