



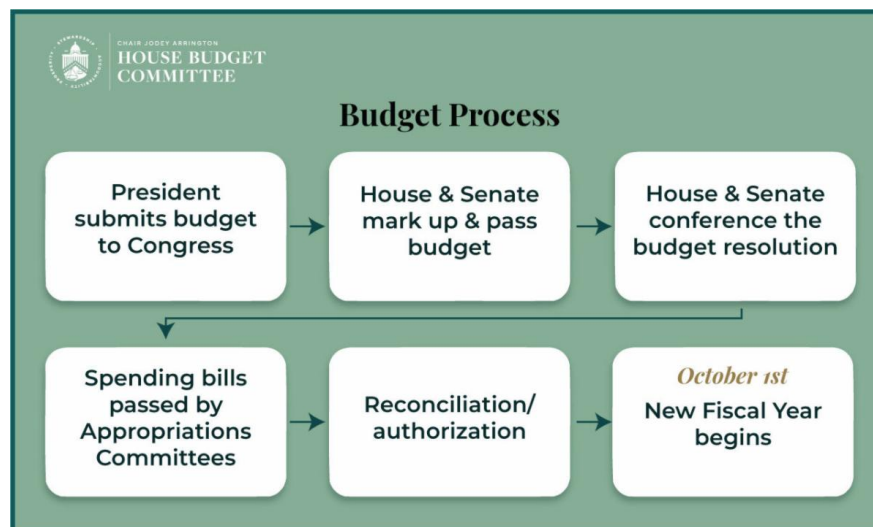
The Extra Mile

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

Miles to Go: Pres. Trump Targets Prevention Funding for Cuts *Congress will have the final say*

Funding the federal government is a multi-step process that can be difficult to understand. It begins with the President of the United States submitting his budget to Congress each spring. This document is the president's vision of how federal funds should be spent in the next fiscal year, but it is the responsibility of Congress to decide how to fund the federal government.

Both the House and Senate Appropriations Committees have subcommittees that focus on the different federal departments. There is a total of 12 appropriations bills that fund the entire government. In theory, each subcommittee passes a version of each funding bill, which the committee approves, and then sends it to the floor for a vote by the full body. The House of Representatives and the Senate both do this and then appoint members for a conference committee to produce one version of the bill so that both houses can pass the same bill. Once passed, the bill heads to the president for signature. In practice, Congress rarely follows this process and often ends up funding government at previously approved levels through year-long continuing resolutions. Whenever you hear about the government shutting down, it's because Congress hasn't done its duty to fund the government prior to the beginning of the new fiscal year.



[President Trump's initial budget proposal](#) for FY 2026 included the following:

- Elimination of funding (\$14.5M) for the Sober Truth on Preventing Underage Drinking (STOP) Act;

- Elimination of funding (\$125.4M) for the Strategic Prevention Framework/Partnerships for Success grant;
- Reduction in funding and moving the Drug-Free Communities Program (\$70M).

Another component of President Trump's proposal was the [creation of a new agency within the Department of Health and Human Services](#), the Administration for a Health America (AHA), which combines the Health Resources and Services Administration (HRSA), Substance Abuse and Mental Health Services Administration (SAMHSA), select programs from the Centers for Disease Control and Prevention (CDC) and others. Many of these agencies have faced steep reductions in force (firing/resigning of employees) and programs like the CDC's Alcohol Program have been completely eliminated already by the administration, which does not appear to require the consent of Congress.

During the month of August, members of Congress are back in their home states and districts and this is a great opportunity to talk to them about why these programs are important to your coalition.

Before adjourning for the August recess, the [Senate Appropriations Committee approved its version of the Labor-HHS-Education funding bill](#), which would continue to fund the PFS grant at \$135 million in FY 26. The committee also approved \$18.5 million for continued funding for the STOP Act but according to the U.S. Alcohol Policy Alliance, the bill reduces alcohol-focused research by \$2 million.

Going the Distance: World Health Organization Revamps Effort to Increase the Price of Alcohol to Reduce Harms

In July, [the World Health Organization \(WHO\) launched the "3 by 35" Initiative](#) urging countries to raise prices on alcohol, sugary drinks, and tobacco by at least 50% by 2035 in an effort to reduce the increasing negative impacts from noncommunicable diseases (NCDs), shrinking development aid, and growing public debt. The WHO Assistant Director-General, Dr. Jeremy Farrar, shared "Health taxes are one of the most efficient tools we have. They cut the consumption of harmful products and create revenue governments can reinvest in health care, education, and social protection."



Decreasing alcohol-related illness, injury, and death has been on the forefront of WHO's efforts for several years. In 2018, [they launched the SAFER Initiative](#) which calls for implementing the five most cost-effective interventions to reduce alcohol-related harms:

- **Strengthen** restrictions on alcohol availability;
- **Advance** and enforce drink driving countermeasures;
- **Facilitate** access to screening, brief interventions, and treatment;
- **Enforce** bans or comprehensive restrictions on alcohol advertising, sponsorship, and promotion;
- **Raise** prices on alcohol through excise taxes and pricing policies.

Excise taxes raise prices, reduce demand for alcohol and are a WHO "Best Buy" policy to beat noncommunicable diseases.

SAFER



With [1,001 Nebraskans dying every year](#) as a result of alcohol-related causes, such as motor vehicle crashes, cancer, heart disease, suicide, and more, it is time to take more serious steps to reduce these preventable deaths. The Nebraska Department of Health and Human Services (DHHS) also reported over 9,000 alcohol-related hospitalizations in 2021. Not only is excessive alcohol consumption harming individuals, but also our entire communities and the state's economy. Excessive alcohol consumption resulted in \$1.16 billion in economic costs in 2010, with \$491 million paid by taxpayers ([Sacks et al., 2015](#)).

Alcohol taxes have not been raised in Nebraska since

2003. Currently, [LB 330](#) is stuck in the Revenue Committee at the Nebraska Legislature. The bill proposes to set the sales tax on alcoholic products at 15.5% (a 10% increase). The bill also stipulates that proceeds from this tax are allocated 50% to the Alcohol Addiction Prevention and Treatment Fund as well as 50% to the Education Future Fund. Scientific evidence shows that increasing the price of alcohol will reduce excessive consumption and decrease associated harms. A 2010 study showed that doubling alcohol taxes would reduce alcohol-related mortality by an average of 35%, traffic crash deaths by 11%, sexually transmitted diseases by 6%, violence by 2% and crime by 1.4% ([Wagenaar et al. 2010](#)). After Maryland increased their alcohol sales tax by 3% in 2011, the state saw a 17% decrease in adult binge drinking; 26% reduction in high school youth alcohol consumption; and 28% reduction in youth binge drinking ([Porter et al., 2018](#)).

Empowering Tomorrow's Leaders Today - Youth Leadership Network Returns August 25th

Calling all 8th – 12th graders! The first Youth Leadership Network (YLN) meeting of the school year will be held **Monday, August 25th from 7 – 8 p.m.** The meeting will take place at the UNO Community Engagement Center in Room 221. The night will feature community building activities, alcohol in the news, and discussion about plans for the YLN 2025 -2026 year.

The purpose of the YLN is to help develop youth leadership skills, take action to reduce alcohol-related harms in our communities, meet like-minded youth from across the Omaha metro area, and have their voice heard. We believe that every young person can become a great leader!

Another exciting aspect of the YLN is the Project Extra Mile Youth Leadership Scholarship! At the end of the school year, one YLN member (junior or senior) may be presented with this award at the Youth Leadership Retreat. The scholarship amount for 2025-26 will be \$1,000 to help you continue your education after high school graduation.

For more information on the Youth Leadership Network, please email youth@projectextramile.org or [visit our website to sign-up to attend](#).

Youth Leadership Network

Awareness • Leadership • Community Engagement • Policy Change

All Omaha-Metro
area students in
grades 8-12 are
invited to join!



August Meeting

Monday, August 25, 2025

7:00-8:00 p.m. CST

UNO Community
Engagement Center
Room 221



Register before the meeting
using the QR code below or at
<https://rb.gy/z5lw16>



Youth Corner

Written by Vyshnavi Perisetla, junior at Millard North High School

Most people know that smoking can cause cancer, but many don't realize that alcohol does too. According to a 2021 study published in [The Lancet Oncology](#), alcohol was linked to more than 740,000 new cancer cases worldwide in 2020—including breast, liver, colon, mouth, and throat cancers. Even small amounts carry risk: a major review in *Annals of Oncology* found that drinking just one glass of alcohol per day can increase a woman's risk of breast cancer by 7 to 10 percent. The more someone drinks over time, the more that risk quietly builds—often without warning signs until it's too late.

What makes this even more troubling is how few people are aware of the connection. While alcohol is widely accepted as a normal part of daily life and celebration, the [World Health Organization](#) has classified it as a [Group 1 carcinogen](#)—meaning there is strong evidence it causes cancer in humans on the same level as tobacco. The danger is even greater when alcohol is combined with smoking. Yet despite all this, many still believe that moderate drinking is harmless. Raising awareness isn't about fear—it's about fairness. Everyone deserves to know the truth behind the glass, so they can make informed choices to protect their health and their future.

In Loving Memory of Jim Boucher, an Amazing Friend, Mentor & My Personal Hero

November 8, 1940 - July 4, 2025

Written by Cole Williby

My relationship with Jim began with something as simple as a haircut—but it quickly became so much more. What started in a barber's chair grew into countless porch talks, sipping Jim's own strong brew of Starbucks coffee, brainstorming strategy, and exchanging ideas. Over time, those conversations evolved into a great friendship. He became not only my mentor but my hero.



Jim introduced me to two incredible community leaders—Chris Wagner and Liene Topko—and the impactful work they do through the coalition Project Extra Mile. I was immediately intrigued and inspired to get involved. Through this, my son also joined the youth leadership group of Project Extra Mile, which had a powerful and lasting impact on him. It gave him a deep understanding—not just of what substances do—but how they're marketed, how kids are influenced by adult behaviors, and how to communicate the dangers effectively to peers, lawmakers, and leaders who may not fully understand their consequences.

Jim was exceptionally proud of this part—how it influenced not only me but also the next generation.

My involvement in this work helped me see so clearly what should be common sense: the importance of doing what's right, even when it's hard. It taught us that adults must model good behavior for children, because actions speak louder than words.



Our efforts began with confronting the issue of schools selling alcohol at fundraisers—even for youth sports—where children were present and participating. We then turned our attention to city-run events that did the same, often without complying with state liquor laws. Many believed the rules didn't apply to them. Some businesses even failed compliance checks, brushing them off as "illegal stings."

Eventually, we challenged the broader system, including city officials who felt they had no responsibility for how alcohol was being used at public events. Without the guidance and support of Project Extra Mile—and without Jim's leadership—this work would not have been possible.

We live in a world where alcohol sells, and too often, innocent people as well as children pay the price.

Jim, your legacy lives on. You will be deeply missed—not just by me, but by many. Your love for friends, family, and community echoes on. You always knew how to laugh when I was angry and turn my frustration into positive momentum.

Thank you for everything. With love and respect,

Cole Williby

Please Join Us!



30 Years projectextramile
PREVENTING ALCOHOL-RELATED HARM

1995-2025

OMAHA METRO COALITION MEETING

August 13, 2025 @ 9:00AM



**UNO's Community Engagement Center
6400 University Drive South
Room 209**

**Please join us as we welcome
Brian Ortner with AAA
to discuss the
100 Deadliest Days
for Teen Drivers.**



More Information :
www.projectextramile.org

402-963-9047
info@projectextramile.org



Meetings are held at
UNO's Community Engagement Center
6400 University Drive South



2025 Meeting Dates

January 22nd

February 12th

Join us at our
30th Anniversary
Recognition Dinner
on March 12th

April 9th

May 14th

No Meeting in June

No Meeting in July

August 13th

September 10th

October 8th

November 12th

December 10th



Project Extra Mile | 6001 Dodge Street CEC 228 | Omaha, NE 68182-0600 US

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