



IS WINE GOOD (OR BAD) FOR YOU?

We are dedicating a major portion of this Two Amigos Spring Newsletter to respond to the US Surgeon General's misguided proclamation regarding alcohol consumption..

Good News... Bad News- As a winemaker, Squire has a certain bias...but he has written a well researched response that appeared on March 1st in our local Kenwood Press regarding what our Surgeon General has stated about alcohol. We also post Squire's articles on our website.

WHAT'S THE BAD NEWS?

On January 3 the US Surgeon General, 47 year old Vivek Hallegere Murthy, made a startling proclamation: "Just one drink (of alcohol) per week over a lifetime would raise your cancer risk significantly."

IS THERE GOOD NEWS?

A lot of it. Coincidentally, and just two weeks prior to the surgeon general's damning edict, the National Academies of Sciences, Engineering, and Medicine (NASEM) completed an exhaustive scientific study on alcohol (Google "NASEM & Alcohol"). Their scholarly study examined the relationship between alcohol consumption and eight specific health outcomes, including cardiovascular disease, all-cause mortality, and certain types of cancer. In general, their results counter the Surgeon General's proclamation.

All-Cause Mortality: Compared with never consuming alcohol, moderate drinking of alcohol will lower all-cause mortality. (You'll live longer!)

Cardiovascular disease: Drinking moderate amounts of alcohol is associated with lower risk of heart issues.

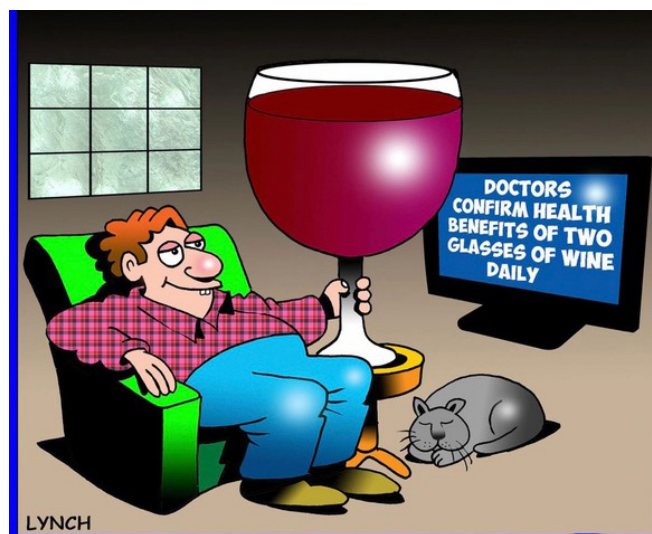
Weight Changes: There was no consistent evidence of weight gain in either men or women when compared to non drinkers.

Neurocognition: The study found there was no association between moderate alcohol consumption and the risk of cognitive decline such as Alzheimer's disease. (You can't blame misplacing your car keys on last night's glass of wine!)

Cancer: There was no difference between non-drinkers and moderate drinkers for the risk of colorectal cancer. There did seem to be a correlation between female breast cancer and alcohol consumption, but only if higher amounts of alcohol were consumed. (Good reason to drink moderately!)

ANY OTHER GOOD NEWS?

A few years back 60 MINUTES broadcast an episode entitled "The French Paradox" reporting that there was a 36% lower incidence of cardiovascular disease in French



people than in their American counterparts. Even though both populations had a relatively high dietary intake of saturated fats, the apparent difference was that the French drank much more red wine than we do. (They still do!)

WHAT'S FLAWED ABOUT THE SURGEON GENERAL'S EDICT?

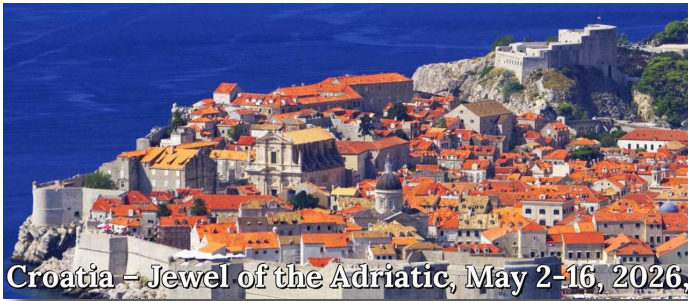
The majority of scientific studies conclude that there are many possible benefits to moderate alcohol intake, the primary benefit would be lowering your risk of death. Why did our surgeon general make his anti-alcohol proclamation in spite of the overwhelming positive data (and just after the NASEM scientific study was published)? No one knows but the NASEM study was first to warn that "abstainer bias should always be considered". (I'll wager that our surgeon general is a non-drinker). They also correctly pointed out that in order to conduct any scientific study all of the criteria must be well defined. Unlike the NASEM study, they did not attempt to define "moderate consumption" nor did they consider life style, age, sex, socio-economic differences, diet, level of exercise or a host of other variables.

WHAT SHOULD YOU DO?

1. You can go to the Two Amigos home page www.twoamigoswines.com and read Squire's complete article.
2. Read Tony Edwards excellent book: "The Very Good News About Wine".
3. Life is filled with choices. Of course, moderation is the key! Wine has been an important part of our existence for well over 8,000 years. Let's eat well, drink well and enjoy every day to its fullest. Raise a glass of fine Sonoma Valley wine tonight!

Croatia May 2026!

We are most excited about our next Two Amigos travel adventure: Croatia! It has always been on our bucket list. This will be a land and sea experience. The Aurelia...the name of OUR yacht...will have ONLY our group and it is filling up fast. Check out the website for details! www.toursandwine.com/twoamigos26



Jack to Jack Race – Saturday, March 29th

Ahoy mateys! Come and join us at the Jack London Saloon in Glen Ellen on Saturday, March 29th. We will be “racing” both the Two Amigos and Glen Lyon’s “yachts” down the creek for the coveted prize of bragging rights. This is the fifth Jack London Yacht Club race filled with fun, camaraderie and healthy competition as well as an auction to raise funds for local non profits. All the yachts are modeled after Jack London’s Snark and are 16” from bow to stern. Squire and Bob will again be the Masters of Ceremony! And...no charge to join in the fun! More at: www.JackLondonYachtClub.org



Have You Met The “J” Team?

Jeremy and Jose are the “J” team! The amazing duo that makes everything at the winery run like clockwork! They know each vine personally and are the backbone of our operations. Jeremy will be starting his sixth harvest with us and Jose has helped us for decades. Besides being invaluable, they are super nice guys and quick to help in any way possible. We have huge respect and appreciation for this great pair!



Got Viognier?

Mother Nature dictates our case count each year. Thankfully, she has smiled on us and we have a great supply of our most popular white wine, Viognier. We have a personal relationship with our friend and grower, Margaret Gokey, and love recognizing her as the vineyard designation. Reach out to Bob if your Viognier indicator is low...



Spring Pick Up Party Sunday, June 1st.

Save the Date! Our next wine cub pick up party will be the afternoon of Sunday, June 1st. We will send out details and an invitation as the date gets closer. Always an epic event!



As always, we love your photos of you enjoying TAW wine....Keep ‘em coming!