



GOVERNOR ARNOLD SCHWARZENEGGER

November 30, 2007

Dear California State University, Long Beach Student,

The holidays are a great time to kick back, enjoy the company of loved ones and take a break from the rigors of homework and exams. They're also a fantastic time to enjoy sports, both as a participant and as a spectator.

As a former professional bodybuilder, I understand the huge demands placed on athletes, as well as the thrill of watching a great competition. While immeasurable good can come from sports, there is also a dangerous relationship between athletics and alcohol. The misuse of alcohol as an outlet for the stresses you face in the classroom or on the court can lead to devastating results. Underage drinking, binge drinking and a host of other bad decisions regarding alcohol consumption can flush your dreams and your future down the drain.

Making good decisions about what you put in your body promotes better health and fitness – which come in very handy whether you're fighting for a first down or for an A in English. So, this holiday season, and in the years ahead, I encourage you to be smart and obey the law. Please don't jeopardize a fantastic education, a scholarship, an opportunity to compete, a friendship or even your own life by making a bad decision regarding alcohol. I promise you that you won't regret the wise choices you make.

Maria and I send you our best wishes for a wonderful holiday season and a very happy New Year.

Sincerely,

A handwritten signature in black ink, reading "Arnold Schwarzenegger".

Arnold Schwarzenegger