

Right Spirit



Spring 2001



*A New Century
A New Attitude
Get the Right Spirit*

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RADM Annette E. Brown
Assistant Commander,
Navy Personnel Command,
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Happy New Year to you all! I hope everyone is enjoying a safe 2001 and committing to *Right Spirit* in your daily lives.

Right Spirit Campaign emphasizes the responsibilities of Navy leadership from command down to shipmate and self.

Unfortunately, some of our Shipmates haven't practiced responsible drinking and have been involved in alcohol-related incidents and/or have received DWIs. Even though statistics have improved in these two areas – 3,137* incidents last year compared to 3,909 incidents in 1999; and 889* DWIs in 2000 compared to 951 the previous year – we need to continue our Prevention efforts through education and training.

I encourage you to do your part to support the principles of *Right Spirit* so we can continue to improve fleet readiness through responsible use of alcohol.



Keep the *Right Spirit* with you
wherever you go

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From the MCP0N



Shipmates, the dark days of winter are behind us. Everyone is starting to migrate outside to sunnier, warmer days with plenty of outdoor activities available. As we all come out of hibernation, it's important to keep the Navy's "Right Spirit" campaign forefront in our minds.

With the better weather the spring and summer months bring, also comes potentially new dangers to our recreational lives. First and foremost, we have to do our part to eliminate drinking and driving. In the upcoming months, there will be more people out on the roads than the past several months, so we have to be aware of everyone.

If you are smart enough not to drink and drive, great. But, make sure you don't let your shipmates do something that dumb either. Drinking and driving is one of the quickest ways to hurt your Navy career, or worse, even kill someone. We need to keep in mind the countless recreational options available that don't involve alcohol abuse.

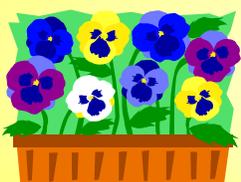
The Navy designed the "Right Spirit" campaign to make Sailors aware that it's perfectly acceptable not to drink. All too often, the only types of recreation getting attention are those involving alcohol – and the attention isn't because of good circumstances. I'm here to tell you, there are plenty of options available on and off base that aren't dependent on alcohol abuse. Check out your command's MWR. There are usually plenty of activities scheduled there... and the more of your shipmates you get involved, the more fun it is.

Please take care of your shipmates, your families, and just as importantly ... yourself. *Have a safe Spring!*

MCP0N



**Spring is:
flowers, baseball and
*Drinking Responsibly!***



Every 15 Minutes – Think Before You Drink

by Clinton Brooks, Naval Station San Diego Safety Office

Most, if not all of us, have heard about the dangers of drinking and driving. We've sat through the holiday lectures and safety stand-downs. Despite the lectures and training, we are still losing too many of our shipmates to fatalities where alcohol consumption played a role. A new and effective method of showing the true costs of drinking and driving was initiated on December 14, 2000, by Capt. L. R. Hering, Commanding Officer, Naval Station San Diego. The Naval Station San Diego Safety office, in partnership with the San Diego Police Department presented a version of the "Every Fifteen Minutes" program called "Every 15 Minutes – Think Before You Drink (TBYD)" specifically tailored for a military audience.



This staged scene depicts what could happen in an alcohol-related incident. Photo: Clinton

The "Every Fifteen Minutes" program was developed by the Chico, California, police department in 1995, and has been presented in many communities since that time. The name comes from an early 1990's statistic which signified that every fifteen minutes, someone in the United States was killed in an alcohol-related vehicle collision. This program connects various participants and agencies, with the noble goal of reducing alcohol-related incidents among high school students. Law enforcement, medical providers, schools, community service organizations and businesses all work together to make this presentation happen, and this held true for Naval Station San Diego.

Teamed with the San Diego Police Department, Naval Station San Diego was aided by Naval Medical Center San Diego, Commander, Navy Region Southwest (CNRSW) MWR, a Federal Fire Department, San Diego County Superior Court and City Attorney's Office. The project was also aided by the Public Defender's Office, the San Diego County Sheriff's Office, Fort Rosecrans Na-

tional Cemetery, Mercy Air Emergency Services, and other groups and individuals, in order to make the "Every Fifteen Minutes" presentation a success.

In addition to staging a two-vehicle collision, complete with fatalities and disabling injuries, and a moving afternoon presentation, many scenes were also included in the program. These included a scene with four participants drinking at the base club, emergency medical treatment by personnel from Naval Medical Center San Diego, notification of the victims' death to families and a military funeral conducted at Ft. Rosecrans National Cemetery. There was a scene between one of the victims "killed" at the crash scene and his wife. He leaves home with his children and says goodbye to his wife. Unfortunately, he "dies" in the collision with the other vehicle and never has the chance to keep his promise to return home.

The staged collision scene itself was visually impressive. Passengers in the vehicles are shown, post-collision, with realistic injuries. The children in the second vehicle are seen trying to rouse their father, who is "killed" by the impact. The unlucky passengers in the other vehicle do not fare much better. A female passenger is fatally ejected out of the front seat, through the windshield, and onto the hood. A male rear seat passenger is also thrown out of the vehicle – but at least he survives, landing onto the pavement of the road, bleeding. He is evacuated via helicopter emergency air rescue. Another female passenger in the vehicle survives as well, but she is far from undamaged. She sustains permanent disabling injuries, as well as abdominal injuries that cause the death of her unborn child.

Members of CNRSW Federal Fire Department are called out to the scene to extract the victims from the cars, using the "Jaws of Life". When it is determined that the other driver, who sustains no injuries, is possibly under the influence of alcohol, a DUI enforcement officer from San Diego Police Department is called to the scene. The driver is found under the influence, and is "arrested" at the scene. In response to the fatal injuries of one of the victims, the county Medical Examiner arrives on scene – as does staff from a local mortuary. The passenger that was ejected through the windshield is loaded into a casket, and placed in a hearse. That is the way she leaves Naval Station San Diego that day – in a casket in the back of hearse.

Later that day, Naval Station San Diego personnel viewed a presentation that showed the real aftermath of a fatal drunk driving accident, and the havoc it can cause. The father of two, who is never able to return home to see his wife, is transported to Branch Medical Clinic, in a futile attempt to resuscitate him. These attempts to revive him fail, and his wife is brought in to the treatment room. She sees his lifeless body, and holds his now cold hand. The surviving female passenger, with the permanent disabling injuries, is informed of the additional loss of her unborn child. Because of foolish choices by the drunk driver, the lives of several families are thus permanently and severely altered.

After seeing the realistic treatment provided by personnel at the Branch Medical Clinic, the scenes of family death notifications are made, including viewing of the body. The sister of the victim ejected through the windshield is taken to a mortuary, where she sees the body of her sister, disfigured, and in a casket.



More staged scenes from “Every 15 Minutes – Think Before You Drink” photos: Clinton Brooks

Viewers at the afternoon assembly were then shown the scene of the service member, after his being found guilty of felony drunk driving and vehicular homicide, at his sentencing hearing. His attorney, from the Public Defender’s Office details his client’s perfect military record, and asks for a sentence of probation. Following this plea, an attorney from the City Attorney’s Office makes her case against the defendant. She lists the crimes committed, the injuries and fatalities sustained, and the lives of the families that are now wrecked. She emphatically states that probation is not enough, and while the maximum ten-year sentence may serve justice, it will not heal the injured survivors, or bring back those killed in the accident.

The surviving spouse then makes an emotional plea for the maximum sentence. She describes how she has been deprived of her husband, and her children of their father. That he will not see them graduate from school, or be able to walk his daughter down the aisle on her wedding day, and that the family will not be able to share any more birthdays or holidays together. And finally, that her life has been shattered, will never be the same.

The defendant then spoke, expressing his remorse, and willingness to accept responsibility for his actions. He further stated his readiness to accept the judgement of the court, and it’s sentence. He receives the maximum ten-year sentence.

The video presentation ended with a final scene of a military funeral, held at Fort Rosecrans National Cemetery, complete with “three rounds fired” from the honor guard’s rifle salute. The American flag was presented to the widow and the scene fades.

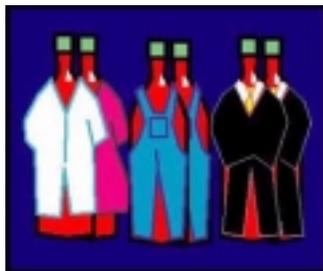
The presentation concluded with closing remarks by Captain L. R. Hering, Naval Station San Diego’s Commanding Officer. Thanks to him, members of the Naval Station San Diego Site Safety Office, and the “Every Fifteen Minutes – Think Before You Drink” program, hundreds of Sailors now have a greater appreciation for the dangers of drinking and driving. Hopefully they will avoid the mistakes they saw dramatized.

For commands and activities that are interested in this program, a videotape is available for viewing from the Site Safety Office at Naval Station San Diego. It is a compilation of all the crash scenes, and the supporting scenes from the presentation. The Safety Office may be contacted at (619) 556-1266, or DSN 526-1266.

Alcohol in the News

Chronic Alcohol Abuse Profoundly Affects Brain

Researchers at the University of Texas at Austin have determined that chronic alcohol abuse disrupts the brain's molecular programming.



According to a study using gene-array technology, researchers determined that alcohol abuse can change the programming of important areas of the human brain on a molecular level. "A critical question in addiction is how the reprogramming of the brain leads to long-lasting, severe, life-threatening dependence. This study provides insight regarding the molecular neuro-circuitry of the frontal cortex that is altered in alcoholism," said Dr. R. Adron Harris, director of the university's Waggoner Center for Alcohol and Addiction Research and lead author of the study.

In particular, researchers studied the superior frontal cortex of the brain, the area used for judgement and decision-making. According to Harris, "These are tasks that are corrupted in addiction. Just as a computer virus can change the programming of specific functions, our data shows that chronic alcohol abuse can change the molecular programming and circuitry of the frontal cortex."

Sen. Clinton Pledges to Continue Fight against Drunk Driving

Senator Hillary Rodham-Clinton said she would continue her fight against drunk driving as she performs her new job, the Associated Press reported.

Clinton made the announcement while tying a red ribbon on a car at the White House. The ribbon, she said, serves as a reminder that, "if you drink, don't drive."

According to statistics from Mothers Against Drunk Driving (MADD), more than 15,700 people were killed last year in alcohol-related accidents, with 1,610 of those deaths coming between Thanksgiving and New Year's Eve.



If your friend is drunk –
GET THE KEYS!

Alcohol in the News

Party Drink Packs Fatal Punch

On New Year's Eve, a couple paid \$40 to attend an all-you-can-drink party at a nightclub.

When they got home, they decided to continue the party by drinking a liquid that looks like water but packs a powerful punch.

The girl never woke up. Her boyfriend told police they drank gamma hydroxybutyrate, known as GHB, an intoxicant and "date-rape weapon."



GHB

Teens and young adults are gulping it and its cousin chemicals to get high. Whether it's a swig from a water bottle on the dance floor or a shot to heighten the effects, it is available and addictive.

"This is a floor-stripper, and people are drinking it," said Reta Newman, director of Pinellas County Forensic Laboratory in Florida.

GHB is illegal, except for industrial use. But under sneaky names, the chemical and its cousin solvents, which turn into GHB in the body, are sold through the Internet as ink jet cleaners and nutritional supplements. A capful might provide a buzz or induce sleep. A little more, mixed with alcohol, could mean a coma or death.

Teens Who Abuse Alcohol Face Lifelong Problems

Researchers have found that teenagers who abuse alcohol often end up with worse drinking and mental-health problems as they age.

In a study led by Dr. Paul Rohde of the Oregon Research Institute in Eugene, researchers followed 940 high school students until age 24. They found that teens diagnosed with alcohol problems were more at risk for further drinking problems, other substance abuse, depression and personality disorders as they got older.

"Clearly, for many adolescents, alcohol use disorders and problematic alcohol consumption are not benign conditions that self-resolve," the researchers wrote in their report.

Alcoholics More Susceptible to Nicotine's Draw

Walk into a smoky bar and it is clear: a drink and a cigarette just go together. Now, researchers shed light on the reasons why.

Nicotine seems to have a greater subconscious draw for recovering alcoholics than it does for smokers with no history of alcohol abuse, investigators have found. Among 30 smokers with or without a history of alcohol abuse, recovering alcoholics were more likely to want to chomp on high-dose nicotine gum and were willing to spend more money to get their nicotine gum fix.



Although the alcoholics were no more likely than non-alcoholics to say they preferred high-dose nicotine gum over lower-dose gum, they were subconsciously drawn to the nicotine-heavy gum.

"Unbeknownst to them, they chose the higher-nicotine gum," said study co-author Gail L. Rose. "It was beyond their conscious awareness."

Basically, according to the researchers, those with a past history of alcoholism do not like nicotine more than non-alcoholics do, but they do gain a greater "reward" from using it. However, the smoking-drinking connection is not limited to alcoholics, Rose noted.

"Drinking and smoking go together, whether there's alcoholism or not," she said.

The reasons remain unclear, but Rose said one theory is that common genes predispose certain people to smoking and drinking. Another possibility is that people use alcohol and nicotine to "balance each other out," since alcohol is a sedative and nicotine a stimulant.

Whatever the reasons for the alcohol-nicotine link, Rose said, it does seem that people with drinking problems may need extra help in kicking the smoking habit.

Women and alcohol

Do females face higher health risk?

By Sheila King
From UnderWire



Women are closing the gap on the professional front, competing for jobs and salaries that provide unprecedented opportunities. Unfortunately, along with these changing roles, women are shrinking the gap in alcohol use — especially young women. While men still use alcohol more, current estimates are that 4.5 million American women are alcohol abusers.

Part of the problem is that we have not acknowledged the differences between men and women with regard to alcohol use. What might be considered moderate use for men, with no associated health risks, might be potential abuse for women. Consider the following differences:

- Women become intoxicated after drinking approximately half as much as men.
- The risk of liver cirrhosis becomes significant for women at less than two drinks per day. For men, this risk becomes significant only after six drinks per day.
- Women get addicted to alcohol more easily than men.
- A greater percentage of females die from alcohol-related accidents, violence and suicide than men.
- The link between depression and problem drinking is stronger for women than men.

Many of these dissimilarities are related to physiology. Women produce less alcohol dehydrogenase, an enzyme critical in the metabolism of alcohol. The metabolic activity of gastric alcohol dehydrogenase is up to 60 percent lower in females than males. In addition, women have a proportionally higher ratio of body fat to water than men. This means women are less able to dilute alcohol within their bodies. Dehydration due to the diuretic effects of alcohol consumption may worsen this effect. Thus, even if women and men drink the same amount of alcohol, women can end up with a higher concentration of alcohol in their blood.



Heavy Drinking by Women Causes Far-Reaching Problems

Researchers from the University of Washington (UW) have found that women who drink heavily are more at risk than men to suffer from liver disease, depression and psychological distress.

“Although alcohol-related traffic crashes and citations for driving while intoxicated are similar for both genders, our study shows that other problems are much greater for women,” said UW principal investigator, Dr. Larry Gentilello. “Women are much more likely to have symptoms of psychological distress, including depression and more likely to have suffered recent bouts of domestic abuse.”

According to Gentilello, women are the fastest growing segment of the alcohol-abusing population. The study is the first of its kind to focus on female trauma patients.

“Knowing that there’s a rising trend in drinking among women makes it all the more important that we understand the differing impacts alcohol has on both genders,” Gentilello said. “The physical and psychological harm alcohol does to women reinforces the importance of counseling trauma patients about their drinking while they’re still in the hospital, as we’ve shown in previous studies.”

Many of the health risks associated with alcohol consumption are not widely known to women:

- **Breast cancer.** Studies suggest that moderate to heavy levels of alcohol consumption may increase blood levels of estrogen. It is known that higher lifetime exposure to estrogen increases breast cancer risk. Heavy alcohol consumption — three to four drinks a day — may increase a woman's breast cancer risk as much as family history does. In a recent study, women given the amount of alcohol in three, 4-ounce glasses of wine had more than three times the amount of blood estradiol (a precursor to estrogen) within one hour after consuming the alcohol, as compared with women who did not drink alcohol.
- **Effects of oral contraceptives.** Oral contraceptives delay the absorption of alcohol into the bloodstream, so women using oral contraceptives may not become intoxicated as quickly as they would otherwise, which may cause them to drink more for the same effect.
- **Cancers of the mouth, pharynx, larynx, esophagus and liver.** Recent data continues to support alcoholic beverage consumption as a cause of these diseases. It takes much less alcohol to bring about these diseases in women than it does in men.
- **Osteoporosis and bone fractures.** Alcohol consumption of more than one ounce a day is a risk for bone deterioration. Moderate to heavy consumption can lead to inflammation of the bowel and decreased absorption of calcium from the intestines.
- **Liver damage.** Women appear to be more prone to liver disease from alcohol. They develop cirrhosis and hepatitis after a comparatively shorter period of heavy drinking at a lower level of daily drinking than men. Daily alcohol consumption, amount of alcohol consumed, longer duration of alcohol abuse and being female are associated with the increased risk of cirrhosis of the liver.



Drinking during pregnancy

can have devastating effects on the fetus and newborn. It is estimated that prenatal alcohol exposure accounts for 10 percent of all mental retardation and may be the single greatest preventable cause. Thousands more newborns suffer the less severe birth abnormalities termed Fetal Alcohol Effects.

Recommendations for safe levels of alcohol consumption for women are difficult to make.

The decision whether to drink is a personal one that needs to take into consideration family health and alcohol history and be discussed with a primary care health provider. Most experts think, given the social, psychological and health consequences of drinking, that it is best to limit your intake. If you don't drink, don't start. If you do drink, limit your average consumption to one drink per day or less. Some health-care experts recommend the following guidelines:

- No more than one drink per hour.
- No more than two per day.
- No more than four to seven drinks per week.

And, never drink and drive!



Empower Yourself
With the *Right Spirit*



Get the

Juice



Juice is the next best thing to whole fruit, but it can sometimes run a surprisingly distant second. Some of the healthiest-sounding choices aren't as vitamin-packed as you'd think, and the nutritional content of juice varies widely by type and brand. Here's the squeeze:

Find out what's really in the juice you drink

*** Juice is always less nutritious than whole fruit.** When fruit is strained to make juice, the pulp (source of most of the FIBER) and, in citrus fruits, the membranes (source of anticancer compounds) are removed. VITAMIN C — the nutrient you assume you'll get lots of — is also reduced during processing. If a fruit has little vitamin C to begin with, as apples do, almost none will remain once processing is complete.

*** Fruits that are highly nutritious to start with (like citrus fruits) generally make more nutritious juices.** However, sometimes nutrients, such as vitamin C, are added to other juices to improve their nutritional profile. Be certain to check nutrition labels to know what you're getting; one brand of apple or grape juice may have 100 percent of the daily value for vitamin C, while another brand has little or none.

*** Blends that brag of being "100 percent juice" aren't necessarily that nutritious.** Juices labeled this way tend to be mixes made largely from white grape, apple or pear juice concentrates — filler juices that are low on nutrients and flavor, and function mainly as sweeteners.

*** Once opened, juice starts losing nutrients, so don't keep it in your fridge too long.**

Pasteurized juices made from orange, grapefruit and other acidic fruits like pineapple retain optimum nutrients and taste for seven to 10 days. Less acidic juices (apple, grape) will hold their nutrients for about a week after opening. If you buy unpasteurized juice, use it within a week of purchase, even if you've kept the container closed.

*** Don't over-rely on juice.** If you read the nutrition label and choose wisely, juice can add a lot to your diet. It's an easy way to add a serving or two of fruit, and it's certainly better for you than a soft drink. But even the best types don't pack all the punch of whole fruit.

5 Easy Ways to Lose 5 Pounds

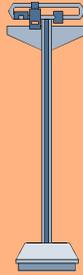
We're not talking about major diets or lifestyle changes. There's nothing much to memorize here. Just give up one thing. For a while.

That morning doughnut ... the french fries with lunch ... the bag of potato chips or candy that's a mid-afternoon snack ... that beer or two after work.

Just give up one of those things. We've done the math, knowing that you have to shave off 3,500 calories to lose a pound. Let's see how long it takes to get rid of those five pounds.

We're not talking fat grams or carbs. Just calories, which is what counts.

Doughnut: the average sized one contains 250-300 calories. Giving up doughnuts twice a week will take about six weeks to lose a pound. That's about eight months to lose the 5 pounds. Ouch. We didn't say this would be quick.



French fries: An average-sized order is 500 calories. Cut out the fries on week-days and that adds up to 2,500 calories. So, you'll lose the 5 pounds in 7 weeks.

Potato chips: The Big Bag from the vending machine is 230 calories. Seven days a week, that's 1,610 calories. In 2 1/2 to 3 months, you'll lose the 5 pounds.

Candy: If your mid-afternoon snack is candy, be thankful they've shrunk the size of the bars to keep the price down. The average candy bar is 260 calories. Give it up 7 days a week and the five pounds will be gone in about 10 weeks.

Beer: Giving up that "relaxing" beer may seem like a deprivation, but try giving it up on weekdays. The non-lite beer has about 150 calories, so if you usually have 2, that's 300 calories times 5 days equals 1,500 calories or 3,000 every 2 weeks. So, in 11-12 weeks, the 5 pounds should be gone!

How to Cut Down on Your Drinking

If you are drinking too much, you can improve your life and health by cutting down. How do you know if you drink too much: Read these questions and answer "yes" or "no":

- Do you drink alone when you feel angry or sad?
- Does your drinking ever make you late for work?
- Does your drinking worry your family?
- Do you ever drink after telling yourself you won't?
- Do you ever forget what you did while you were drinking?
- Do you get headaches or have a hang-over after you have been drinking?



If you answered "yes" to any of these questions, you may have a drinking problem. Check with your doctor to be sure.

Try these tips to cut down on drinking:

- Keep a small amount or no alcohol at home
- Sip your drinks slowly
- Take a break from alcohol – pick one to two days a week - then, try a week
- Learn how to say "no" to friends who encourage you to drink when you don't want to
- Stay active – play sports, see movies or a game
- Get support from family and medical professionals



Resources

More information is available

Your Primary Source Drug & Alcohol Program Management Activities (DAPMA)

San Diego DSN 522-4964
Commercial (619) 532-4964
Fax (619) 532-4984

Norfolk - DSN 564-8190/93
Commercial (757) 444-8190/93
Fax (757) 444-4676

Courses available:

DAPA Course
ADAMS for Managers
ADAMS for Supervisors
ADAMS for Facilitators
Alcohol AWARE
Urinalysis Program Coordinator (UPC)
PREVENT 2000



WHAT IS DRINKING IN MODERATION?

Moderation is defined as no more than one drink per day for women and no more than two drinks per day for men. This limit is based on differences between the sexes in both weight and metabolism.

Count as a drink - 12 ounces of regular beer (150 calories), 5 ounces of wine (100 calories), 1.5 ounces of 80-proof distilled spirits (100 calories)

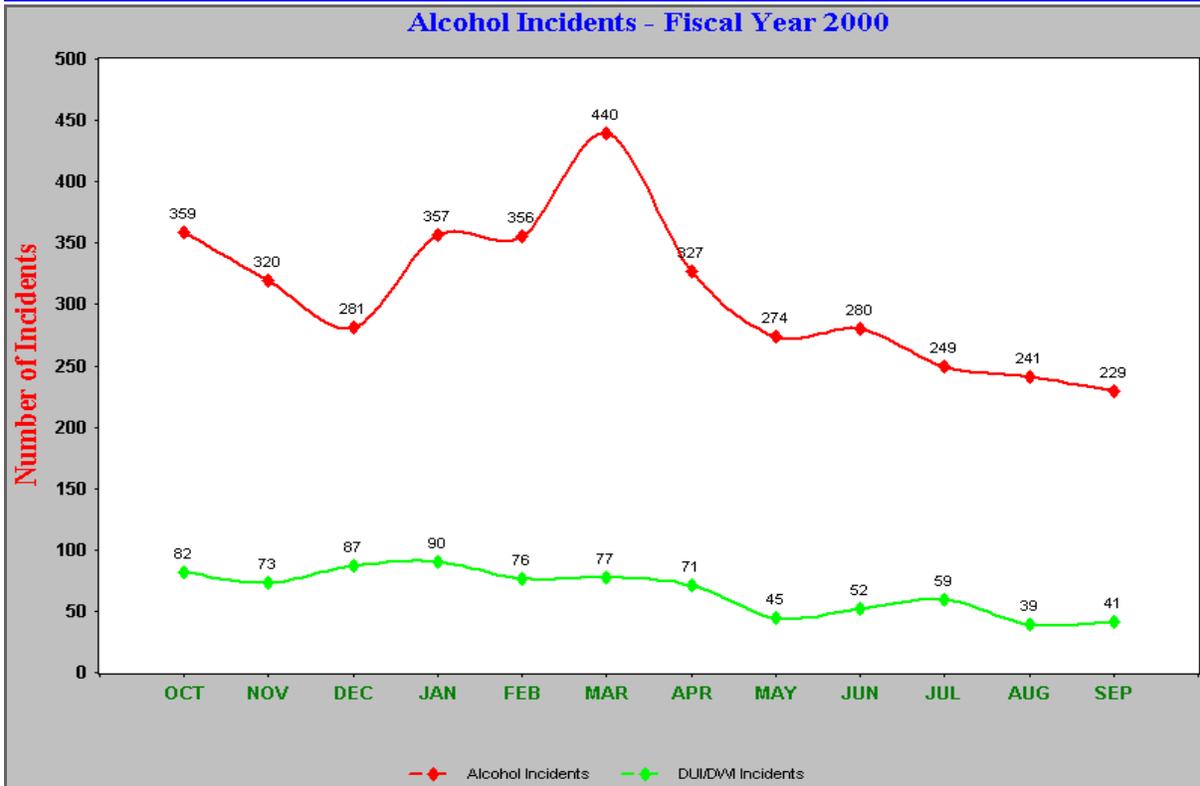


Unfortunately,
even a princess
isn't safe with
a drunk driver

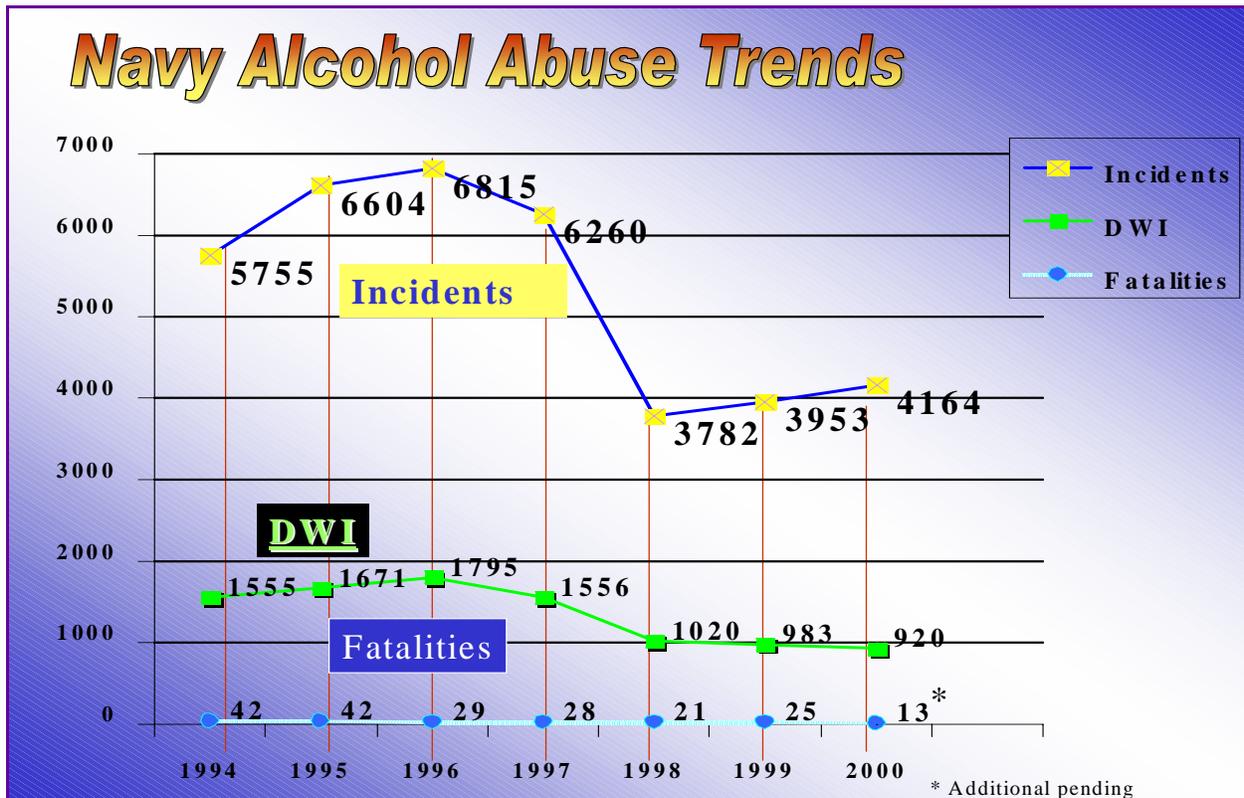


Right Spirit 12

Navy Alcohol fiscal year 2000 statistics –
 Reported DWIs down 50% over a 12-month period (green line)
 and incidents down 36% (red line) *Proof: Right Spirit shows results!*



1994 - 2000 Navy Alcohol Statistics





Michael L. Beech

Navy Personnel Command says “Farewell” to Mike Beech

On February 1, 2001, Mike Beech, Alcohol Abuse Prevention Branch Head, retired after 31-1/2 years of Federal Government service.

Mike served in PERS-602 for 2-1/2 years. During that time, his most significant achievements were comprehensive evaluation of prevention efforts for the Right Spirit Campaign, plus he created a web-based interactive training program to supplement the current alcohol abuse prevention training. This state-of-the-art course will make valuable training more accessible to the fleet.

Mike didn't retire completely, however. He and his wife, Sharon, are living and working in Pensacola, Florida. His good humor and genuine humaneness will be missed by all.

The Right Spirit Campaign emphasizes responsible drinking and that *it's ok not to drink*. Right Spirit is education, leadership and intervention to reduce alcohol abuse, related incidents and to enhance fleet readiness.

Leaders should: Hold everyone accountable; Make “it's ok not to drink” **Your** policy; Educate everyone that “alcohol abuse impairs readiness”; Provide alternatives for drinking; Support education and treatment programs; and Become involved in member's aftercare.



From the Editor

This publication is designed to communicate the goals of the Right Spirit Campaign. To do this right, we need your help.

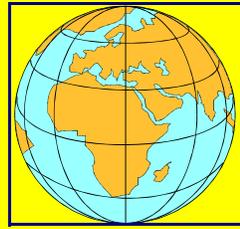
I know there has to be plenty of stories out there about how the Right Spirit affects you or your command and I would like to read about them. And, so would thousands of others who receive this magazine.

If you would like to submit an article, photo or idea, just email me at **P602C@persnet.navy.mil**. I appreciate all the good comments about the last two issues I've done and hope you'll continue to read and practice the **Right Spirit**.

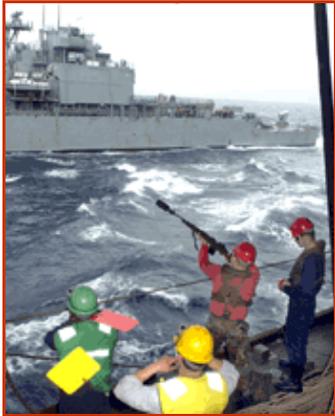
**All the best,
Lindsay Conner**



AROUND THE WORLD



WWW.NAVY.MIL



Whatever You DO



REMEMBER

it's ok not to drink



Leadership

Accountability



Responsibility

Right Spirit Campaign Principles