



Bulletin



The Right Spirit

Volume 1 Issue 4 Spring 1999

Features

What's YOUR Opinion.....	3
Choosing Not to Drink.....	4
Pain Killers – Warning.....	5
Are YOU a Leader?.....	7
The Old West.....	8
TOP 100 Movies.....	9
Your State's DWI Laws.....	10
It's OK Not to Drink.....	15

Departments

Resources.....	12
People in the Spotlight.....	13
From the Editor.....	14



It's YOUR Navy
Get the
Right Spirit



Published by: Navy Personnel Command, RADM J. B. Hinkle,
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 Personal Readiness and Community Support
 Navy Drug & Alcohol, Fitness, Education and Partnerships Division
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Alcohol abuse impacts Fleet readiness and can ruin your health, your career, and your quality of life. Please also understand that you do not have to drink to be a Sailor.... it is OK to choose not to drink!

More than equipment, superior tactics, and logistics, it is people who make us the greatest Navy in the world. Any threat to our people must be taken seriously and dealt with quickly and decisively.

The Right Spirit Campaign emphasizes the responsibilities of Navy leadership from command down to shipmate and self. I encourage you to Do *your* part for *your* Navy.



RADM J. B. Hinkle
Assistant Commander, Navy Personnel Command,
Personal Readiness and Community Support

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*What's
Your*

Opinion

The Question: **What can be done to prevent alcohol abuse in today's Navy?**

What do you think? E-mail comments- p602c@persnet.navy.mil



MMC (SW) Webster
USS Boxer LHD 4

“First impression is the key when a Sailor reports to the command. We need to immediately orient our sailors on being responsible when it comes to drinking alcohol.

We must continue to educate – in the work-centers and on the deck plates.”



MA2 Nathan E. Hooper
Investigator NSA
Memphis

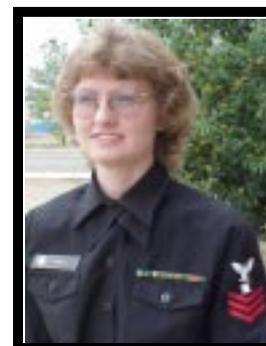
“Take more stringent actions for alcohol abuse incidents. Emphasize to everyone that alcohol abuse will not be tolerated. Alcohol abuse is not responsible drinking. Do more pre-counseling before it becomes a problem. Sailors should know what can happen legally and personally. People lose their families over alcohol abuse. Some are victims but still feel the effects of alcohol abuse.”



AS2 Debra Jonigan
NSA Memphis

“More training on the rules and stringent enforcement of first time offenses. Everyone needs to be educated. Don't wait until alcohol abuse becomes a problem. You need to know about the serious effects of alcohol abuse on life, career and family.”

“ All commands should ban alcohol from command functions. Those functions are a time for having a good time and enjoying each other's company. Each command needs to make sure the classes are attended by each service member. Sometimes people just don't realize the facts.”



PN1 Lopez
PSD Memphis

CHOOSING Not to Drink

By Maria Rocca

People look at me like I'm odd. When I go out to bars with my friends, I watch them drink beer while I have water. They look at me in disbelief and say, "why don't you have a real drink!" It's not that I can't. It's not that I don't have the money. It's because I don't want to.

I guess I'm lucky in a way. I didn't grow up in an alcoholic family. I wasn't abused and I wasn't pressured to drink or smoke by my high school friends. These are not the reasons for my abstinence, they are just factors that have helped me to stay away from alcohol.

I know a variety of people with different life experiences who don't drink or do drugs. I know many others who drink "only on weekends" and those who drink alcohol like it was water.

When I look around a bar, I see people laughing and dancing and having a good time. That's great. It's when the drinking turns into fights, heartbreak, and loss of spirit that I wish I could turn it all around.

I can't recount the number of people I know who have been hit by a drunk driver. I can't recount how many people I know who have driven drunk. And I can't recount how many people I know who have said, "I'm not drunk, I'm just feeling good."

But, has anyone ever taught us about responsible drinking? Has anyone given us the facts about the problems associated with alcohol consumption? Do we really know what drinking is doing to our body and mind?

I really feel that we need to put more emphasis on responsible drinking.

There is always going to be alcohol around us, so we just have to know how and when to consume it. It's amazing to see how much alcohol is a part of our culture.

Ultimately, however, we each have the choice to drink or not.

— Sure, there is always peer pressure. No one wants to look "out of place." Some people don't even know how to refuse a drink. And if you do refuse a drink, you get comments like "ahh, one drink won't hurt you." I guess it's hard for a lot of people to understand that it is ok not to drink or to drink a certain amount and then stop.

I refuse to tell people what to do with their lives.

"People look at me like I'm Odd"

But, I'm sure we have all seen someone who drank irresponsibly and thought "look at the way they are acting", or "they look so funny!"

— Can you remember a family gathering, or a time of immense celebration, where there was one person who was drunk? This is the kind of thing that would stick out in your mind when you remembered the celebration.

I am studying counseling to help individuals who have alcohol and drug problems. At first, I thought that I could change those people. But I slowly learned that I can not. I can give them the tools to change but it's up to them to decide if they want to use them.

Maria Rocca, 24, is a drug and Alcohol Counseling Student at Canadore College, North Bay, Canada. Courtesy Young Peoples Press, Toronto, Ontario Canada



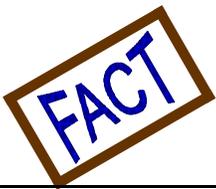
NEW ALCOHOL WARNINGS



PAIN RELIEVERS

FDA announced that all over the counter pain relievers must carry a warning label advising people who consume three or more drinks a day to consult their doctors before using these drugs. Acetaminophen, Aspirin, and combinations with other analgesic ingredients, (i.e. Tylenol, Aleve, Advil) will contain warnings. If you are not drinking responsibly, and you take pain relievers, you must know of the danger – specifically liver damage or stomach bleeding.

Just one more reason that - It's really OK Not to Drink.



Youth who drink are 7.5 times more likely to use any illicit drug and 50 times more likely to use cocaine than young people who never drink alcohol.

SCUBA



Scuba diving offers a great way to explore new worlds. It is a popular sport around the world. It requires some training that is usually available at Navy bases everywhere. You can meet great people and share in some of the most beautiful scenes in this world.

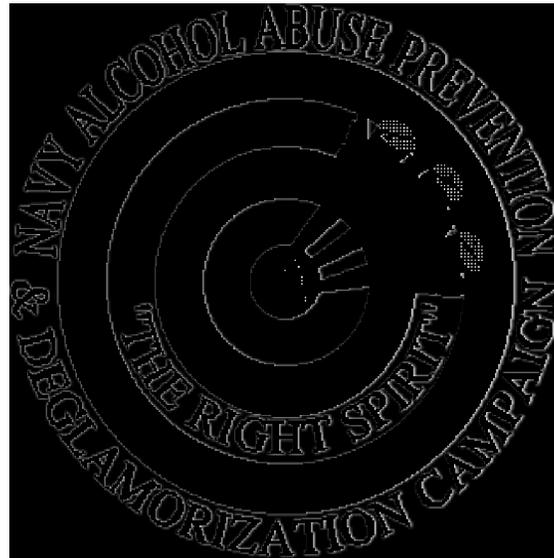
If you are a scuba diver, you know what it takes to enjoy this sport. If you are not a diver, you should know that divers are serious people, friendly and helpful, but are not interested in people who don't have clear minds and healthy attitudes. So drinking and scuba diving don't go together. This is just one of many the many leisure activities where drinking stops the fun.



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Mechanicsburg, PA 17055-0789.

Order by stock number.

Are YOU a Leader

The Navy's Alcohol Abuse Prevention
and

a challenge for **NAVY** leaders



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.

Responsibility
Authority and
Accountability
That's what it's all about.

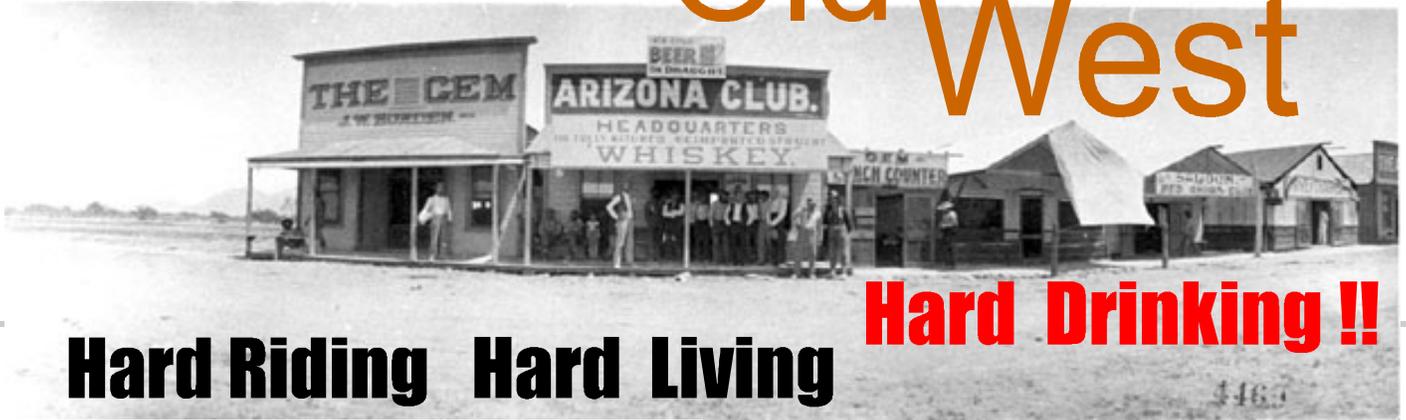
Action for **YOU**:

- ✦ **Implement the policy – Hold everyone accountable.**
- ✦ **Make “it’s OK not to drink” - Your Policy.**
- ✦ **Educate everyone – “Alcohol abuse impairs readiness.”**
- ✦ **Provide alternatives for drinking.**
- ✦ **Establish a “responsible attitude” toward Alcohol use.**
- ✦ **Support education and treatment programs.**
- ✦ **Become involved in member’s aftercare.**

The Navy Leadership Continuum is a career-long continuum of Navy leader development, from recruitment to retirement. Attendance of the appropriate Leadership Training Course is mandatory for all hands at specific career milestones. Enlisted Sailors attend the courses upon advancement to E-5, E-6, E-7 and selection to CMC/COB. Officers attend the appropriate Leadership Training Course while on PCS orders en route to their designated leadership tour. The four officer courses are Basic (division officer/branch officer), Intermediate (department head/aviation 2nd sea tour), Advanced (XO/senior department head), Command (CO/aviation XO).

The Navy Leadership Continuum is primary support for the **Right Spirit** Campaign. The training provided at all levels emphasizes the importance of leader actions, both organizationally and personally, in making a difference in alcohol abuse prevention in the Navy.

The Old West

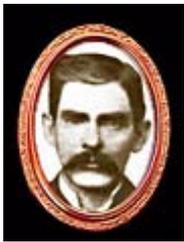


Hard Riding Hard Living

Hard Drinking !!

And that's the way it was —

when the **West** was won. (The movies told us



Doc Holliday

Finished medical school in the early 1870's as a Dentist. Moved to Dallas after being diagnosed with tuberculosis where he set up practice but spent more time as a gambler than dentist.

Trouble seemed to follow Doc wherever he went. He had a short temper and he would be involved in more than 8 shootings and several stabbings in his career. A slight man, in poor health, always had an equalizer with him. Doc was a heavy drinker and was frequently employed as a card dealer roaming the various mining camps of Central City, Idaho Springs and Boulder Colorado. Doc was arrested for vagrancy in Denver in 1886.

It was too late for the "Doc" in 1887 when he drank a glass of the whiskey, laid back and said, "This is funny". A few minutes later he was dead. His dying words referred to the fact that it was funny that the whiskey got him instead of a bullet .



Calamity Jane

Martha Jane Cannary was born in Missouri in 1852. She was notorious for telling stories of her adventures like being a scout for General Custer. Calamity traveled the west extensively. As an expert card player, she always wore men's clothing. She could ride like a road agent, flourish 2 guns like a desperado, and drink in any bar in the west. She claimed to have married her friend Wild Bill Hickok, which was disputed like many of her stories.

If she had money in her pocket she would stop at the first saloon she came to, walking through the swinging doors and shout... "I'm Calamity Jane and the drinks are on me."

Calamity Jane died in Deadwood, South Dakota in 1903

Alcohol had disastrous effects on people in the Old West just as it does on people today.



The movies of the day did not show the failures, lost lives, failed accomplishments and shattered dreams of the men and women of the frontier. They



showed us how exciting the time was, how hard living and hard drinking was normal and drinking really didn't hurt anybody.

Searching for gold, buying cattle, establishing homesteads – the building of fortunes and good lifestyles set many of them on the path to future success for their families. Those that made their way and found success didn't let alcohol get in their way. But **Hollywood** didn't show us much about the ruined lives caused by alcohol. The danger and excitement of the old west was more entertaining. The movie industry of modern times is not any different.



The AFI's Top 100 Greatest American Movies of All Time

- | | | |
|--|---|--|
| <ol style="list-style-type: none"> 1. <i>Citizen Kane</i>, 1941 2. <i>Casablanca</i>, 1942 3. <i>The Godfather</i>, 1972 4. <i>Gone With the Wind</i>, 1939 5. <i>Lawrence of Arabia</i>, 1962 6. <i>The Wizard of Oz</i>, 1939 7. <i>The Graduate</i>, 1967 8. <i>On the Waterfront</i>, 1954 9. <i>Schindler's List</i>, 1993 10. <i>Singin' in the Rain</i>, 1952 11. <i>It's a Wonderful Life</i>, 1946 12. <i>Sunset Blvd.</i>, 1950 13. <i>The Bridge on the River Kwai</i>, 1957 14. <i>Some Like It Hot</i>, 1959 15. <i>Star Wars</i>, 1977 16. <i>All About Eve</i>, 1950 17. <i>The African Queen</i>, 1951 18. <i>Psycho</i>, 1960 19. <i>Chinatown</i>, 1974 20. <i>One Flew Over the Cuckoo's Nest</i>, 1975 21. <i>The Grapes of Wrath</i>, 1940 22. <i>2001: A Space Odyssey</i>, 1968 23. <i>The Maltese Falcon</i>, 1941 24. <i>Raging Bull</i>, 1980 25. <i>E.T., The Extra-T.</i> 26. <i>Dr. Strangelove</i>, 1964 27. <i>Bonnie & Clyde</i>, 1967 28. <i>Apocalypse Now</i>, 1979 29. <i>Mr. Smith Goes to Washington</i>, 1939 30. <i>The Treasure of the Sierra Madre</i>, 1948 31. <i>Annie Hall</i>, 1977 32. <i>The Godfather, Part II</i>, 1974 | <ol style="list-style-type: none"> 33. <i>High Noon</i>, 1952 34. <i>To Kill a Mockingbird</i>, 1962 35. <i>It Happened One Night</i>, 1934 36. <i>Midnight Cowboy</i>, 1969 37. <i>The Best Years of Our Lives</i>, 1946 38. <i>Double Indemnity</i>, 1944 39. <i>Doctor Zhivago</i>, 1965 40. <i>North by Northwest</i>, 1959 41. <i>West Side Story</i>, 1961 42. <i>Rear Window</i>, 1954 43. <i>King Kong</i>, 1933 44. <i>The Birth of a Nation</i>, 1915 45. <i>A Streetcar Named Desire</i>, 1951 46. <i>A Clockwork Orange</i>, 1971 47. <i>Taxi Driver</i>, 1976 48. <i>Jaws</i>, 1975 49. <i>Snow White & the Seven Dwarfs</i>, 1937 50. <i>Butch Cassidy & the Sundance Kid</i>, 1969 51. <i>The Philadelphia Story</i>, 1940 52. <i>From Here to Eternity</i>, 1953 53. <i>Amadeus</i>, 1984 54. <i>All Quiet on the Western Front</i>, 1930 55. <i>The Sound of Music</i>, 1965 56. <i>M*A*S*H</i>, 1970 57. <i>The Third Man</i>, 1949 58. <i>Fantasia</i>, 1940 59. <i>Rebel Without a Cause</i>, 1955 60. <i>Raiders of the Lost Ark</i>, 1981 61. <i>Vertigo</i>, 1958 62. <i>Tootsie</i>, 1982 63. <i>Stagecoach</i> 1939 64. <i>Close Encounters of the Third Kind</i>, 1977 65. <i>The Silence of the Lambs</i>, 1991 66. <i>Network</i>, 1976 | <ol style="list-style-type: none"> 67. <i>The Manchurian Candidate</i>, 1962 68. <i>An American in Paris</i>, 1951 69. <i>Shane</i>, 1953 70. <i>The French Connection</i>, 1971 71. <i>Forrest Gump</i>, 1994 72. <i>Ben-Hur</i>, 1959 73. <i>Wuthering Heights</i>, 1939 74. <i>The Gold Rush</i>, 1925 75. <i>Dances With Wolves</i>, 1990 76. <i>City Lights</i>, 1931 77. <i>American Graffiti</i>, 1973 78. <i>Rocky</i>, 1976 79. <i>The Deer Hunter</i>, 1978 80. <i>The Wild Bunch</i>, 1969 81. <i>Modern Times</i>, 1936 82. <i>Giant</i>, 1956 83. <i>Platoon</i>, 1986 84. <i>Fargo</i>, 1996 85. <i>Duck Soup</i>, 1933 86. <i>Mutiny on the Bounty</i>, 1935 87. <i>Frankenstein</i>, 1931 88. <i>Easy Rider</i>, 1969 89. <i>Patton</i>, 1970 90. <i>The Jazz Singer</i>, 1927 91. <i>My Fair Lady</i>, 1964 92. <i>A Place in the Sun</i>, 1951 93. <i>The Apartment</i>, 1960 94. <i>Good Fellas</i>, 1990 95. <i>Pulp Fiction</i>, 1994 96. <i>The Searchers</i>, 1956 97. <i>Bringing up Baby</i> 1938 98. <i>Unforgiven</i>, 1992 99. <i>Guess Who's Coming to Dinner</i>, 1967 100. <i>Yankee Doodle Dandy</i>, 1942 |
|--|---|--|

DRINKING & DRIVING



What is Your State's Law

STATE	*BAC	Mandatory* Fine	Mandatory Jail Time
AL	.08		
AK	.10	X	X
AZ	.10	X	X
AR	.10	X	
CA	.08	X	
CO	.10		X
CT	.10		X
DE	.10		
DC	.10		
FL	.08		
GA	.10	X	X
HI	.08	X	X
ID	.08		
IL	.08		
IN	.10		
IA	.10	X	X
KS	.08		X
KY	.10	X	X
LA	.10		X
ME	.08	X	X
MD	.10		
MA	No		
MI	.10	X	
MN	.10	X	
MS	.10	X	
MO	.10		
MT	.10		X

STATE	*BAC	Mandatory* Fine	Mandatory Jail Time
NE	.10	X	
NV	.10	X	X
NH	.08	X	
NJ	.10	X	
NM	.08		
NY	.10	X	
NC	.08		
ND	.10	X	
OH	.10	X	
OK	.10		
OR	.08	X	X
PA	.10	X	X
PR	No		
RI	.10	X	
SC	No	X	X
SD	.10		
TN	.10	X	X
TX	.10		
UT	.08	X	X
VT	.08		
VA	.08		
WA	.08	X	X
WV	.10	X	X
WI	.10	X	
WY	.10		

*Illegal BAC means it is a criminal offense to operate a motor vehicle with this BAC.

* Mandatory means the penalty must be applied – not an option of the court.

Note: A blank space means only that there is not a mandatory sanction.

DWI/DUI laws are complicated and vary from state to state. **The best and ONLY way to be safe is not to drive when drinking.**



Beer Money can make you a millionaire



Have you got a few bucks left over after payday? How about some or all of your “beer Money”. A little money and time can make you a millionaire. And, in the process, you may stop drinking, or drink less, in the **Right Spirit**.

Compounding is your money growing by adding interest upon interest and it will be the key factor in building your fortune. The secret is time, so the sooner you start saving, the longer you will have for compounding to work it's magic.



There are lots of savings and investment plans and you have to decide which is right for you. One great source is mutual funds. The internet offers many sites with good information. Also, see your Family Service Center for info.

Consider This:

Age 22, take home pay of \$1500 (without considering your pay will go up every year as you advance) and a savings of \$150 per month, You can have ONE million in savings by age 61.

OR if you start with \$100 and invest \$75 Month (only \$37.50 each payday) you will have **\$57,685.00 in 20 years. Not bad for “beer money”**.

Financial question:

You are offered a temporary job for 30 Days.

You must choose between two pay plans:

1. \$2000.00 a day for 30 days.
2. A penny for the first day, two cents for the second, four cents for the third day, and your pay would double like that every day for the thirty days.

Which would you choose? See answer on page 14

Resources

More information is available



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

San Diego DSN 522-4964

Norfolk – DSN 564-8190

Look for this bulletin on:
Navy Drug & Alcohol Web Site–
www.nprdc.navy.mil/navdweb

The Mining Company – Alcoholism
[Http://alcoholism.miningco.com](http://alcoholism.miningco.com)

Webring for families and friends of al-
coholics-
[www.geocities.com/HotSprings/
spa/8183/jft.html](http://www.geocities.com/HotSprings/spa/8183/jft.html)

Alcohol Resources
www.intox.com/Resources.html

Mothers Against Drunk Driving
www.madd.org

Young Peoples Press
www.drinks mart.org

National Institute on Alcohol Abuse
www.niaaa.nih.gov/



Kiss that Pony goodbye – If you Drink & Drive in New York !

In January this year, New York City Po-
lice Department announced those ar-
rested for driving drunk in the city will
have their cars seized and not given back
if not acquitted of the charges.



Get the Right Spirit

NYPD is implementing a “Zero Tolerance
Drinking and Driving Initiative”

They are the first major city to take such
an initiative. It is creative use of the law
to combat the serious crime of drunk driv-
ing.

People in The SPOTLIGHT.....

Making the Right Spirit Work



Alan J. Bogardus

Hull Technician Master Chief (HTCM)
Surface Warfare(SW)

HTCM(SW) Bogardus was born in Catskill, NY in 1965. He has served as a fine example for the RIGHT SPIRIT throughout his Navy career.

Duty stations around the world for the past 16 years included; USS LOS ALAMOS– Holy Lock Scotland, C/1 Weld School – Portsmouth VA., USS SIMON LAKE – Holy Lock Scotland, USS ELMER MONTGOMERY– Mayport FL., NAVAL DAMAGE CONTROL TRAINING CENTER, Philadelphia, PA., USS HOLLAND – Guam, NAVAL AIR TECHNICAL TRAINING CENTER – Pensacola, FL.

Contributions to Alcohol Abuse prevention

- Supervised the qualification of more than 2000 DAPAs in 120 classes.
- Qualified 100% of the enlisted staff as DAPAs at the US Naval academy in a joint project.
- The driving force in the smooth transition of the DAPA course from CNET to NAVPERSCOM.
- Technical expert to the revision and combining of the DAPA and LPM courses into a single one-week course



Master Chief Bogardus was the Course Curriculum Model Manager for the DAPA course. He is currently DAPA for the Naval Air Technical Training Center in Pensacola, FL. He has two daughters who are the apple of his eye. His dedication to alcohol abuse prevention and service to his country truly sets him above the best. His efforts have greatly enhanced the prevention of alcohol abuse in today's Navy. He has the Right Spirit.



Get the
"Right Spirit"

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



Your comments, ideas, articles, and photos are greatly welcomed.

The Right Spirit Bulletin has a new look and a new approach to emphasize education, leadership, deglamorization, intervention and accountability.



Thanks for the many comments on the last issue. Please keep them coming.

Let me hear from you. E-mail the editor, Mike Beech NPC-602C.



P602C@persnet.navy.mil



TACKLE



Alcohol Abuse



Answer to quiz on page 11.

Payment plan 1 = \$2000 a day for 30 days = \$60,000.

Payment plan 2 = a penny a day for first day, 2 cents the second, 4 the third, 8 the next and so on, doubling each day for 30 days = \$10,737,418.23. Yes, that's Ten MILLION. The power of compounding is awesome. From one small acorn grows a whole forest.

Hard to Believe? Here is how it works:

Day	Payment	Cumulative Total	Day	Payment	Cumulative Total	Day	Payment	Cumulative Total
1	.01	.01	11	10.24	20.47	21	10,585.76	20,971.51
2	.02	.03	12	20.48	40.95	22	20,971.52	41,943.03
3	.04	.07	13	40.96	81.91	23	41,943.04	83,886.07
4	.08	.15	14	81.92	163.83	24	83,886.08	167,772.15
5	.16	.31	15	163.84	327.67	25	167,772.16	335,544.31
6	.32	.63	16	327.68	655.35	26	335,544.32	671,008.63
7	.64	1.27	17	655.36	1,310.71	27	671,088.64	1,342,177.27
8	1.28	2.55	18	1310.72	2,621.43	28	1,342,177.28	2,684,354.55
9	2.56	5.11	19	2,621.44	5,242.87	29	2,684,354.56	5,368,709.11
10	5.12	10.23	20	5,242.88	10,485.75	30	5,368,709.12	<u>10,737,418.23</u>



The United States

Navy

ACROSS THE WORLD



Desert Fox



USS TARAWA (LHA 1)



USS HAYLER (DD997)

Whatever
You
DO

REMEMBER

it's ok not to drink

Right Spirit Bulletin
Spring 1999



**SPOTLIGHT
ALCOHOL ABUSE
PREVENTION**

Get the Right Spirit !