



Bulletin



The Right Spirit

Volume 1 Issue 5 Summer 1999

Features

Are You Worried.....	3
Drink Responsibly.....	3
Dealing with Denial.....	3
Smokers Drink and Drinkers Smoke.....	4
Know Someone.....	5
Summer Boating.....	7
Swing Dancing.....	8
DoD Health Survey.....	10
USA 4th of July.....	12

It's YOUR Navy
Get the
Right Spirit



Departments

Fighting Sullivans.....	13
DAPMA in the Spotlight.....	11
From the Editor.....	



Published by: Navy Personnel Command, CAPT J. R. Jarrell,
 Assistant Commander, Navy Personnel Command
 Personal Readiness and Community Support
 Navy Drug & Alcohol, Fitness, Education and Partnerships Division
 CAPT T. J. Cepak, Director
 Michael Beech, PERS-602C, *Editor* E-mail P602C@persnet.navy.mil

During the enjoyable summer months, deglamorization of alcohol is even more important. Take the time to recognize the effects irresponsible drinking can have on you, your family and your Navy.

There are two reasonable decisions that can be made regarding the use of alcohol – not to use it, or use it responsibly.

Have a safe and productive summer and above all remember, keeping the Right Spirit attitude is the Right thing to do.



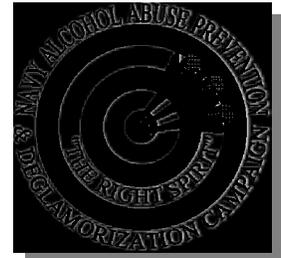
RADM J. B. Hinkle
Commander, Navy
Personnel Command

The **Right Spirit Bulletin** is published by



TENNESSEE

Navy Personnel Command
Navy Drug & Alcohol,
Fitness Education and Partnerships Division
5720 Integrity Drive
Millington, TN 38055



CAPT T. J. CEPAK, Director

Alcohol Abuse Prevention Branch (DSN 882-4266)

Ms. Pat Darden, P602B@persnet.navy.mil

Mr. Mike Beech, P602C@persnet.navy.mil

LT Tim Williams, P602D@persnet.navy.mil

Drug Detection and Deterrence Branch (DSN 882-4400)

Mr. Bill Flannery, P603@persnet.navy.mil

AEC Bill Bagley, P603C@persnet.navy.mil

AT1 Theresa Cason, P603D@persnet.navy.mil



Are You Worried

That Drinking may becoming a problem for You?

Here are some warning Signs.....

- ⇒ Being Drunk more often,
- ⇒ Taking the day off because of a hangover
- ⇒ Having accidents, domestic arguments because of drinking
- ⇒ Getting into trouble because of drinking
- ⇒ Doing something you would not have otherwise done
- ⇒ Drinking more than you planned in an evening

Drinking Responsibly?

Try an experiment next time you Party.

- ◆ Between each drink, substitute a glass of soda or ice water and eat something
- ◆ Let at least one-half hour lapse between finishing one drink and beginning the next alcoholic drink

See if you don't feel more relaxed and drink less alcohol.

Dealing With Denial

Denial is a common, universal, ego defense mechanism that keeps feelings and ideas about oneself or one's environment out of conscious awareness.

Denial is often a necessary defense against the pain and fear of a menacing stimulus of external reality and is a need for the hope that in spite of everything, all will be well.

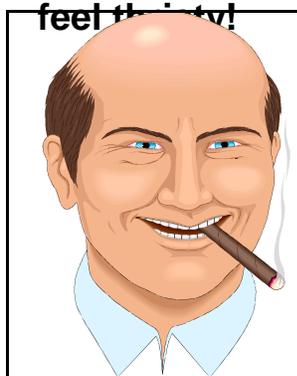
The individual with chemical dependence who denies its existence is viewed as an undependable liar when in fact he or she is full of fear and stigma. The brain suffers from degrees of chemical toxicity . memory impairment . and the addicted individual is often unable to see the truth and cannot accept and be motivated for something they deny. The family is often in denial because of shame, stigma, co-alcoholism and social pressures to drink.. This attitude by the family can lead to coverup and delay in treatment for the alcoholic and themselves.

From the writings of Joe Zuska, MD, CAPT USN Retired

Have you Ever Noticed.....

Smokers Drink and Drinkers Smoke

Between 80 and 95 percent of alcoholics smoke cigarettes, a rate that is three times higher than the population as a whole. Drinking influences smoking, more than smoking influences drinking. Nevertheless, smokers are 1.32 times as likely to consume alcohol as are nonsmokers.



What is the Risk of Cancer from Alcohol and Tobacco?

Smoking and excessive alcohol use are risk factors for heart and lung disease and for some cancer forms. The risks of mouth, throat, or esophagus cancer for the smoking drinker are more than the sum of the risks posed by the drugs individually.

Compared with nonsmoking non-drinkers, the approximate relative risks for mouth and throat cancer are 7 times greater for tobacco users, 6

times greater for drinkers, and **38 times greater** for those

Why are Alcohol and tobacco used together?

The two most common reasons given for the concurrent use of alcohol and tobacco are;

Either drug may increase the desired effects of the other OR... Either may decrease the toxic or unpleasant effects of the other.



Ever heard that a “nip” of brandy will help fight a cold?

Quite the opposite is true. If you have a cold, alcohol can affect the body’s ability to fight infections, and it may also interfere with certain medications.

Ever wonder why bars serve salty snacks?

Salt is made of 2 minerals: sodium and chloride. When you eat a lot of salty foods, your body uses water to flush extra sodium away. With water loss YOU

Know Someone.....

Who drinks... Maybe too Much?

Answer YES or NO to the following questions.

1 - Have you ever decided to stop drinking for a week or so, but only lasted for a couple of days?

Yes / No

2 - Do you wish people would mind their own business about your drinking-- stop telling you what to do?

Yes / No

3 - Have you ever switched from one kind of drink to another in the hope that this would keep you from getting drunk?

Yes / No

4 - Have you had to have an eye-opener upon awakening during the past year?

Yes / No

5 - Do you envy people who can drink without getting into trouble?

Yes / No

6 - Have you had problems connected with drinking during the past year?

Yes / No

7 - Has your drinking caused trouble at home?

Yes / No

8 - Do you ever try to get "extra" drinks at a party because you do not get enough?

Yes / No

9 - Do you tell yourself you can stop drinking any time you want to, even though you keep getting drunk when you don't mean to?

Yes / No

10 - Have you missed days of work because of drinking?

Yes / No

11 - Do you have "blackouts"?

Yes / No

12 - Have you ever felt that your life would be better if you did not drink?

Yes / No

What's your score?

Did you answer **YES** four or more times? If so, you are probably in trouble with alcohol.

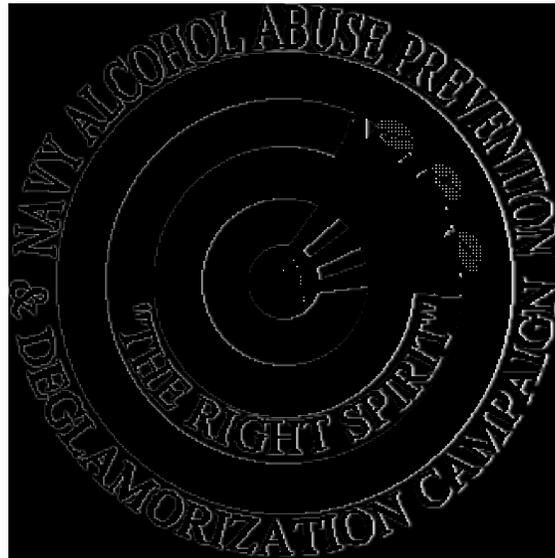
It may be time to talk to your DAPA



NOW AVAILABLE!!



NSN 0506LP0110260



NSN 0506LP0110280



NSN 0506LP0110250



NSN 0506LP0110270

THESE POSTERS ARE NOW AVAILABLE THROUGH SUPPLY CHANNELS FROM:

NAVY PUBLICATIONS CENTER, 5450 Carlisle Pike,
Mechanicsburg, PA 17055-0789.

Order by stock number.

Drinking on Your Boat . It really does matter

**Alcohol is
Not a Sport
Boating is**



- ⇒ Over **1200** people die in boating related accidents each year
- ⇒ Over **50%** of those fatalities are alcohol related
- ⇒ **90%** of the alcohol related fatalities are from drowning

Why? - Boaters Hypnosis

After about 4 hours of sun, wind, glare, vibration, noise and boat motion, the sober boater gets tunnel vision. It's like being drunk without a single drink. So, drinking alcohol compounds the intoxication..

Even Good Swimmers Often Drown – When DRUNK

Alcohol reduces the ability to swim by:

- ◆ Making it more difficult to hold your breath
- ◆ Disorienting you under water (People intoxicated often try to swim down rather than up)
- ◆ Reducing your coordination and strength
- ◆ Lowering your body temperature, allowing it to drop dangerously low in cold water



So Remember..... Boating and alcohol don't mix. Boating can be dangerous even without alcohol.

If you drink, Drink responsibly . but don't go near the water

Get The Right Spirit



Have you
Heard of.....

Jitterbug

Jive

West Coast Swing

Bop

East Coast Swing,
Carolina Shag

Lindy Hop

Swing Danc- ing

Young people around the country and around the world have taken to Swing Dancing – Big Time.

WHY...?because it's

FACT

Calories from alcoholic beverages add up quickly. Someone consuming a six pack of beer (900 calories) would need to jog without a break for 2 hours to burn off the calories.





What is Swing?

It's High Energy
Fun

The ultimate in partner dancing, blending high energy with Old fashioned charm. It evolved from the Lindy hop in the '30s, blossomed with jazz and spread into at least 8 different types, including East Coast, West Coast, Rockabilly and Country Swing.

PHYSICAL BENEFITS: Since dance was the forerunner to modern-day aerobics, it's easy to see how swing provides a good cardiovascular workout and helps burn fat. **OTHER Benefits:** It's a great way to meet people. Swing is great for those who think working out is boring. It builds muscular endurance and stamina. You'll get so caught up in learning the moves you won't realize you're working out.

Who is doing it ?

Everybody – all across America !

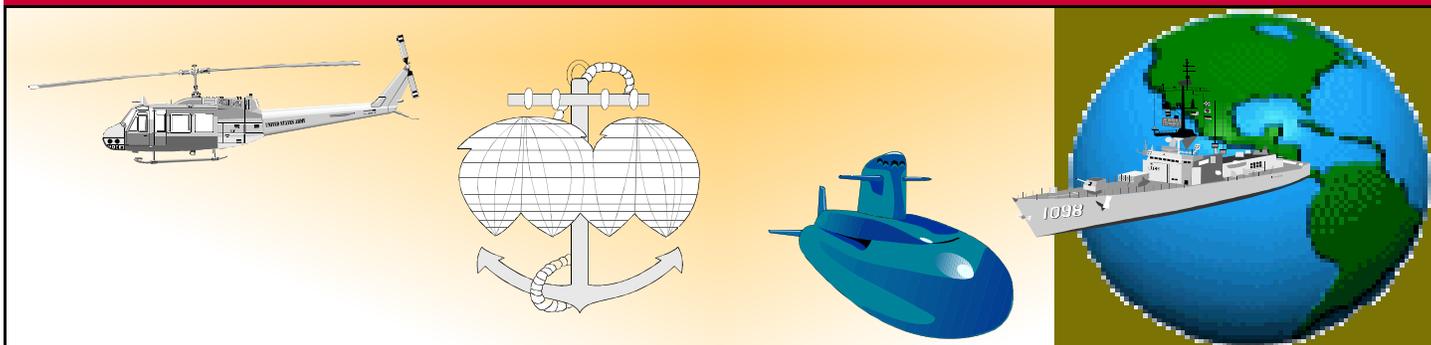


Swing Dancers are energetic, fit and healthy. Swing Dancers are generally Not Drinkers...at least not alcohol (lots of ice water). They put their energy into dancing and having fun with each other.

RIGHT
SPIRIT
PEOPLE



1998 Department of Defense Survey of Health-Related Behaviors Among Military Personnel



Results of the 1998 DOD Survey.....

Health related behaviors among military personnel are surveyed every three years. The 1998 sample for Navy was 3,930 personnel. Comparisons with earlier data was used for trends. Civilian data was also compared to military data. Data reported represents all pay grades.

Data on alcohol, tobacco and illicit drug use was used to assess prevalence rates of the use of these substances by military personnel.

This will interest YOU..... the Survey Says.....

- Rates of heavy alcohol use and cigarette smoking were consistently higher among all military personnel than among civilians.
- Heavy alcohol use and illicit drug use were related to education, age, marital status, and pay grade. Those who had less education, were younger, unmarried, and in lower pay grades were consistently more likely to drink heavily in the past month and to use illicit drugs in the past year.
- Serious consequences, productivity loss and dependence symptoms from alcohol use in the past 12 months shows E1-E3 being the most affected. These pay grades show they are at substantially greater risk of experiencing negative effects when they drink.

Some Good News:

- Alcohol consumption and heavy alcohol use in 1998 compared with 1995 showed no significant change in the total DoD, Army, Air Force and Marine Corps.

In contrast, Navy showed a significant decrease in alcohol consumption as well as heavy drinking from 95 to 98.

These decreases suggest the Right Spirit Campaign is having a positive effect.



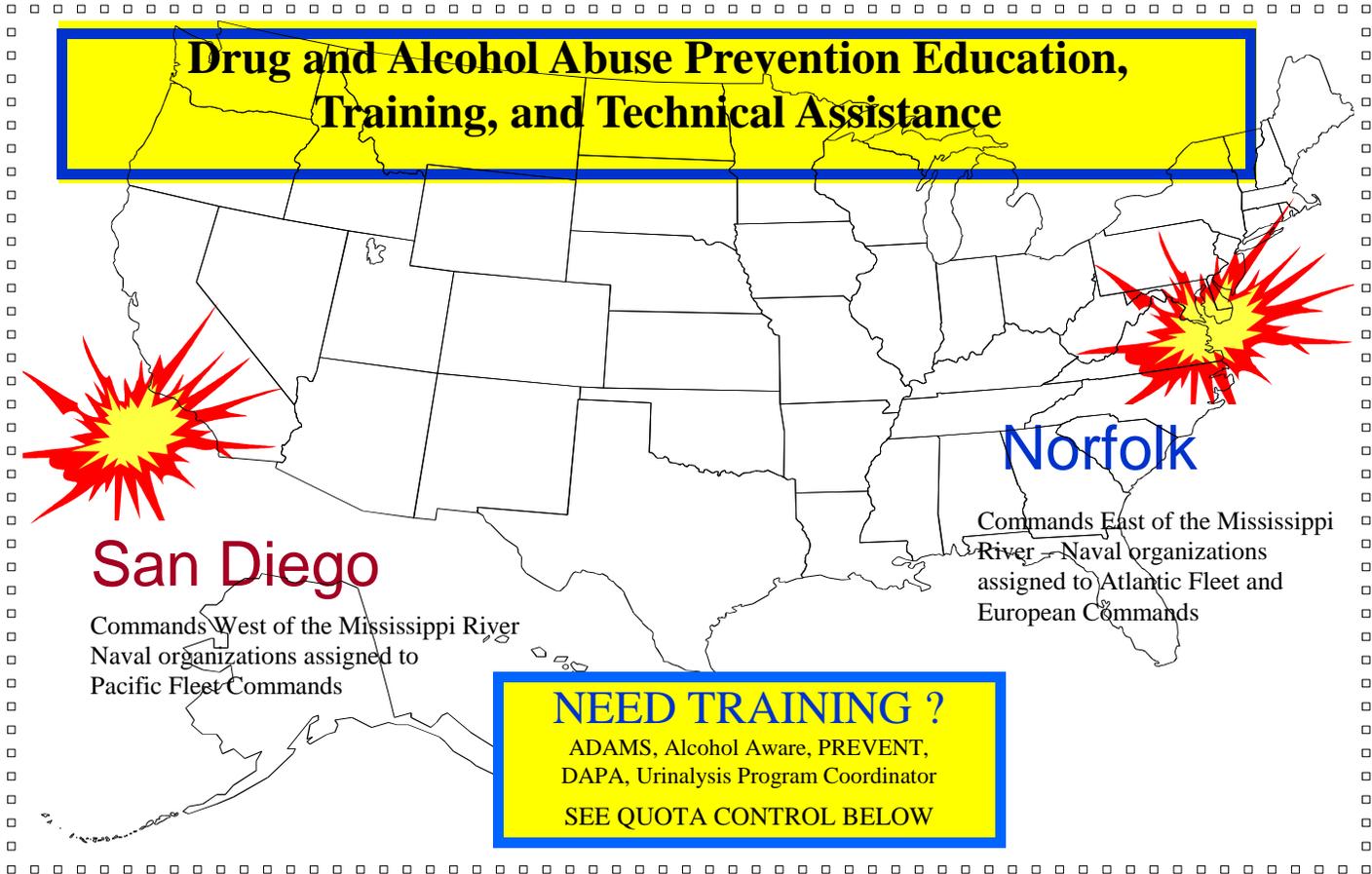
In the Spotlight...

Making the Right Spirit Work



Drug and Alcohol Program Management Activity DAPMA

**Drug and Alcohol Abuse Prevention Education,
Training, and Technical Assistance**



San Diego

Commands West of the Mississippi River
Naval organizations assigned to
Pacific Fleet Commands

Norfolk

Commands East of the Mississippi
River - Naval organizations
assigned to Atlantic Fleet and
European Commands

NEED TRAINING ?

ADAMS, Alcohol Aware, PREVENT,
DAPA, Urinalysis Program Coordinator
SEE QUOTA CONTROL BELOW

San Diego – DSN 522-4964

Fax (619) 532-4964

Comm: (619) 532-4894

Quota Control: pdunn@dapmasd.navy.mil

Norfolk – DSN 564-8190

Fax (757) 444-8190

Comm: (757) 444-9413

Quota Control: trousseau@nsn.cmar.navy.mil



History Of the Flag

The United States Flag is the third oldest of the National Standards of the world; older than the Union Jack of Britain or the Tricolor of France.

The flag was first authorized by Congress June 14, 1777.

The United States Flag is unique in the deep and noble significance of its message to the entire world, a message of national independence, of individual liberty, of idealism, and patriotism.

Navy heroes have held high the U.S. Flag all over the world.



Floating from a lofty pinnacle of American Idealism, it is a beacon of enduring hope, like the Statue of Liberty. It floats over a wondrous assemblage of people from every racial stock of the earth whose united hearts constitute an



indivisible and invincible force for the defense and succor of the downtrodden.

It embodies the essence of patriotism.

It is the flag of 205 Million free people welded into a Nation.



Get the Right Spirit

Patriotism is more than an opinion, it is a way of life. As long as we openly express a positive and genuine spirit of patriotism and affection for our country, it will continue to live in the hearts and minds of future generations of Americans.

And in every crowd, when the national anthem is played, you can easily identify the true patriots. They are the ones with a tear in their eye and a lump in their throat as they proudly salute the flag, silently remembering those who made the ultimate sacrifice.

HONOR COURAGE COMMITMENT



The Sullivan brothers, like all Americans, were horrified by the surprise attack on Pearl Harbor on 7 December 1941, and all five marched down to the local recruiter to enlist in the Navy.

The five Sullivan brothers enlisted together, but under the stipulation that they be allowed to serve together on the same ship. In February 1942, the Sullivan brothers were assigned to the cruiser USS JUNEAU (CL 32), recently commissioned in New York City and bound for the Pacific war zone.

During the night of 12 November 1942, JUNEAU was badly damaged in a fierce surface engagement. The ship listing badly and barely making way, the crew fought valiantly to plug the holes and repair the damage. At 1100 the following morning, a Japanese submarine spied the crippled ship and fired two torpedoes. The JUNEAU went to the bottom within seconds. Four of brothers were lost. The wounded fifth Sullivan died before being rescued. Honor, Courage and Commitment has long been a Navy tradition.

How well do you know Your Country?

1. Who was the first President of the United States?

- George Washington
- Benjamin Franklin
- Abraham Lincoln
- John Adams

2. Who's famous quote is, "We hold these truths to be self-evident, that all men are created equal"?

- George Washington
- Abraham Lincoln
- Martin Luther King, Jr.
- Thomas Jefferson

3. Where was the first national capitol located?

- Pennsylvania
- Washington, D.C.
- New York
- Massachusetts

4. How did the Liberty Bell get its crack?

- Lightning
- It was dropped
- It was made that way
- Cracked when first rung

5. Who was commissioned to make the first United States flag?

- Betty Crocker
- Eleanor Roosevelt
- Betsy Ross
- Martha Washington

6. In what year was the Declaration of Independence signed?

- 1756
- 1776
- 1492
- 1746

7. How many stars were on the first United States flag?

- seven
- five
- thirteen
- fifty

8. Who shot Abraham Lincoln?

- William Tell
- John Wilkes Booth
- Lee Harvey Oswald
- George Washington

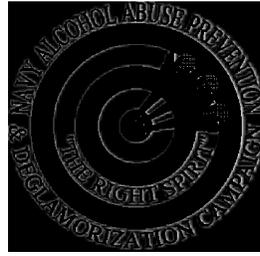
9. Who was the first person to sign the Declaration of Independence?

- John Adams
- Thomas Jefferson
- George Washington
- John Hancock

10. Who wrote the Star Spangled Banner?

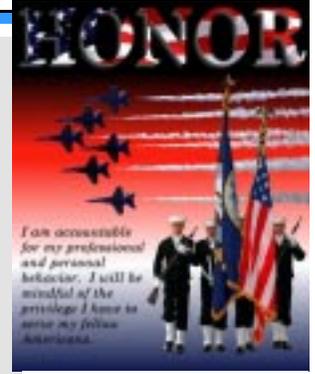
- Francis Scott Key
- Jean Lafitte
- George Washington
- Sir Walter Raleigh

**BONUS: Define the term Fathom.
(Answers on page 14)**



Get the
"Right Spirit"

The *Right Spirit Bulletin* is designed to communicate the goals of the Right Spirit Campaign.



Courtesy Fleet Imaging Command Pacific

Do you have a question or comment you would like to share with your shipmates?
Go ahead and send it to us. Please include your name, rate, and duty station.
 Send to: P602C@persnet.navy.mil



With the passage of Section 1082 of the 1998 Defense Authorization Act during the first term of the 105th Congress,

..... 'POW/MIA Flag' will fly each year on:

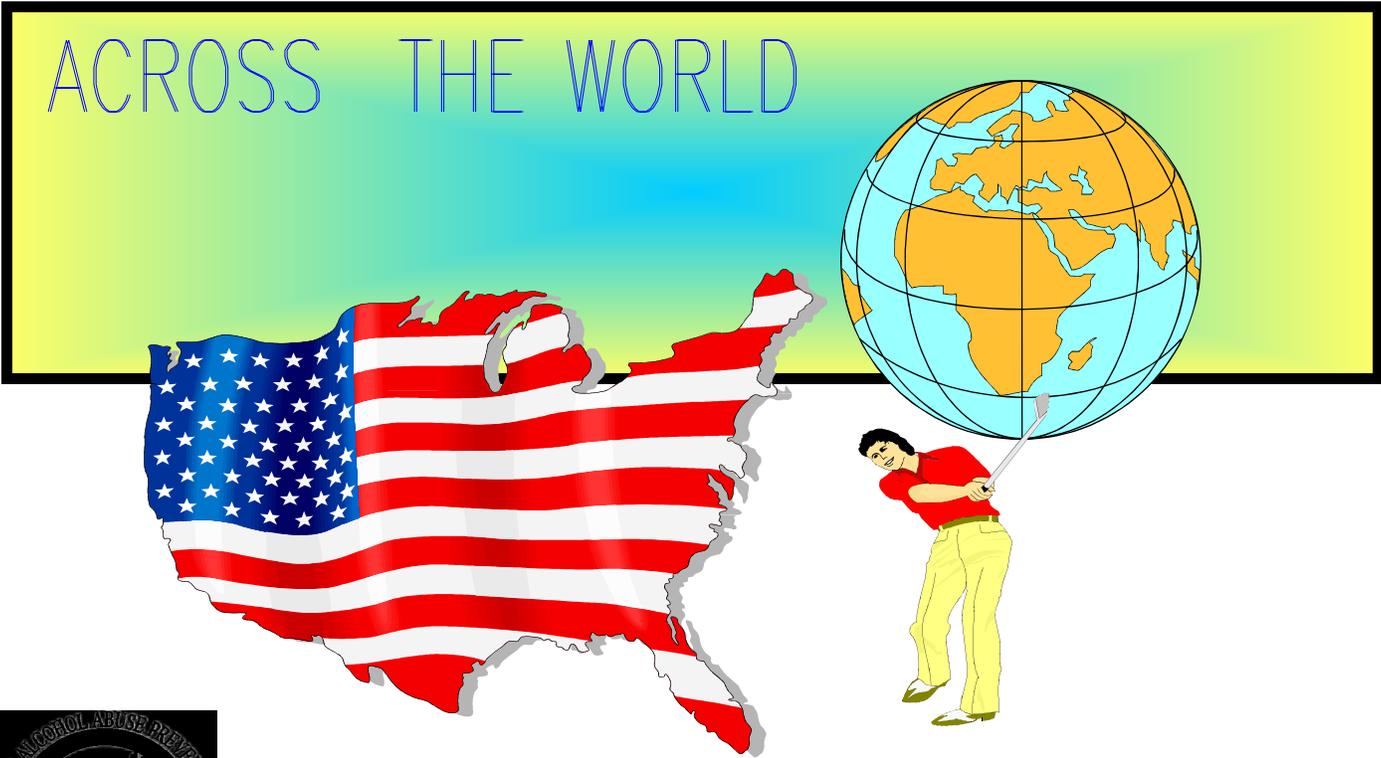
- Armed Forces Day –
- Memorial Day –
- Flag Day – June 14
- Independence Day – July 4
- National POW/MIA Recognition Day – September 19
- Veterans Day – November 11

ANSWERS to the History Quiz on page 13.....

1. George Washington
2. Thomas Jefferson
3. New York
4. Cracked when first rung
5. Betsy Ross
6. 1776
7. Thirteen
8. John Wilkes Booth
9. John Hancock
10. Francis Scott Key

Bonus: Although a fathom is now a nautical unit of length equal to six feet, it was once defined by an act of Parliament as "the length of a man's arms around the object of his affections." The word derives from the Old English Faethm, which means "embracing arms."

Get the
"Right Spirit"



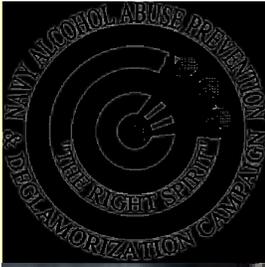
Whatever
You DO



REMEMBER



IT'S OK NOT TO DRINK



Right Spirit Bulletin
Summer 1999



**Set the Course for
the Right Spirit!**