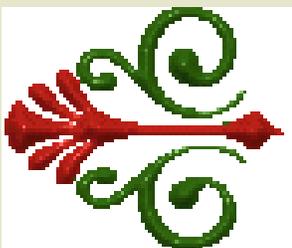


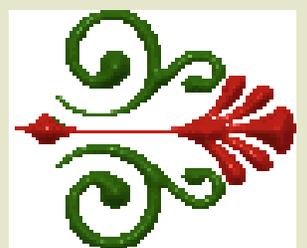
Right Spirit



Winter 2000



***Get the Holiday
Right Spirit***





The Holidays are a joyous and happy time for everyone. Health, Safety and Quality of Life for you and your family are of the utmost importance.

The Right Spirit attitude, which includes responsible use and deglamorization of alcohol is even more important through the holiday season.

During this time, I ask everyone to step forward and enthusiastically promote the principles of the Right Spirit Campaign because personal responsibility and moderation must guide our actions.

This publication will provide ideas for getting the Right Spirit attitude into your holiday plans. Let's all return safely in the New Year.

Happiest of Holidays to you all.



RADM Annette E. Brown
Assistant Commander,
Navy Personnel Command,
Personal Readiness and
Community Support (PERS-6)



Prevention = Retention
***Alcohol abuse can destroy
your Navy career!***

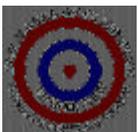
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From the MCP0N



MMCM(SS/SW/AW) Jim Herdt
Master Chief Petty Officer of the Navy

Shipmates, the months leading into the holiday season are always an exciting time of year with so much to do outside. That's why it still amazes me that far too many shipmates choose alcohol as a primary form of entertainment.

Our Navy has been committed to battling alcohol abuse for the past several years. I'm happy to report that last year produced the fewest amount of alcohol-related motor vehicle fatalities we've incurred in the past 10 years. Now that we've got momentum swinging towards a more fit and health-conscious Navy, we cannot let our guards down.

Alcohol abuse can and still does harm our Navy's operational readiness, and we simply cannot afford that – today or ever. We must remind our shipmates that it's OK not to drink. Anyone choosing to drink, should do it responsibly. That means the right place, the right quantity, and the right time. This is exactly what our Right Spirit campaign emphasizes.

Right Spirit has been, and continues to be the foundation for our attack against alcohol abuse in our Navy, and any Sailors considering themselves leaders must make it their business to be aware of Right Spirit. Just being a positive example for your shipmates can help improve them professionally, mentally, financially and most importantly personally.

I'm here to tell you that we all have far too much life to live without wasting it by drinking excessively. Please take care of your shipmates, your families, and just as importantly...yourself.



Effects of Alcohol

The actual effects of alcohol are different from person to person depending on his or her own tolerance. The following chart lists general effects based on blood-alcohol content (BAC) of alcohol.

- BAC .02 to .04
 - mood is intensified
 - slight memory and judgment impairment
- BAC .05 to .06
 - warm, relaxing feeling
 - emotions and mood become exaggerated
 - slight balance and speech disturbance



- BAC .18 to .30
 - general confusion and haziness
 - all cognitive abilities disrupted
- BAC .40 and above
 - alcohol-induced coma
 - possible death

- BAC .07 to .13
 - speech noticeably impaired
 - significant reaction time loss
 - feeling of mild depression or nervousness
 - short-term memory loss
 - judgment is seriously impaired
 - legal intoxication is .08 to .10, depending on particular state law
- BAC .14 to .17
 - all physical and mental abilities impaired
 - balance disturbance resulting in standing and walking difficulty

Alcohol should never be consumed with any type of depressant, such as certain allergy and cold medication. This can result in a greatly increased and exaggerated effect of alcohol, particularly with motor functions. Pulse rate and breathing can also drop to a dangerously low level. Death can result from consuming alcohol with prescription tranquilizers and painkillers.

Drive Safe.... Drive Sober

Top 10 Reasons Why You Shouldn't Drink and Drive

10. The highway could become an obstacle course.
9. It messes up your judgment.
8. You lose reaction speed.
7. You could lose control of your vehicle.
6. Other people don't think as highly of you.
5. Spending time in jail would really ruin your holidays!
4. It's against the law!
3. You have too many years left to live.
2. You put other people's lives at risk.
1. **IT'S JUST PLAIN STUPID!!**



Tis the Season
to **Not**
Drink and Drive

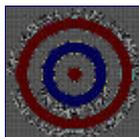


Are Women More Susceptible To Alcohol?

Q: My friend gets drunk after two glasses of wine. I can drink three or four without feeling it. Are women more susceptible to alcohol than men?

A: Yes. Men have an enzyme in their stomachs that starts to break alcohol down as soon as they swallow it. Women are deficient in this enzyme and more vulnerable to excess alcohol.

Right Spirit is
Responsible Drinking



*In the next issue of **Right Spirit**, look for an expanded article on "Women and Alcohol."*

Alcohol in the News

Early-Onset Drinkers Have More Accidents

A new study found that alcohol-related accidents are more common among people who began drinking when they were under-age.

According to a national survey conducted by Ralph Hingson and colleagues at Boston University, people who began drinking at a young age are up to three times more likely to get hurt in car crashes and other alcohol-related accidents than those who started at age 21 or older.

"Parents don't appreciate that alcohol is the No. 1 drug of abuse of kids," said Dr. Mary Dufour, deputy director of the National Institute on Alcohol Abuse and Alcoholism (NIAAA). "They say, 'Well, he's only drinking.' This is yet another reason why they need to pay attention and why kids need to pay attention."

The study was based on a random selection of 42,862 adults who took part in a 1992 NIAAA survey. The average age of participants was 44, with about half saying they had started drinking before age 21.

The researchers determined that people who start drinking at young ages "may be less fearful of injury and situations that pose risk of injury."

The study was published in a recent issue of the Journal of the American Medical Association.



Drinking, thinking don't mix

Young people who drink heavily face a slew of hazards, ranging from accidental injuries to death by alcohol poisoning. If early research is verified, scientists might add another danger to that list soon: brain damage.

Preliminary studies indicate that heavy, regular drinking can damage the developing brains of young adults and perhaps destroy brain cells involved in learning and memory.

Young adults who are heavy drinkers perform poorly on memory tests. Brain scans of young women who drank heavily as teens showed regions of sluggish activity in the brain.

At risk: at least 3 million American young people who abuse alcohol regularly.

People joke about the fact that alcohol kills brain cells, but, in this case, the implications are quite serious. Scientists fear that teens and young adults who regularly get drunk will sustain lasting damage to the brain, which could make it more difficult for them to do well in school or at work.

Teens who drink heavily may not realize their maximum potential. Until recently, researchers thought the teen brain had completed its development. Now scientists realize that the brain makes important strides until age 20 or 21.

This means the young brain is an especially vulnerable target for alcohol.



Alcohol in the News

Cheap Beer Connected to College Campus Violence

A new study shows a cause-and-effect association between the price of beer and violence among college students,

According to data analyzed by economists at the Cambridge, Mass.-based National Bureau of Economic Research, alcohol consumption increases the likelihood of mayhem on college campuses. Economists Michael Grossman and Sara Markowitz found that college areas with cheaper beer prices had more violent and non-violent campus crime, including students getting into trouble with police or other campus authorities, arguing verbally or fighting physically, damaging property, pulling fire alarms, and sexual misconduct.



Grossman and Markowitz recommended raising taxes on beer to reduce consumption and lower college violence. They concluded that for every 10 percent rise in the price of beer, the percentage of students who get into trouble would be lowered by four percent.

"I agree that if students drank less, there would be less problems," said Tom Evans, director of public safety at Drew University in New Jersey. "But I don't know if you can raise the price of beer enough to stop violence."

Evans said that alcohol is linked to about 99.9 percent of the school's discipline problems. "But most of it is hard to describe as truly violent behavior," he said. "It's mostly students getting into arguments with campus police, often at two in the morning after a night of imbibing beer."



Alcohol Cause of Air Rage

Flight attendants are complaining that more passengers are becoming abusive -- often the result of alcohol consumption.

Recently, a number of flight attendants handed out leaflets in front of San Francisco International Airport in California as part of a nationwide campaign to bring awareness to the growing problem of air rage.

Flight attendants said easy access to in-flight liquor and reluctance by airlines to offend customers have led to the rise in air-rage incidents.

"The airlines are providing champagne and hard liquor to passengers before the plane ever leaves the gate," said Dawn Marie Bader, a flight attendant and chapter president of the Association of Flight Attendants. "They're drinking before breakfast, before dinner. They're drinking during dinner, after dinner and during the movie. Passengers are drinking all the time."

The flight attendants' union wants airlines and airports to post signs and warn passengers at check-in that there is a \$25,000 fine for interfering with flight crews. In addition, the union is urging airlines to practice "more responsible alcohol service and mandatory training for flight crews in dealing with abusive passengers."

First Night U.S.N.A.

by Ms. Lindsay Conner, Navy Alcohol Abuse Prevention

Four thousand Midshipmen from the United States Naval Academy (U. S. N. A.) gathered together for the first time this academic year to celebrate the “Right Spirit First Night U.S.N.A.” This non-alcoholic event, also a fall sports kick off pep rally was held August 20, 2000, on Farragut Field, the academy’s football practice field.

LTJG Jay Tolley, Alcohol and Drug Education Officer (ADEO) and a 1997 graduate of the academy, coordinated the event along with 37 Midshipmen who are assigned as company ADEO’s and serve on a Midshipmen level. Tolley assumed his position one year ago and is very motivated to get the Right Spirit message out to the entire brigade.

The Right Spirit campaign began in 1996. It has been and remains the cornerstone of Navy’s alcohol abuse prevention campaign and is key to Navy’s ongoing commitment to reducing the effects of alcohol abuse on readiness.

Fun Can Be Had Without Alcohol

The conception of “First Night U.S.N.A.” came about through the Annapolis, Maryland organization “First Night,” which is held each New Year’s Eve. “The Brigade is not at the academy on that day due to their Christmas break, so we decided to pick the beginning of our academic year to provide a non-alcoholic environment, which would also be very entertaining, to play a balance to the Midshipmen,” said Tolley. “They know they can go out in town and have fun drinking. We want to show them that yes, that can be fun, but a lot of fun can also be had without the presence of alcohol,” he added.

LTJG Tolley chose Farragut Field as the location for the event because it was close to the dormitory where Midshipmen reside – Bancroft Hall. The field is literally right outside the Hall and next to the beautiful Chesapeake Bay and Severn River. Boat-ers and walkers alike looked on at the event site out of curiosity.



(L to R) MIDN 2/C Drew Myers, MIDN 2/C Josh Dow, LTJG Jay Tolley and MIDN LT Mike Kolodner stand below the Right Spirit blimp at the “First Night U. S. N. A.” event.

Photo: Lindsay Conner

As the games and food arrived and the band warmed up on stage, Tolley looked very pleased that the event began to take shape. Soon, 4,000 Midshipmen and Naval Academy family would arrive and completely energize “First Night.”

Just prior to the event, a team of three headed by Midshipman Lieutenant Michael Kolodner, inflated a 20-foot long blimp that had the words “Right Spirit” on each side along with the bulls eye logo. This would be the maiden voyage for the blimp and it will be flown at all home football games. The Right Spirit logo could also be seen at the VIP tent, U. S. N. A. Alumni Association area and the main stage, where it adorned banners.

Last Night to “Party”

Even before the starting time of 6:30 p.m., hundreds of people were already at the field site anticipating the evening’s happenings. Plebes, with their socks up, were excited to mingle with upper classmen for a change. Smiles were everywhere as the midshipmen began to throw the free frisbees and have a last night of fun before classes would begin the next morning.

Right Spirit 8

Had the Right Spirit



In addition to frisbees, the Right Spirit team gave out water bottles, yellow and blue horns, pompoms, pens and tee shirts. Some of these items will be used at upcoming football games and tailgaters. LTJG Tolley and his team have non-alcoholic tailgaters planned for every home game. He said, "Everything the Right Spirit group does is non-alcoholic. We also have an alcohol awareness week once a year during the fall semester."

Rear Admiral Sam Locklear, Commandant of Midshipmen, commented, "This event today is to say 'welcome back' to our students as they reform for what's going to be a great year. We're trying to make an impression early on to show them that you can have a good time without glamorizing alcohol, and it's possible to be a professional, able officer and have fun at the same time."

Marketing the *Right Spirit*



The U. S. Naval Academy's Right Spirit team prepares for "First Night U. S. N. A." photo: Lindsay Conner

The Right Spirit message is just that, and the Alcohol Abuse Prevention Branch at the Navy Personnel Command in Millington, Tennessee is working closely with the fleet getting the message out to them in various venues. Right Spirit videos for officers and enlisted personnel, television commercials, web-based training and marketing tools for command Drug and Alcohol Program Advisors are the initiatives on the immediate horizon to help the Navy continue the downward trend of abuse.

The band started rocking right on time and lines soon formed at the various food stations. The Midshipmen Food Services Division headed by Lieutenant Commander Wendy Fewster did an excellent job creating a great addition to the carnival atmosphere by serving hotdogs, boardwalk fries, funnel cakes, soft pretzels and lemonade. As the children of faculty and staff ate their cotton candy, they marveled at how big people could have so much fun.

LTJG Tolley had a great feeling of success at the end of the evening and looks forward to coordinating all the Right Spirit events coming up this academic year. He said, "The best thing about my job as ADEO is my team can do positive things for the Navy and potentially save someone's life and career. It's very rewarding to me to know that my work can directly contribute to the betterment of the Navy and alcohol abuse prevention."

The games that the Midshipmen participated in were sumo wrestling, bull-riding, wall climbing, iron man challenge and the blow up boxing glove event. For the students who weren't so energetic, they sat on the ground, chatting with friends, and watched the various entertainment on the main stage before the fireworks and laser light show.



Healthy Munching

Question:

My friend says that it's bad to snack. Is this really true?



Answer:

Not necessarily. It depends on the snacks you choose, which can either make or break the nutritional quality of your diet, your stamina, and even the quality of your exercise. (Snacks currently account for 16% of an adult's daily calories.) Furthermore, healthful snacking between meals can prevent overeating at mealtime by curbing hunger.

The benefits of snacking may even extend into preventing disease. Researchers have found that people who ate the equivalent of three meals divided into mini meals and snacks throughout the day had significantly lower blood-cholesterol levels and a lower heart-disease risk than people who ate the same amount of food in three sittings. Published in a 1995 issue of the journal *Metabolism*, the authors concluded that five mini-meals throughout the day could be more healthful than three larger ones.

So how do you snack right? Follow these four rules:

- **Keep it simple.** A healthful snack is one that takes little preparation and is always within easy reach.
- **Combine carbohydrates with protein.** Carbohydrate-rich foods, such as whole-grain bread, crackers, pasta, sweet potatoes, fruit, and cereal, help replenish blood sugar and muscle glycogen that you burn throughout the day and during exercise. Protein helps keep you satisfied and limits elevations in blood sugar that sometimes result from eating carbohydrates alone.
- **Mix and match.** Include at least two of the following at each snack: fresh fruits, vegetables, and/or whole grains. Include one of the following at each snack: nonfat milk, yogurt, or cheese; a slice of extra-lean meat, fish, or chicken; cooked dried beans or peas; or nuts or nut butters. Include only minimally processed foods.
- **Choose things in their natural states:** Snack on oatmeal, not a granola bar; a baked potato, not potato chips; nonfat yogurt, not ice cream; and a slice of whole-grain bread, not a doughnut.

Some *healthful snacks* might include:

- A banana and a whole-grain English muffin topped with peanut butter
- Yogurt with a kiwi fruit and graham crackers
- A half bagel with nonfat cheese and an apple
- Whole-wheat pita bread and a glass of orange juice

If you crave something sweet, try a bran muffin with apple butter or fresh fruit dunked in fat-free chocolate syrup. Something with crunch? Try air-popped popcorn, pretzels, or baby carrots.

The trick is not necessarily to add more snacks to your usual diet, but to divide your current food intake into five or six little meals. In other words, have oatmeal with raisins and orange juice for breakfast, and save the glass of milk and banana you would have had with them for a mid-morning snack. Have a sandwich, raw vegetables, and tomato juice for lunch, and save the dessert of yogurt and fruit for mid-afternoon. And have spaghetti, salad, and steamed vegetables for dinner, and save the slice of French bread and cup of nonfat cocoa for bedtime.

Remember, nutritious snacking takes some planning, so specifically include getting snacks when you prepare your shopping list. And tuck nutritious snacks in your backpack, purse, glove compartment, or desk drawer at work. That way you're always prepared to fuel your body ... and your health!

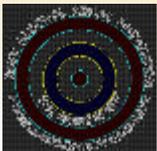
New!



Alcohol Abuse Prevention

Public Service Announcements

Look for six new ones in ships satellite and Armed Forces Radio and Television programming



Lite Warning labels

You may or may not see on beer and alcohol...

WARNING: consumption of alcohol may make you think you are whispering when you are not.



WARNING: consumption of alcohol may cause you to thay things like thish.



WARNING: consumption of alcohol may create the illusion that you are tougher, handsomer and smarter than some really big guy name Bruno.



WARNING: consumption of alcohol may lead you to think people are laughing WITH you.

And you thought “hangovers” were just a minor inconvenience! Read on.....

Hangovers put sufferers at risk of cardiac, neurological and psychiatric problems and cost society about \$148 billion a year, according to a study published in the Annals of Internal Medicine. Researchers at the VA Medical Center in San Francisco said that the personal and societal costs of moderate and even light drinking are significant. "In the medical community, we tend to focus on alcoholics," said lead researcher Dr. Jeffrey Weise of the University of California. "But that's a very small number of people, whereas being hung over is a common thing."

Typically caused by having a half-dozen or fewer drinks at a sitting, hangovers cost employers in absenteeism and poor job performance. Most alcohol-related problems in the workplace are caused by light and moderate drinkers.

Hangover-related health problems could include an elevated risk of having a heart attack, reduced cognitive abilities, and even a psychiatric disorder known as Elpenor syndrome, typified by irrational behavior.



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

Helpful web sites:

Navy Drug & Alcohol

<http://navdweb.spawar.navy.mil>

Prevention Online – (PREVLIN)

<http://www.health.org>

Addiction Connection

<http://www.addictioninfo.com>

Mothers Against Drunk Driving

<http://madd.org>



Alcoholism Help

<http://www.alcoholismhelp.com>

Blood Alcohol Content

<http://www.ou.edu/oupd/bac.htm>

Nat'l Institute on Alcohol Abuse

<http://www.niaaa.nih.gov/>

Food & Drug Administration

<http://www.fda.gov>

Get Connected – Get the Right Spirit



From the Editor

Happy Holidays to you all. I've been at PERS-60 for six months now and I felt it was time I introduced myself. My name is

Lindsay Conner and it is a privilege that I write for and edit this publication. *Right Spirit* magazine is just one of the many tools of the Navy's Alcohol Abuse Prevention and Deglamorization campaign. We hope you'll take a few minutes to read the information as it could make a difference in yours or a shipmate's life.

If you have any questions about the magazine or you'd like to submit an article on how the *Right Spirit* campaign affects you, please email me at P602C@persnet.navy.mil. I'd appreciate your comments or suggestions also.

*All the best,
Lindsay Conner*

Strength

Quality of Life

Awareness

Joy

Endurance

Pride of
Accomplishment

Peace of Mind

Living Life Without Limits –

That's the *Right Spirit*

AROUND THE WORLD



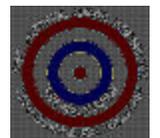
The United States www.navy.mil

Navy



**Whatever
You
DO ...**

REMEMBER



it's ok not to drink

Full Speed Ahead.
Get the *Right Spirit*

