



America is ready with the  
*Right Spirit*



As we move into the Fall season, this means the holidays are just around the corner. That also means many of us could possibly be driving long distances, visiting family and friends and attending various events. Therefore, it is especially important that you keep the Right Spirit attitude throughout this season, and if you must drink, do so responsibly. And, never drink and drive. Navy loses far too many Sailors to irresponsible drinking.

Alcohol abuse negatively impacts mission effectiveness in today's Navy. We must adhere to the principles of the Right Spirit Campaign. When you choose to drink responsibly, you help yourself, your shipmates and your Navy.

Be a positive example for your shipmates. When you improve yourself professionally, financially and personally, you can only win in life.

Take care of yourself and your families this season and Happy Holidays to you all.

**MISSION FIRST – SAILORS ALWAYS**



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**Prevention = Retention**

**Alcohol abuse can destroy your Navy career!**

# From the Editor



We're into the Fall season now and the *Right Spirit* Campaign is as active as ever. Since my last message to you, the *Right Spirit* display flew to Orlando and was exhibited at the Air Force's Substance Abuse Conference. We received many nice comments about the display and questions about the program. The Air Force hosted a wonderful conference and it is our goal to make Navy's as nice next year.

The new *Right Spirit* for Enlisted video is being edited as I'm writing this, so once it receives final approval for distribution, it will be available for you to order on the web. You will be advised how to order the video in a future Drug Advisory.

We're striving to make this magazine better and better with each issue. And, I will continue to ask for input from you. I know there has to be more good *Right Spirit* stories out there and we want to hear about them. If you would like to submit an article and/or photo with caption, please email me at p602C@persnet.navy.mil.

Have a great fall and holiday season and always remember to drink responsibly.

*All the Best,  
Lindsay Conner, Editor*

## Enhance Fleet Readiness



Reduce Alcohol Abuse and Related Incidents  
If you choose to drink, do so responsibly

***Navy's Right Spirit Campaign***  
***It's About Choice - not prohibition***

See your Command DAPA



# Health and Fitness

## Smoking and Drinking a Dangerous Combination

*HealthScout*



A new study found that smoking while drinking could be as dangerous as mixing prescription drugs. In a study using laboratory rats, researchers at Texas A&M University System Health Science Center found that nicotine lowered the blood-alcohol concentration (BAC). As a result, more alcohol was needed to reach intoxication, which caused a build-up of toxic substances known as aldehydes. This resulted in greater damage to cells in the brain, liver, and heart.

“A lot of times people are smoking and drinking, not knowing the interactions between the drugs,” said the study’s lead author, Wei-Jung A. Chen. He added that the study’s findings could be used to prevent fetal-alcohol syndrome. “Alcohol is pretty nasty and can do a lot of damage to the fetus. If you now compound that with smoking, which might increase the consumption of alcohol, you are voluntarily hurting the fetus more than anticipated,” Chen said.

Additional research is needed to determine the mechanisms responsible for nicotine’s effect on BAC and to translate those findings to adult humans.

## What Effect Does Alcohol Have On Weight Loss?

**Q:** What effect do beer and wine have on weight loss?

**A:** Besides the additional calories (about 125 calories per 12 ounces can of beer or about 100 calories per 4 ounce glass of wine), you should also consider the soporific effects of these fine spirits. They make us feel calm and sometimes contented, which is contrary to how you might want to feel before exercising. I can’t imagine going to the gym or outdoors for a run after two glasses of a good Cabernet. So, if you consider this a deterrent to getting fit... I guess, yes, it does affect weight loss.

But generally speaking, beer and wine don’t influence weight loss differently than any other food or beverage — they are just another form of calories. Just remember that one gram of alcohol has seven calories compared to one gram of carbohydrate or protein, which has four calories per gram. By volume, alcohol has more calories than carbohydrates and protein. So if you are trying to cut back on total calories, decreasing alcohol con-

## When Is The Best Time For A Sports Drink?

*Healthcentral.com*

**Q:** If I am going to participate in an endurance sports event, when is the best time to drink a sports drink? Before, during or after the event?

**A:** Drinking a sports drink containing glucose and other sugars before an event to prevent your body from running out of sugar actually presents a problem. Here is what happens.

The sugar from the sports drink causes the hormone insulin to rise in your blood, which inhibits the release of fatty acids from your fat cells. So, for the first half-hour of the event, fat is unavailable as fuel for your body. Your muscles are forced to use glycogen instead (the sugar stored in your muscles), and then they use the sugar in your blood. This means that your sugar supplies are burned up even more quickly than normal.

So you see, taking a sugar drink so you won’t run out of sugar will, in fact, cause you to run out of sugar sooner! But this won’t happen if you take the drink during or after the event, because the fatty acids have already entered the bloodstream.

The sugar in a sports drink you



tolerated. In fact, it enhances performance by prolonging your endurance. If you drink a sports drink every 15 to 20 minutes during exercise, you will be providing a steady trickle of glucose that spares the glycogen in your muscles.

# ABF1(AW) James Jenkins, In His Own Words . . .

My name is ABF1(AW) Jenkins and I am an Aviation Boatwainmate Fuel instructor at NATTC Pensacola. ASCM Lane is our Command DAPA and, at his request, I am sending you information and a photo to tell you a little about what we are doing with the "Right Spirit" campaign.

We have some students that volunteered to promote the "Right Spirit" around NATTC. We call them Positive Student Peers. They are identified by a nametag and lead by example, showing that it is, in fact, OK not to drink in today's Navy. The volunteers promote activities that do not involve drinking and show that much fun can be had without alcohol. These activities include all types of sporting events such as command-sponsored 5K runs, command MWR sponsored trips to NFL Football games, Paintball, Skydiving and Scuba Diving. This list goes on and on.

The volunteers have a folder that ASCM and myself made up that has the information on how to get involved in these low-cost or no-cost activities, including all the points of contact, phone numbers, etc. We feel that by having the students become advocates of these activities, they are promoting the "Right Spirit," instead of just having the Instructors talk about it. It brings it right to the student level, who are 18-20 year olds. When it comes to talking about drinking, we feel that they are more likely to listen to each other. By having students that show that they don't drink, and by arming them with information, the volunteers work wonders.



*Volunteers show off the Right Spirit display at a cookout after a command-sponsored 5K run.*

# ALCOHOL IN THE NEWS

## Substance Misuse on Rise in U.S. Military

*Washington Post*

Misuse of alcohol and other drugs is on the rise in the U.S. military. "It's coming back up on the scope again," said Lt. Gen. Timothy J. Maude, the Army's personnel chief.

Despite two decades with a zero-tolerance policy and random drug testing, the military is seeing a growing number of cases involving use of ecstasy and other designer drugs. Unlike cocaine and marijuana, the designer drugs are more difficult to detect through urinalysis.

In the Army's 16th Military Police Brigade, based at Fort Bragg, N.C., 11 soldiers face charges for using ecstasy, LSD, or marijuana. Two were court-martialed for distribution of drugs.

At the Air Force Academy and other facilities around Colorado Springs, Colo., the Air Force is experiencing an increase in cases related to ecstasy, LSD, and marijuana.

According to an Air Force memo, courts-martial on drug charges in that arm of the service rose 21 percent last year.

## The Deadly Truth About Highways

*by Bonnie Revell*

Nationwide statistics show that car wrecks kill more people than AIDS, drugs or gun violence. The number of people killed in car crashes even surpasses the number who dies as crime victims.

Navy and Marine Corps statistics are equally disturbing. For example, 602 Sailors and Marines lost their lives in car crashes from FY1996 through FY2000.

Here are two key points we must instill in our

men and women in uniform if we're ever going to cut these tragic losses:

**Seat belts work.** The few seconds it takes to buckle up can mean the difference between life and death. Seat belts reduce the chance of injury or death in a car crash by 45 percent. Think of them as the best "life insurance" you can have, and they're free. Enlist the help of all hands to spread the word. Once people get in the habit of wearing seat belts, they usually keep it for life. Make sure everyone in your car buckles up every time.

**Air bags offer only supplemental protection in frontal crashes.** Your primary protection in any kind of crash is seat belts. They're the single most effective piece of safety equipment in a car. What you have to remember is to keep distance between you and the air bag. Short drivers should move as far away from the steering wheel as possible, which will give the air bag room to deploy and to dissipate its energy. The National Highway Traffic Safety Administration recommends at least 10 inches between your chest and an air-bag module.

Automobile crashes should be our No. 1 public-safety concern. Do you care enough to set a good example and to encourage others in developing safe habits?

## Few States Change Drunk-Driving Standard

Only a handful of U.S. states have lowered their threshold for drunken driving since Congress passed a law intended to pressure states into doing so, the Associated Press reported recently.

Under the law, states refusing to adopt a .08 percent blood-alcohol standard for drunken driving by Oct. 1, 2003 will lose two percent of their

*It's About Choice*

# Drinking Age Too High?



*By Andrea Mitchell, ABC News*

EIGHTEEN-YEAR-OLDS can go to war, can vote, and can marry. So why can't they legally buy a drink? Safety experts say it's because drinking and driving was the leading cause of teen deaths until the legal age was raised in every state to 21.

"We hear parents say, 'Well at least my kid is just drinking alcohol.' But parents must realize that alcohol is the number one killer," says Millie Webb of Mothers Against Drunk Driving. "It's killing more of our young people than all of the other illicit drugs combined."

Just one of the victims was nine-year-old Ashley Frazier. She was waiting on the curb for the school bus one December morning in 1995 when she was hit by a car. The driver was a 20-year-old who had been drinking illegally. Her mother, Brenda, was only a few feet away and watched helplessly.

"I have had nightmares," says Brenda Frazier. "I wake up in the middle of the night and I'm reaching for her, I'm yelling for her."

Highway safety experts say raising the drinking age has had dramatic results. It has cut in half the number of young people killed in alcohol-related crashes each year.

"Studies have shown that when you increase the age at which you can purchase alcohol to 21, deaths in that age group 16 to 20 in motor vehicle crashes have gone down," says Sarah Ferguson of the Insurance Institute for Highway Safety.

Still, it's a law that is widely ignored unless, of course, a bartender recognizes an underage drinker, like Jenna and Barbara Bush, and for whatever reason calls the police. Young people say drinking has always been part of college life.

"It is a huge hurdle. If you are not 21, then you can't even go out to the same places your friends are going out just to hang out," says 21-year-old Allison Gould.

"I believe it should not be 21," says 20-year-old Doug Herrema. "It should be 18 because people abuse alcohol a lot more when they are underage because of the novelty of it."

Drinking may be a rite of passage, but experts say untold numbers of potential victims are alive today because the law makes it a little harder for young people to drink.

***"It's killing more of our young people than all of the other illicit drugs combined."***

# Scenes from the Making of

*MU3 Shana Higginbotham and Navy Band Southwest sing and play on the pier near the USS JOHN STENNIS at NAS North Island San Diego.*



*Taking time out to pose for a photo at Seaport Village at San Diego harbor.*

# Coming Soon to Direct