

# Right Spirit



Summer 2001



**Navy SEALs have the  
Right Spirit!**

[p. 4 Summer Safety](#)

[p. 6-7 Alcohol in the News](#)



Summer is here and a very important season to not only enjoy yourself but to make reasonable decisions regarding your use of alcohol. Navy's policy on drinking alcohol is: it's okay to not use it, or if you must drink, use alcohol responsibly.

After reviewing the last two summers' statistics, alcohol incidents were down 15 percent last July through September compared to the same three months of 1999. DWI's were down 24 percent last summer from the previous summer also. That's great, but we can do even better by practicing the *Right Spirit* principles of Leadership, Accountability and Responsibility.

Take the time to recognize the effects irresponsible drinking has on you, your family and your Navy.

Don't let alcohol abuse ruin your life and your career.

Have a safe and productive summer, and above all, remember to keep the *Right Spirit* attitude.



**RADM Annette E. Brown**  
Assistant Commander,  
Navy Personnel Command,  
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**Never Drink and Drive—  
Call a friend, or take a taxi**

Where you can find previous issues of *Right Spirit*:

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

***It's About Choice***

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# From the MCPON



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



Shipmates, summer is finally here. For many Americans, including those of us in the Navy, summer is the perfect season to relax outdoors. It is the perfect time of year for a game of baseball, volleyball, a day at the beach...you name it. As you become involved in these activities I ask that we all keep the Navy's "Right Spirit" campaign forefront in our minds.

Often when people are participating in summer activities, they forget that alcohol is dangerous. I can't think of anything worse than reading the daily message traffic only to discover that another shipmate was killed or seriously injured while participating in a summer event that included alcohol.

As you make plans for your summer activities, I ask you to think about the dangers of alcohol. When involved in strenuous outdoor activities, drinking alcohol instead of water when you are thirsty is dangerous. If you are planning a ball game or a picnic for your family, friends or coworkers, consider making it an alcohol-free event, or at least make sure there is an ample supply of non-alcoholic alternatives.

And, by the way, I know you have heard this one a time or two, but it is so important that it bears repeating. Drinking and driving NEVER go together. Even if you had one or two drinks, consider using a designated driver, or a taxi. If you don't drink, offer to drive your shipmates who do, you might just save a life.

Please take care of your shipmates, your families and just as importantly...yourself. Remember it's OK not to drink. Have a safe summer!

*MCPON*



**Your Family Deserves**  
**A Safe Ride Home**

**Take good care of yourself and your family —**  
**Always keep the **Right Spirit** attitude**

# Summer Safety

## Sun Safety Tips

Protect yourself and your children

Stay out of the sun between 10 a.m. and 4 p.m., when the sun's rays are strongest.

- Use a broad-spectrum sunscreen that protects against UVA and UVB rays and has a Sun Protection Factor of 15 or greater, even on cloudy days.
- Reapply sunscreen every two hours when outdoors, especially if you're swimming or sweating.
- Wear protective, tightly woven clothing. Dark colors give more protection.
- Wear a 4-inch-wide broad-brimmed hat and sunglasses with UV protective lenses.
- Stay in the shade whenever possible.
- Avoid reflective surfaces, which can reflect up to 85 percent of the sun's damaging rays.



## What is an SPF?

SPF stands for Sun Protection Factor. Sunscreens are rated or classified by the strength of their SPF. The SPF numbers on the packaging can range from as low as 2 to as high as 60. These numbers refer to the product's ability to screen or block out the sun's burning rays.

The sunscreen SPF rating is calculated by comparing the amount of time needed to produce a sunburn on protected skin to the amount of time needed to cause a sunburn on the un-protected skin. For example, if a sunscreen is rated SPF 2 and a fair-skinned person who would normally turn red after ten minutes of exposure in the sun uses it, it would take twenty minutes of exposure for the skin to turn red. A sunscreen with an SPF of 15 would allow that person to multiply that initial burning time by 15, which means it would take 15 times longer to burn, or 150 minutes.

Dermatologists strongly recommend a sunscreen with an SPF of 15 or greater year-round for all skin types.

## Food Safety

Many people do not think about food safety until a food-related illness affects them or a family member. While the food supply in the United States is one of the safest in the world, the Center for Disease Control estimates that 76 million people get sick, more than 300,000 are hospitalized, and 5,000 Americans die each year from food-borne illness.

Preventing foodborne illness and death remains a major public health challenge. Some hints for prevention is wash your hands well before preparing food, do not cross-contaminate food (don't use the same utensils for the different foods), and refrigerate leftover food promptly after eating.



## Are You Drinking Enough?

Your body loses water when you breathe, sweat and go to the bathroom. During hot weather or when you're very active, water loss is more rapid. It's critical that it be replaced.

Drink six to eight cups of water a day — more when it's hot or you're active. Take in 8 ounces every 20 minutes if you're working out. Not drinking enough can lead to heat exhaustion or heat-stroke, which is life-threatening.

## Buckle your Seatbelt... It's the Law!



## “I Love My Job!”

Flying high with the *Right Spirit!*

**Santa Rita, Guam** — Aircrew Survival Equipmentman 1st Class Mitch MacKenzie free falls from a U. S. Air Force C-130 aircraft during certification training over Apra Harbor, Guam.

U. S. Navy photo by Photographer's Mate 2nd Class Marjorie McNamee.

**Need a delicious way to cool off this Summer? Try some of these drink recipes:**

### Cranberry Cooler

2 oz. cranberry juice cocktail  
1/2 oz. lime juice  
Ginger Ale

Pour ingredients in a tall glass with ice and serve. Garnish with a slice of lime.

### Lemonade Fizz

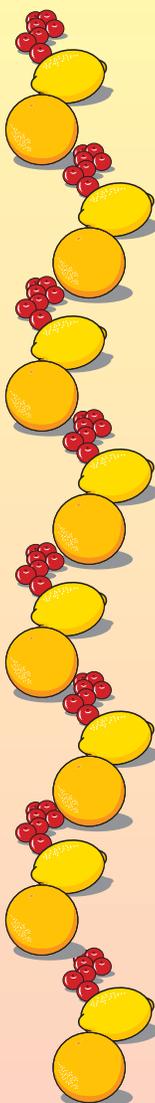
1 oz. Lemon juice  
2 tsp. Powdered sugar  
club soda

Combine lemon juice and powdered sugar in glass and mix well. Add ice and club soda and stir. Garnish with a slice of lemon.

### Orange Fizz

5 oz. orange juice  
1 oz. sour mix  
club soda

Mix orange juice and sour mix together in a tall glass with ice and add club soda.



### Mock Fruit Daiquiri

1 cup crushed ice  
1/2 cup of fruit  
1 tsp. sugar

Combine ingredients in blender. Blend until smooth.

### Mock Mai Tai

1/2 cup pineapple juice  
1/4 cup club soda  
1 tbsp. grenadine  
1/4 cup orange juice  
1 tbsp. Cream of coconut

Shake or stir to blend and pour over crushed ice.

### Orange Oasis

1/3 cup frozen orange juice concentrate  
1/2 cup milk  
1/2 cup water  
1/4 cup sugar  
1/2 tsp. vanilla  
5-6 ice cubes

Combine all ingredients in blender. Blend until smooth. Makes 2-3 servings.

# ALCOHOL IN THE NEWS

## 10,000 people take online alcohol screening test in April

Boston, MA — AlcoholScreening.org, a new website to aid in learning the effects of alcohol on health and well being, has successfully screened more than 10,000 people in the thirty days since it launched. At AlcoholScreening.org, visitors can take a confidential self-test to assess their drinking patterns and receive personalized feedback. Visitors then find out whether their alcohol consumption is likely to be within safe limits, risky, or harmful to their health. The website is a free service of Join Together, a project of the Boston University School of Public Health.

“Our premise was that ordinary people who may have concerns about their own alcohol consumption would welcome the opportunity to learn in a confidential and convenient setting on the internet,” said David Rosenbloom, director of Join Together. “The fact that more than 10,000 people have completed the online questionnaire in such a short time shows that our prediction was right: There is a demand for accurate and succinct information on alcohol and health, presented in a manner that does not preach or pry.”

Traffic was driven to the site in a variety of ways. Traditional media releases were employed, as well as announcements in Join Together’s email newsletter service, which has 11,000 subscribers. Numerous websites that focus on alcohol and drug abuse have linked to the site, including the Center for Substance Abuse Treatment, the Higher Education Center for Alcohol and Other Drug Prevention and About.com’s alcohol section. MADD and the American Medical Association mentioned the site in their email newsletters. But the largest proportion of traffic (50-60% of visitors) came as a result of banner ad placement by two sources: DoubleClick and Boston.com. The banner ads were created by Pure Visual, who also designed

the site, and placed at no charge by these two web services.

“Banner ad placement was key to reaching new audiences,” said Eric Helmuth, who oversaw the site development for Join Together. “We also attribute our success to the streamlined site design, a simple and private screening instrument, and our domain name, which immediately tells visitors what our purpose is. As one user emailed us: ‘This site is clean, easy to get around and straight to the point’.”

The site launched on April 2, 2001 during national Alcohol Awareness Month, when the public is encouraged to learn more about alcohol. AlcoholScreening.org helps these awareness efforts to continue around the clock and throughout the year. The site also features answers to frequently asked questions about alcohol and health, links to online and offline support resources, and a database of more than 12,000 local treatment programs throughout the U. S. “About 15% of the users go on to find more information after completing the screening,” said Rosenbloom. “Future analysis will show us how those patterns vary by the test score the users receive.”



***It's About Choice***

*Right Spirit 6*

# ALCOHOL IN THE NEWS

## National Institute on Alcohol Abuse and Alcoholism Chief Points to Advances in Knowledge of Addiction, Treatment

There is a quiet revolution going on in the addiction research community, from how the disease is defined to how success in treatment is measured. Enoch Gordis, M.D., director of the National Institute on Alcohol Abuse and Alcoholism, touched on many of these changes during a speech at the annual meeting of the American Society of Addiction Medicine, held April 19-22 in Los Angeles, Calif.

For example, said Gordis, a 30-year study of 10,000 veterans conducted by Charles O'Brien, Ph.D., M.D., at the University of Pennsylvania has helped fine-tune the distinctions between alcohol and other drug use, abuse, and addiction. Increasingly, addiction has come to be equated with loss of control, not necessarily daily use. "Unfortunately, this information has not gotten out to the community, including physicians," Gordis said.

Using this definition of addiction, the O'Brien study concluded that tobacco is the most-addictive drug used by humans: 31.9 percent of tobacco users become addicted to nicotine. That's more than double the percentage of drinkers who become addicted to alcohol, and significantly higher than the 23.1 percent of heroin users who become addicts.

Similarly, the work of researcher Tom McLellan, Ph.D., of the University of Pennsylvania has helped to reshape the science of outcome measurement. Rather than judging the success of addiction treatment programs solely on abstinence, McClellan says that a whole host of positive outcomes should be considered, including improvement in mental health, legal problems, employment status, and family relationships. "When we do treatment outcomes, we need to consider these other factors," said Gordis.

Advances in biological and genetic research and medication development also have the potential to change the fundamental nature of addiction treatment. "The human genome project probably will have a major impact on treatment," said Gordis, who pointed out that 40 percent of human genes have proteins that affect the nervous system.

Researchers have determined that chromosomes #1 and #7 are both linked to alcoholism, he added. With the human genome now completely mapped, researchers will find it easier to develop medications that address the genetic underpinnings of addiction.

The development of medications to help fight addiction over the last decade has been driven in large part by research showing how various drugs of abuse affect the chemical systems of the brain. Unlike other drugs, however, alcohol works on many chemical receptor sites in the brain, not just one, making medication development especially challenging. "We're working to find the sensitive sections on receptors in order to fight alcoholism," said Gordis.

Another trouble spot for addiction treatment is noncompliance: patients who stop taking their medication or quit coming to therapy are considered failures. But Gordis points out that the National Center on Health Statistics estimates that half of all medical patients lie about compliance with their treatment regimen, and that non-compliance is a major factor in relapse for hypertension and asthma patients. "But nobody talks about not covering these diseases because of noncompliance," said Gordis. "The compliance rate in addiction is no different than with other diseases, but it is treated differently by the health-care system."

Relapse remains a significant problem in addiction treatment. One study on naltrexone, for instance, showed that addicted patients who took naltrexone for nine months did better than a placebo group. But by 18 months after treatment, the relapse rate among the naltrexone group had caught up to that of the patients who had never received the drug. One conclusion may be that people with addiction may require long-term drug therapy in order to sustain treatment gains.

*It's About Choice*

## DAPMA Norfolk Happenings



While our turnout for the Drug and Alcohol Program Advisor (DAPA) Course was not quite this impressive, we did experience a lively group on the recent training conducted on the outskirts of London at NAVFAC Eastcote.

PCC Houlette, DAPA at RAF West Ruislip, coordinated quotas for ADAMS Manager, UPC, and ADAMS Supervisor training in addition to the aforementioned DAPA Class.

Cindy Hallstein, newly appointed to the position of Alcohol and Drug Control Officer (ADCO) for CINCUSNAVEUR arranged for me to visit with representatives from CINCUSNAVEUR, NCTAMS EURCENT DET, and NAVACTUK. Their knowledge of the Right Spirit Campaign is evidence that the Navy is having great success in getting the word out on improving fleet readiness by reducing alcohol abuse.

Staying in London “proper,” we enjoyed the experience of riding the Underground each day to West Ruislip where we then were transported by car to the training site at NAVFAC Eastcote.

Have driver and passenger exchange seats, ride on the left rather than the right side of the road, throw in a few roundabouts, some rather narrow streets, and I’m happy to tell you I was not the one driving!

The trip to the United Kingdom (UK) was both a memorable and successful venture. Our students were left better informed about the Navy’s Alcohol and Drug Abuse Program and the trainers now have a better understanding of life in the UK.

## SMCM(SW) Kenneth A. Imani — He’s got the *Right Spirit*

On March 12, 2001, we proudly watched as our newest detachment MCPO, Kenneth Imani, had his bride, Ellen Imani and his long-time shipmate MMCM(SW) Carthan, pin his master chief collar devices on in a short but energizing ceremony in the DAPMA Norfolk spaces. As you see from the photograph, SMCM is proudly smiling in his office cubicle as the images of his two daughters smile back from his computer.



SMCM Imani exemplifies the Right Spirit for the Navy. An avid fitness trainer, he conducts spinning classes for DoD personnel, is a personal trainer, is featured on one of the fitness posters distributed by the Navy, and uses his talents to ensure all hands are empowered with the goals of the Right Spirit Campaign. That is, doing the right thing at the right time for the right reason — improving the quality of life for our sailors through improved lifestyles and making responsible decisions in all aspects of our lives.

To observe SMCM Imani in the classroom is to believe that each of us can make a difference in our Navy. It is not enough to just talk about the Right Spirit, however. SMCM leads by example — he walks his talk.

Master Chief Imani has provided leadership and positive motivation throughout his Navy career. He proudly discusses his tour as a Recruit Company Commander at Great Lakes and how enjoyable it was to “influence” young recruits. He will undoubtedly be able to influence even more personnel during his next tour. He intends to apply for the CMC program in hopes of becoming a Command Master Chief — with that goal realized, he’ll be able to continue his service of strengthening the principles of the Right Spirit Campaign wherever he serves.

Quoting Mr. Bob Hunzeker, DAPMA Norfolk, “SMCM Imani is the best of the best — a poster MCPO for Right Spirit and the Navy.”

# *Sick of Yours or Someone Else's Drinking?*



You and 14 million other people in the United States. One in every 13 adults abuses alcohol or is alcoholic according to the National Institute on Alcohol Abuse and Alcoholism (NIAAA). What's more, alcohol abuse problems are highest among young adults 18-29.

## **Tattered trench coat not a prerequisite.**

Certainly times have changed from the misconceptions of the alcoholic as the old guy in a trench coat sacked out in the gutter with wet pants. Women like Betty Ford helped elevate the public's understanding and acceptance of alcoholism as a disease that strikes all socio and economic levels.

## **Alcoholism's early stages becoming more evident earlier.**

What's fast becoming more clear in the field of alcoholism, (which as we know is a progressive disease) are the signs of abuse at earlier stages than ever before. No more do doctors wait till the late stages of alcoholism to diagnose and treat the disease. And of course like any disease, arresting it earlier makes for higher odds in a successful recovery.

## **Genetically predisposed or not, if you drink long enough, you'll become a drunk.**

It's pretty common knowledge that alcoholism can be hereditary. But genetically predisposed or not, if you drink enough, particularly if you binge drink, you'll cross that invisible line into alcoholism. Once you cross the line, there's no crossing back over and becoming "un-alcoholic." It's a one-way thing.

If there's a difference between abusing alcohol or having a problem with alcohol and actually being an alcoholic, that gray area centers in the practice of binge drinking. The symptoms of alcoholism in early stages may appear subtle. Many early stage alcoholics in fact look and act normally in many respects and remain undiagnosed for years.

Wondering if you're a binge drinker?



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## You Know You're a Binge Drinker If:

1. Your first waking thought is "where am I?" Followed by, "who's got the bass cranked on their stereo?" Just as you realize that's your head pounding.
2. You've ever woken up and have to look at your bedfellow's mail to learn their name.
3. You wake up hungry for a stack of Advil rather than pancakes.
4. You're trying to crack just the right formula for drinking (convincing yourself you'd have been okay with the 8 beers if only you didn't mix that last triple jaegermeister when they announced last call).
5. Your supervisor finds it odd that you get "food poisoning" a lot.
6. You pretend to be perplexed at just how hammered you got the night before saying stuff like, "man, I must've forgotten to eat dinner."
7. You wake up panicked to find your phone book open and have to wait till the phone bill comes to see who you "drunken dialed." Then agonizingly brace yourself when the bill arrives to discover such as 57 minutes at 3:20 a.m. to an old girlfriend from Jr. High (her parents number!).
8. Reflection of prior evening is like assembling a jigsaw puzzle (with missing pieces).
9. The "dude, I got so wasted I..." stories are more tragic than funny.

On a more sobering note, you know you're a binge drinker if simply you have any kind of **negative consequences** as a result of your drinking!

If you'd like more information from the Center of Science in the Public Interest, check out their website at [www.cspinet.org](http://www.cspinet.org).

# Questionnaire: Are You Troubled By Someone's Drinking?



Millions of people are affected by the excessive drinking of someone close. The following twenty questions are designed to help you decide whether or not you need help:

1. Do you worry about how much someone else drinks? \_\_\_\_\_
2. Do you have money problems because of someone else's drinking? \_\_\_\_\_
3. Do you tell lies to cover up for someone else's drinking? \_\_\_\_\_
4. Do you feel that if the drinker loved you, he or she would stop drinking to please you? \_\_\_\_\_
5. Do you blame the drinker's behavior on his or her companions? \_\_\_\_\_
6. Are plans frequently upset, or cancelled, or meals delayed because of the drinker? \_\_\_\_\_
7. Do you make threats, such as, "If you don't stop drinking, I'll leave you?" \_\_\_\_\_
8. Do you secretly try to smell the drinker's breath? \_\_\_\_\_
9. Are you afraid to upset someone for fear it will set off a drinking bout? \_\_\_\_\_
10. Have you been hurt or embarrassed by a drinker's behavior? \_\_\_\_\_
11. Are holidays and gatherings spoiled because of drinking? \_\_\_\_\_
12. Have you considered calling the police for help in fear of abuse? \_\_\_\_\_
13. Do you search for hidden alcohol? \_\_\_\_\_
14. Do you often ride in a car with a driver who has been drinking? \_\_\_\_\_
15. Have you refused social invitations out of fear or anxiety? \_\_\_\_\_
16. Do you sometimes feel like a failure when you think of the lengths you have gone to control the drinker? \_\_\_\_\_
17. Do you think that, if the drinker stopped drinking, your other problems would be solved? \_\_\_\_\_
18. Do you ever threaten to hurt yourself to scare the drinker? \_\_\_\_\_
19. Do you feel angry, confused or depressed most of the time? \_\_\_\_\_
20. Do you feel there is no one who understands your problems? \_\_\_\_\_

If you have answered 'yes' to three or more of these questions, your **Command DAPA** can help. Don't hesitate to contact them if you think you, a friend or loved one has a problem with alcohol.

# Dealing With Stress



Most of us experience stress everyday. It can make you feel anxious, grouchy or even exhausted. Stress can actually wear down your body's defenses, making you more likely to catch a cold or other viral infection. "We have to find out what seems to trigger stress in our bodies and what seems to push our buttons and just let it go and find ways to relieve the stress so we can keep our bodies healthy," says Dr. Sandra Fryhofer.

Doctors say one of the most effective stress relievers is exercise. Another way to beat stress is to learn how to relax. Deep breathing and meditation can help. Also, focus on positive outcomes of the situation and keep a sense of humor.

If you're stressed out, see a physician for ways to cope with different life situations.

## Seven Ways to Keep Stress Under Control

### **Set realistic goals.**

Plan how to reach them — one step at a time.

### **Use your time wisely.**

Make a daily schedule to avoid feeling disorganized.

### **Keep a positive attitude.**

Be your own best friend. Give yourself plenty of encouragement.

### **Exercise regularly.**

Aim for 20-60 minutes of exercise, 3-5 times a week. (Check with a health care provider before you begin an exercise program)

### **Get enough rest.**

Take a break when you need one!

### **Eat healthy foods.**

Eat more fresh fruits and vegetables. Eat less fatty, sugary and salty foods.

### **Learn to relax.**

Practice a relaxation technique, such as meditation or deep breathing.



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## Even 22-Year-Olds Aren't Invincible

by United States Naval Safety Center

A 22-year-old was completing the 1.5 mile run as part of his physical training when he collapsed and died. He died about passing because for the past two or three weeks he felt he had to rest at least 20 minutes two or three times a week.

He had always done well on his PRT. His body fat was only 18 percent. The week before, he had gone to sick bay because he felt light-headed and thought he might be coming down with a chest cold, but he considered himself in excellent health. Sure, he smoked a pack of cigarettes a day, but he figured that wasn't nearly as much as some people smoked.

As the young Sailor neared the finish line, he felt as though something was preventing his chest from fully expanding. He began to slow down. He fell with the feeling of a great fist pressing hard on his chest.

There was activity all around him. Someone cried out for an ambulance. It took 15 minutes to reach the hospital by telephone. When the ambulance arrived, the medics had no cardiac equipment on board — their policy was to respond with cardiac life support only if they are told it is needed. Co-workers, in their excitement, failed to mention they couldn't revive the Sailor. In this case, it didn't matter — he was dead when the ambulance arrived.

**If you think this account is fiction, you're wrong.** We have noticed that a number of seemingly normal, healthy Sailors have died while exercising or playing sports. From the narrative above, you can pick out a number of probable causes for this Sailor's death. We wonder if he would have died if he had prepared himself for his PRT. No one can say, but his chances for survival would have probably improved.

We at the Naval Safety Center have found enough to know what problems to look for and ways to avoid or correct them. Before you start training for your PRT or play sports, follow this advice:

Eat regular, balanced meals and drink adequate non-caffeinated fluids several days before and on the morning of the athletic event. Check your urine. If it isn't clear or light yellow, you're not drinking enough water.

Be aware of the hazards of drinking alcohol or using other drugs (whether prescription, over-the-counter, or illegal) several days before strenuous exercise, such as a race or a PRT. Report any drug use during the qualifying screening and again to the attendant medical personnel immediately before the race, game or PRT. If you notice any change in your behavior or in that of any other participant in an event — particularly after completing the event — immediately bring this to the attention of medical personnel.

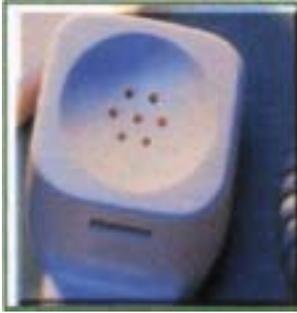
Discuss whether you should participate in any physically stressful event with your doctor or medical personnel, particularly if you suffer from any physical stress such as lack of sleep, viral infection, physical abnormalities, chronic fatigue, hypertension, diabetes, significantly elevated cholesterol, recent illness, or other medical problems. Be sure to mention your and your family's history of heart disease and smoking habits, past and present. Keep a log of your exercise and use it to maintain your exercise program. Intensely exercising a few weeks a year is more strenuous on the body than maintaining a consistent level. Make sure your consistent plan meets the needs prescribed by your doctor or trainer.

Monitor the weather and dress accordingly.

See that someone in your command makes sure all participants in an event are actively and continuously monitored, and that emergency transportation has access to the entire course.

Commands must make sure that competent medical authority is immediately available during an event. If you are not accustomed to exercising and desire to start — and you should! — see a doctor or your command's medical officer to evaluate your physical condition and determine the program you need.





# 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

Your link to the *Right Spirit*  
<http://navdweb.spawar.navy.mil>



### Researchers Identify Gene Linked to Alcoholism Reuters

Researchers have identified an area on human chromosome 1 that may determine why some people are predisposed to alcoholism or emotional disorders. "With this new data, we can now take a better look at patterns of diagnoses such as alcoholism and depression that run in families," said Dr. John Nurnberger, director of the Institute of Psychiatric Research at the Indiana University Medical Center, who led the study. "In the future, we may be able to predict whether an individual is likely to have these disorders." The research was part of a continuing study at nine U. S. research centers in which investigators have gathered clinical and biological data from several hundred families with more than one case of alcoholism.

The report is published in the American Journal of Psychiatry.



*Right Spirit 13*

## From the Editor



It's summer and we have many "irons in the fire" for the *Right Spirit* Campaign. First of all, the *Right Spirit* display

accumulated thousands of air miles in May, as it traveled to Washington, D.D. for the Command Master Chief conference and the Navy Environmental Health Center conference in San Diego. Hundreds of Navy personnel saw the display and took campaign marketing items back to their commands. The *Right Spirit* message is getting out!

Secondly, a new enlisted video is in the last stage of development and should be out to the fleet in early Fall. This video is a little different from the norm and will certainly keep your attention. Also, we're developing a 2002 *Right Spirit* calendar.

The issue of *Right Spirit* has a bit of a different look to it because we're always trying to improve things around here. And, I continue to look for input from you. If you would like to submit an article photo or idea, just email me at [p602@persnet.navy.mil](mailto:p602@persnet.navy.mil). Thanks to all of you who have responded to this request in the past.

Have a fun and safe summer, and don't forget to drink responsibly. Navy, and your loved ones, need you.

*Best Regards,  
Lindsay Conner*

\$5 cover charge.  
\$30 for drinks.  
\$10,000 drunk driving arrest.

You can't put a price on a safe ride home.

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Impaired driving is a leading cause of death for people under the age of 30. The added tragedy is that drunk and drugged driving is entirely preventable. There are alternatives:

- **Designate a sober driver.**
- **Call a taxi cab.**
- **Stay the night where you are.**

If you don't find a safe way home, consider yourself lucky if you are arrested. If you drive after drinking or using drugs, you can lose your life.

Remember: When *You Drink & Drive*. *You Lose*.





AROUND THE WORLD



WWW.NAVY.MIL



Whatever You Do

**REMEMBER**

**it's ok not to drink**



*Right Spirit 15*



**Increase Awareness with the**

*Right Spirit*