



# Right Spirit

WINTER 2002



## Enduring Freedom - Forever

PAGES 8-9 *Drug Awareness Award*

PAGES 11-12 *Stress Management*



Happy New Year to you all! I hope your holidays were safe and meaningful, and that you celebrated your freedom in and citizenship to an awesome country.

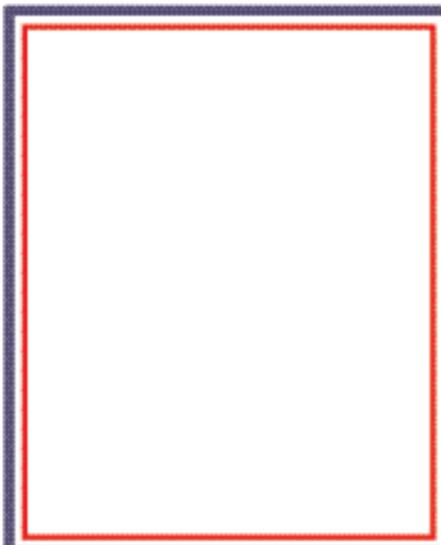
I continue to be extremely proud of all Sailors and the work that you do every day. As Secretary of Defense Donald Rumsfeld said recently at a Naval Training Center Great Lakes Graduation, "No matter where you are — the Mediterranean, the Atlantic, the Pacific — what you do will matter." No matter what your job is, you are all contributing to the war — and you are all defending your parents, brothers and sisters, friends and neighbors.

Therefore, it is so critical that you take good care of yourselves, and not drink alcohol excessively or do drugs. Last fiscal year, 23 Sailors lost their lives while drunk behind the wheel of an automobile. That's 23 too many.

Each of you plays a very important role in our Navy. Take the time to recognize the effect irresponsible drinking has on you, your family and our service.

Mr. Rumsfeld closed his speech with the following, "Hold your heads high, do your duty, know that America is proud of you, and we thank you."

And, I thank you for your patriotism, courage and dedication you have to put your lives at risk every day. Each one of you matters to me.



**RADM Annette E. Brown**  
*Assistant Commander,  
 Navy Personnel Command,  
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## From the MCPON



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



**Shipmates,** any amount of uncertainty in our lives can cause stress. I don't think it would be an exaggeration to say we live and work in a world filled with uncertainty.

When stressful events begin to overwhelm people, it is natural for them to seek ways of dealing with the stress. Unfortunately, too many people turn to drugs or alcohol for relief. Those choices invariably only make matters worse. Drugs will ruin a career, and I don't know of anyone whose quality of life has been enhanced by alcohol use.

While we can't control everything that effects our lives, there are many healthy ways to reduce stress, while increasing the likelihood of positive things happening in our lives. Most of us know that exercising, watching our diets, and living a healthy lifestyle can all serve to reduce stress; but have you considered making long range plans for your future?

Far too few people realize too late in life how important developing a sound financial plan is. I encourage each and every one of you to consider developing a long-range financial plan. There are many organizations that will help service members develop a financial plan at no cost. Depending on your current financial situation, a professional financial advisor can help you find your way out of debt, and develop a sound savings and investment plan.

It's never too soon to start saving for your retirement, in fact the younger you are when you begin, the more likely you are to be financially independent when you retire. After developing a plan, you will be surprised at how much more at ease you will feel knowing that your financial future is sound for you and your family.

\*Editor's note — see information on pages 11 and 12 for ways to cope with Stress.

**MCPON**

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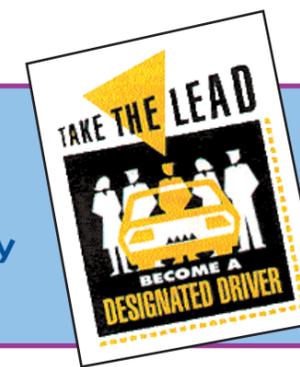
Right Spirit Campaign  
 focuses on Leadership,  
 Accountability and  
 Responsibility.  
 Empower yourself and  
 your future — get the  
 Right Spirit.

Where you can find previous issues of

<http://navdweb.spawar.navy.mil>  
*Right Spirit*  
**It's About Choice**



*Right Spirit* is about personal responsibility. When hosting a party, always provide non-alcoholic beverages and never let a friend drive intoxicated. Remember, it's okay not to drink but if you choose to—drink responsibly.



# Health and Fitness



## What Are The Exercise Basics?

**Q:** I've heard it all – but I just want to know the basics. What do I need to include in an exercise program to make it well-rounded and effective?

**A:** It's simple! You just need to be sure that each week you are getting little bits of each of the four essential weekly exercise activities:

- Aerobic Exercise
- Cross Training
- Wind Sprints
- Weight Lifting

## Why Do You Need To Get A Balance Of All Four Groups?

There are three ways to get fitter: you can exercise longer; you can exercise more often; or you can exercise with more intensity. Unquestionably, exercising with greater intensity gives the quickest result. But I'll bet you've never heard that before. Why not? The reason is obvious. You can get hurt if you exercise hard. Better to teach people to exercise gently and get fit slowly.

So, should you exercise gently all the time and take forever to get fit? Or exercise intensely but chance getting injured? There is a solution. There are ways to add intensity to your exercise program WITHOUT getting hurt.

## Incorporating The Four Food Groups Of Exercise

To get a balanced diet of exercise every week, you need to do something from each of the four exercise groups. You need to do lots of aerobics, some cross training, occasional wind sprints, and a little weight lifting. You may be thinking, "How am I ever going to find enough time to do all that?" Actually, it's simple because, just as if you were making dinner, you can make a "casserole" that contains a little bit from each of the four groups.

The main ingredient of your casserole is aerobic exercise. You need to do that three or four times a week, for a minimum of twenty minutes a session.

To that you need to add cross training. Does that mean extra days, extra time? Luckily, no. Cross training is also aerobic exercise, isn't it? Pick two aerobic exercises, making one your main exercise and the other your cross training exercise. Alternate the two so that by the end of the week you've done three or four aerobic sessions. In effect you've done aerobics and cross training, yet you haven't added any extra time to your exercise schedule.

Wind sprints should be done once a week, but here again you don't need to set aside a separate day to do them. They can be done during one of your aerobic sessions. Say you've chosen jogging and bicycling as your two aerobic exercises. You jog on Monday and Wednesday, and you cycle on Friday. All you have to do is add two to five wind sprints to one of those sessions — your Wednesday jog, for example. As a bonus, you can shorten your Wednesday workout by five to ten minutes, because the intensity of the added wind sprints allows you to reduce the total time you spend exercising.

Weight lifting is the only ingredient in the casserole that actually adds time to your exercise program. But it's not as time-consuming as you may think. You need to lift weights only a couple of times a week for 15 to 25 minutes. You don't even need to work every muscle in each session. If you work a few of the bigger muscles, say by doing squats, push-ups, and sit-ups, you'll get the post exercise metabolic response you need.



# Health and Fitness

There's a final ingredient in our casserole — rest. Don't leave it out! People who are eager to get fast results often forgo their needed rest and recuperation. Recovery is as important as exercise! It's during your rest periods that all the "good stuff" happens; that's when your muscles grow and repair and, most important, when you grow more fat-burning enzymes.



**Here are a few sample programs. Pick the one that best suits your fitness category.**

	Day of week	What to do	How long (min.)
<b>BASIC PROGRAM</b>	Monday	Walking	30
	Tuesday	Wt. lift: 1 set, 10 reps	15-25
	Wednesday	Rest	0
	Thursday	Walk with wind sprints	20
	Friday	Weight lift	15-25
	Saturday	Swim	30
	Sunday	Rest	0

	Day of week	What to do	How long (min.)
<b>INTERMEDIATE PROGRAM</b>	Monday	Jog	30-45
	Tuesday	Weight lifting: 2 sets, 10 reps	15-25
	Wednesday	Rest	0
	Thursday	Jog with wind sprints	30
	Friday	Weight lift	15-25
	Saturday	Row	30
	Sunday	Rest or jog	30-45

	Day of week	What to do	How long (min.)
<b>ADVANCED SUPER-PROGRAM</b>	Monday	Run	45
	Tuesday	Weight lift: 2-3 sets, 10 reps	20-30
	Wednesday	Cycle	30
	Thursday	Run with wind sprints	20-30
	Friday	Weight lift	20-30
	Saturday	Cycle or run	45
	Sunday	Rest	0

# ALCOHOL IN THE NEWS

## Teen Drinkers Show Signs of Liver Damage

A new study by researchers at the University of Pittsburgh School of Medicine found that some teen drinkers are suffering from the silent, toxic effects of alcohol on the liver, according to a recent press release from the university.

In a study of health problems among 259 adolescents between the ages of 14 and 18, researchers found that teens with alcohol-use disorders (AUDs) had elevated liver enzyme levels and more abnormalities in physical exams, especially oral exams.

"The rise in liver enzymes is statistically significant, but in most cases was not clinically abnormal," said Duncan B. Clark, M.D., Ph.D., associate professor of psychiatry at the University of Pittsburgh School of Medicine. "Although the enzyme levels in these teens is not an immediate health concern, it does show their bodies are not invulnerable to the effects of alcohol. With continued excessive drinking, they may develop permanent liver damage."

Researchers also found most of the physical complaints among the study group were psychosomatic and not related to organ damage caused by drinking.

"Prior research had shown a definite link between AUDs and self-reported health problems, but none had gone on to determine the origins of those complaints," said Dr. Clark. "Our results place much of the blame for these health complaints on negative emotionality, although some complaints such as shortness of breath can be traced to cigarette smoking, which is common in this group."

Researchers will continue to follow the study group of adolescents to determine adult outcomes in health and other areas.

## Binge Drinkers Likely to Use Other Drugs, Too

Journal of American College Health



A new study found that college students who often binge drink are more likely to use illegal drugs and smoke cigarettes, too, Reuters reported Sept. 12.

Dr. Sherry Everett Jones and colleagues at the Centers for Disease Control and Prevention studied undergraduate students in two- and four-year public and private colleges and universities in the United States.

As part of the research, more than 2,800 undergraduate students aged 18 to 24 were asked to complete a questionnaire about drinking and illicit drug use.

"Approximately 90 percent of all college students report drinking alcohol occasionally or at least once a year," said researchers. Furthermore, the researchers found that alcohol was a factor in "two thirds of college student suicides, 9 out of 10 rapes, and 95 percent of violent crimes on campus."

Researchers also found that more than 40 percent of college students binge drink. Male college students binge more than females, and whites were more likely than black or Hispanic students to binge. Binge drinking also was more likely among those in sororities or fraternities.

"Of particular concern is that the more often students binge drink, the more likely they are to report current cigarette and marijuana use," said Jones.

# ALCOHOL IN THE NEWS

According to the study, binge drinkers were five times more likely to smoke cigarettes or use marijuana and four times more likely to use cocaine or other illegal drugs compared to students who did not binge drink.

"Young people who engage in one risk behavior tend to engage in other risk behaviors," said Jones. "Alcohol-prevention programs may be most effective if they also address other substance use that occurs among many alcohol-using students."

## Solace for Terror Attacks Not Found in Bottle

Americans may be more afraid than ever for their security, but anecdotal evidence suggests they're not trying to drink their troubles away, according to a Sept. 24 report from the Seattle Times.

Liquor stores in Seattle say there has been no noticeable spike in alcohol sales since the Sept. 11 terrorist attacks. Experts say that moderate alcohol consumption can lower inhibitions and allow people to talk more freely about their feelings.

Dennis Donovan, head of the University of Washington's Alcohol and Drug Abuse Institute, pointed out, "If people drink a lot to shut down their feelings or cover them up, that may be problematic."

Donovan, who was near the Pentagon on the day that the hijacked jetliner crashed into the military headquarters, said, "This is a process that's going to take lots of people lots of time to get over, and if people drink heavily over time, that may be problematic, too."

## New Maryland BAC Goes into Effect

A new Maryland law goes into effect this week lowering the state's blood-alcohol standard for intoxication from .10 percent to .08 percent, the Baltimore Sun

reported recently.

The occasion will be marked by the launch of a new law-enforcement crackdown on drunk driving, officials say. The law was finally passed this spring, after years of rejection in the state assembly.



## Alcohol-Related Auto Deaths Rise in 2000

More people died in alcohol-related auto crashes last year than in 1999, with 16,653 people dying in such crashes, the Associated Press reported in September 2001.

The National Highway Traffic Safety Administration (NHTSA) reported that 40 percent of all highway deaths in 2000 involved alcohol, up two percent over 1999. Only twice since 1986 has the total number of alcohol-related highway deaths gone up, not down.

Some advocates called for stronger penalties and enforcement to be aimed at hard-core drunk-drivers, while others said lowering the blood-alcohol standard to .08 percent was the best way to cut alcohol-related deaths.

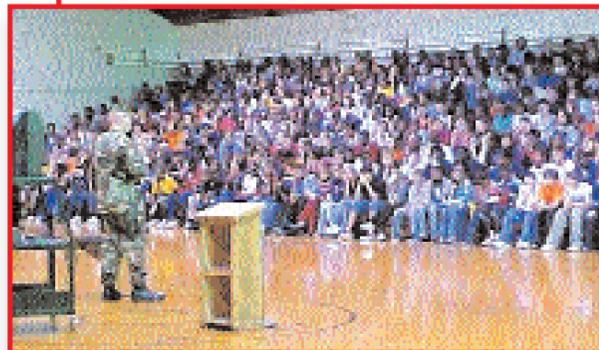
"It's like America has become complacent," said Millie Webb, president of Mothers Against Drunk Driving. "It's time for Americans to realize that drunken driving is still the most frequently committed violent crime in our country."

**It's About Choice**

**It's About Choice**

# MID-SOUTH CPOA

Mr. Andre D. Hollis, Deputy Assistant Secretary of Defense for Counternarcotics Special Operations and Low Intensity Conflicts, made a special trip to Millington, Tennessee recently to present the Mid-South Chief Petty Officers Association, the 11th Annual Secretary of Defense's



Petty Officer Spence Jones captured the attendance of Woodstock Middle School students during Red Ribbon Week in Millington, Tennessee.

Community Drug Awareness Award. Senior Chief Daryl Charles accepted the award on behalf of the Association before a crowd of 40 people.

Each year, the Secretary of Defense declares the last week of October as Department of Defense Red Ribbon week. The Red Ribbon Campaign is an annual drug awareness, prevention and education program designed to present a unified commitment on the part of commu-

nities across the nation toward creating a drug-free America

Navy's Alcohol and Drug Abuse Prevention (NADAP) Branch, working with Navy's Community Partnerships Branch has expanded Navy's Red Ribbon Campaign program to a year-round evolution culminating in the annual Red Ribbon Week celebration. This expanded campaign demonstrates a commitment by Navy, working with all segments of local communities, to heightening drug awareness and resistance in our communities' youth.

This year, around the world, Sailors, Marines, and Department of Navy civilians took an active role in this fight by serving as role models and mentors to young



Petty Officer Lanele Lindsey spoke to students at Millington South School about the importance of staying drug-free.



# LEADS THE WAY



Senior Chief Daryl Charles, PERS-60, Captain Wanda Riddle, Commander, Navy Support Activity Mid-South, and Andre Hollis, Office of the Deputy Assistant Secretary of Defense enjoy the festivities of Red Ribbon Week.

Americans by working with schools, local communities, youth groups and other civic organizations. They have interacted with over 50,000 students nationwide, reinforcing the benefits of a drug-free lifestyle.

The Naval Support Activity Mid-South Chief Petty Officer's Association (CPOA), through an impressive "covenant leadership" based community drug awareness program, achieved remarkable success in educating both Navy dependents and local community youth about the benefits of a drug-free lifestyle and the health hazards and legal consequences of drug abuse. Dealing with the special challenges of an increasing multi-cultural population in the

Mid-south, the CPOA's proactive community drug awareness program, spearheaded by ABHCS(AW) Daryl Charles, transformed drug abuse prevention theory into practice. As a result, the CPOA provided over 12,500 Mid-south youth with the tools necessary to make educated decisions about rejecting drugs and choosing healthy lifestyles.

Demonstrating total commitment by working to promote drug awareness in support of a drug-free community and a drug-free America, the CPOA's efforts have established a base to maintain community coalitions aimed at enacting positive change.

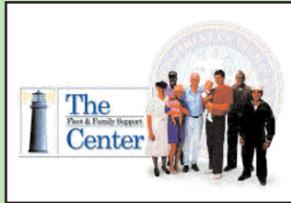


Rear Admiral Gerald Hoewing, Commander Navy Personnel Command and Senior Chief Daryl Charles, PERS-60, the 11th Annual Secretary of Defense's Community Drug Awareness Award for FY2000.



## FLEET AND FAMILY SUPPORT CENTERS - AT YOUR SERVICE!

The Fleet and Family Support Program Branch continues to undertake many endeavors this year that support Sailors and families. We changed our name in January 2001 to "Fleet and Family Support Centers" (FFSCs) to properly represent our mission to the Navy. We also embarked on a fleet-wide marketing campaign, provided aid and services to family members of the men and women killed or injured in the attacks on 11 September 2001, and are a sponsor for the Navy Band's Christmas concert in addition to all of our regular FFSC activities.



Amidst the shock and panic of the 11 September terrorist attacks, FFSCs of Hampton Roads and the National Capitol Region helped set-up and staff the Pentagon Family Assistance Center to provide supportive services to family members of the victims.

FFSCs continue to provide outstanding services and programs. They include services for Sailors and family members for routine matters like family finances, job search, deployments, change of station moves, information & referrals and educational classes. For special stress resolution and help with personal and relationship problems, assistance is available through professional counseling. New Parent Support programs are available at many FFSCs to teach new parents how to care for their new infant. Services for victims and perpetrators of family violence is available at all Centers.

Our mission is best summarized in this succinct statement, "FFSCs exist to provide services which facilitate fleet, force, and family readiness." The primary mission of each FFSC is to assist commands in achieving operational readiness, superior performance, member retention and a reasonable quality of life for service members and their families.

## SMOKING IMPAIRS HEART FUNCTION

*Reuters*



New research shows that smoking just one cigarette can impair the function of the left ventricle — the heart's main pumping chamber — between heart-muscle contractions.

In evaluating the effects of smoking and nicotine gum on 27 healthy people, Dr. Firas A. Ghanem and colleagues at the Brody School of Medicine of East Carolina University in Greenville, N.C., found that smoking causes LV diastolic dysfunction, which has been linked to shortness of breath.

On the other hand, the researchers discovered that nicotine gum did not cause changes in left-ventricle function, leading them to believe that other chemicals act in unison with nicotine to cause heart problems.

"In conclusion, immediately after smoking a single cigarette, LV diastolic function, as measured by Doppler echo, significantly worsens," said Ghanem. "Chewing nicotine gum does not seem to have the same effect."

The study's findings were presented at the 12th Annual Scientific Sessions of the American Society of Echocardiography, held recently in Seattle, Wash.

# AID LIFE

## STRESS MANAGEMENT

By Steve Scudder, Naval Safety Center

FY-01 Navy suicide rate is lowest since 1991! Never the less, in fiscal year 2001, Navy commands sadly reported the deaths of thirty-five Sailors by suicide.

The most effective way to prevent suicide is to take the suicide prevention programs seriously, educate Sailors, and get assistance early for those in need. Awareness of the risk factors and warning signs is critical for leadership. The following facts are pertinent:

- The most common cause for suicide among military members is difficulty in an intimate relationship.
- The second most common cause is difficulty with a job or with military service itself.
- Among military members, alcohol use/abuse is often a factor in suicides with one-fourth of all suicides associated with consuming alcohol just before the event.
- Approximately 80 percent of all suicide victims show warning signs.

We all need to take part in suicide prevention if we're to save the lives of our shipmates. Knowledge is nothing without action. So what can you do to help? You can "AID LIFE."

- A** - Ask the person if they're thinking about suicide
- I** - Intervene immediately
- D** - Don't keep it a secret
  
- L** - Locate help
- I** - Inform your chain of command
- F** - Find someone; don't leave the person alone
- E** - Expedite, get help right away

For more information on suicide prevention and stress management, contact LCDR Kevin Kennedy, Behavioral Health Branch, Navy Personnel Command (PERS-601) at DSN 882-4256 or by E-mail at [p601b@persnet.navy.mil](mailto:p601b@persnet.navy.mil). To obtain copies of the free, suicide prevention facilitators' kit and video, log on the defense visual information website at: <http://dodimagery.afis.osd.mil>. You can place orders at that site through the DAVIS/DITIS search option—then choosing the pin/icn search option and entering pin 806377.

# AID LIFE

## STRESS MANAGEMENT

### Proper Rest

The body requires an adequate amount of rest to recuperate from the stress and strain of the day's activities. Lifestyles and sleep habits may vary but all people need rest and sleep. During sleep physical and mental restoration occurs on both a cellular and function level. Individuals' need for sleep requirements may range above or below the usual eight hour requirements and individuals' productivity peaks may be in the morning, afternoon or evening. However, each individual requires some sleep to ensure stress tolerance and peak performance.



During periods of high ops tempo, when time available for sleep is at a premium, good choices need to be made about use of any limited liberty and recreational time. Also remember that alcohol and caffeine use significantly disturbs the sleep cycle. The best choice maybe just to hit the rack as quickly as possible for a good night's sleep!

### Social Support

Good relationships among co-workers, friends and family are proven to assist in the avoidance of both physical and mental illness. Social resources are important in enjoying good times and enduring bad times. While benefits can be found in solitude and self-reflection, good social support for providing effective means for coping with daily stress. Communication between people increases the efficiency for problem solving and brainstorming ideas for confronting each day's frustrations and strains.

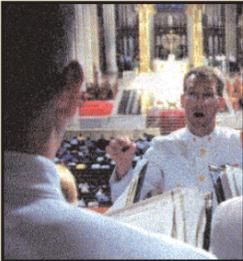
By talking through issues we can

- Gain perspective,
- Confront difficult to accept issues and
- Examine alternatives allowing more choices and
- Enjoy increased possibilities for success and achievement.



### Spiritual Development

Research is showing that the cornerstone of successful stress management is purpose in life and personal spirituality. It appears that people who report that their life has purpose also tend to have less anxiety, less depression and to live longer lives. It is also true of people who rate themselves as having a personal faith. It also appears that people who attend religious services both live longer and have a better quality of life. However, it does not appear it is just a simple matter of regularly attending a place of worship.



Consistent involvement in religious activities can provide the stress management benefits of a reliable social community. However, the research suggests that it is a personal spiritual life that has a unique and positive impact on physical and mental health.

These benefits are most closely associated with what is called an "intrinsic" personal spirituality as opposed to just the exhibiting external objective religious behaviors. Potentially, the greatest benefits may come from combining the resources of a reliable social community with a life of consistent spiritual development.



# 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**  
<http://bluemoon.sparwar.navy.mil/dapmasd>

**Norfolk — DSN 564-8190/93**  
**Commercial (757)444-8190/93**  
**Fax (757) 444-4676**

<http://www.dapmaeast.navy.mil>

**Other helpful sites:**  
**for blood alcohol content and general safety:**  
<http://www.ou.edu/oupd/bac.htm>  
**for general alcohol and drug info:**  
<http://alcoholism.miningco.com>  
**for general alcohol info:** <http://www.drinksmart.org>

**Courses available:**  
**DAPA Course**  
**ADAMS for Managers**  
**ADAMS for Supervisors**  
**ADAMS for Facilitators**  
**Alcohol AWARE**  
**Urinalysis Program Coordinator (UPC)**  
**PREVENT**  
**PERS-60 Point of Contact for all courses:**  
**Ms. Pat Darden, Command Education and Training**  
**Program Manager, DSN 882-4250,**  
**commercial 901-874-4250, fax x2698**

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



# From the Editor



Happy New Year and Welcome to 2002!

The *Right Spirit* Campaign is moving right along and here's the latest: We're expanding the magazine to include articles on Stress Management (much needed in these turbulent times) and Fleet and Family Support (see page 10 for all the services they offer). We're developing three new Public Service Announcements: Binge Drinking, Op Tempo Stress and Enabling. These 30-second spots will be shown on AFRTS and ships around the world. New brochures are in development and will be available next quarter. The Right Spirit music video has been delayed and should be available next quarter also.

We recently welcomed a new member to the PERS-602 staff, CTR1(SW) Donna Byars. She transferred from the USS HIGGINS (DDG 76) and will be taking MMC(SW) Quincy Webster's place as the NADAP Policy Officer and ADAMS Course Manager. Chief Webster will transfer to the USS NIMITZ (CVN 68) in December 2001. Fair Winds and Following Seas, Chief! All the Best in 2002! Stay safe and always remember to Drink Responsibly!

*All the Best,  
Lindsay Conner, Editor*

## Don't Let Alcohol Ruin Your Life and Your Career



**Traffic Fatalities/  
injuries**

**Recreational  
Fatalities/injuries**



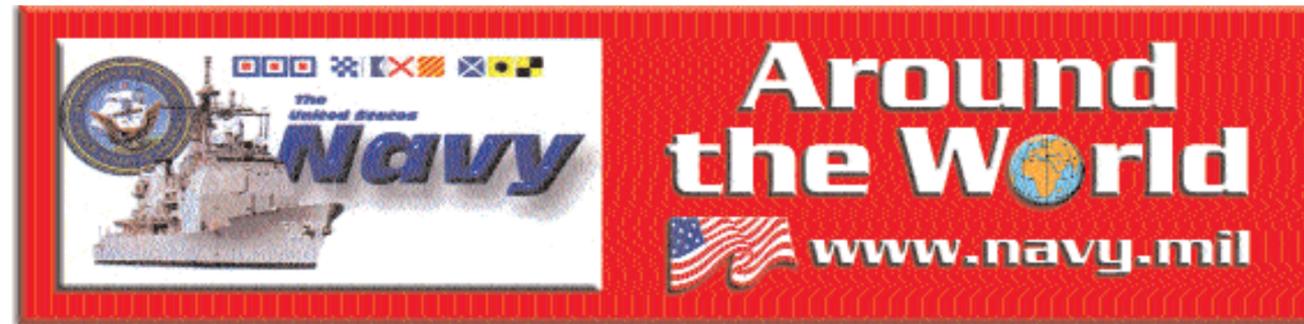
**Assault  
Suicide  
Child Abuse**



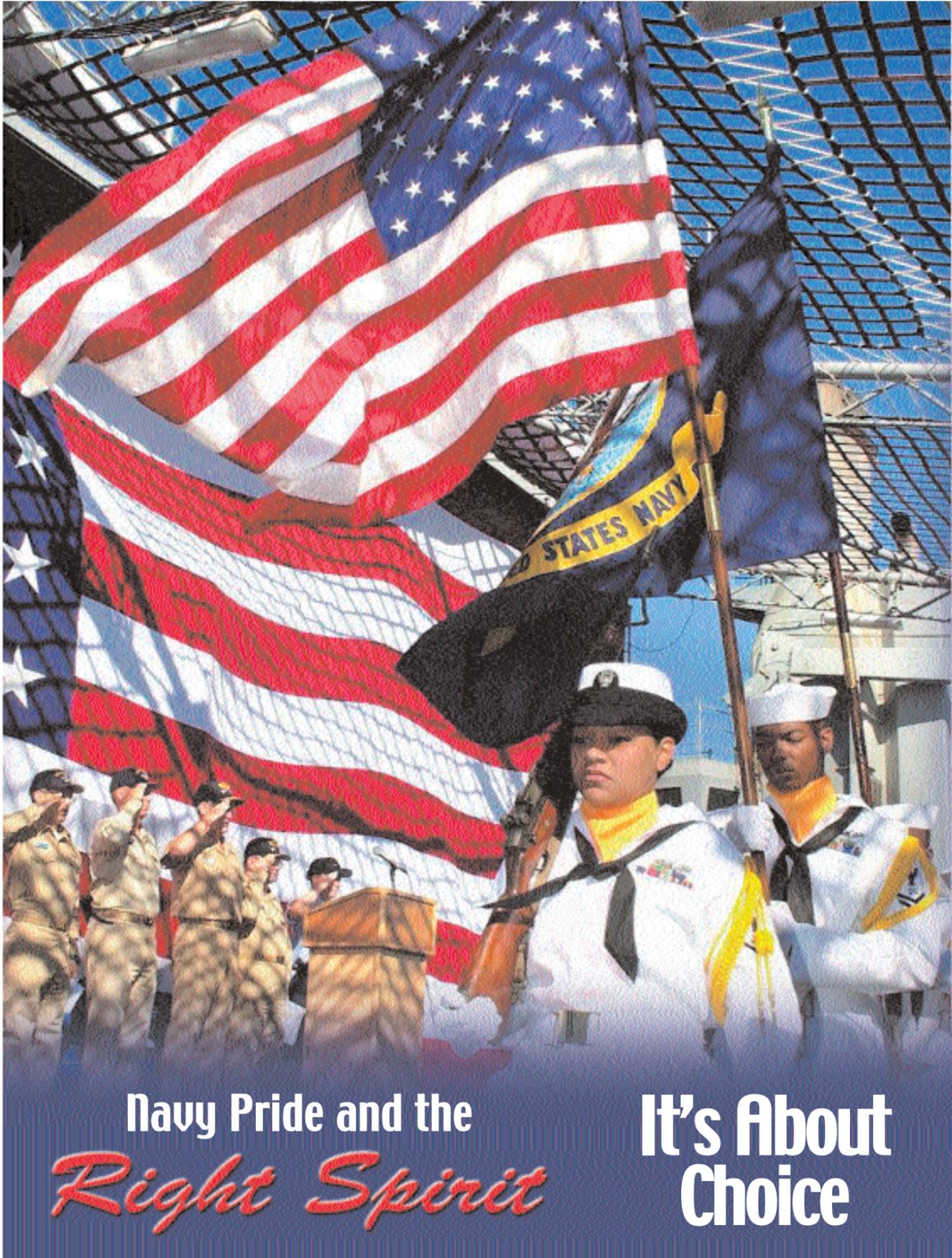
### Navy's Right Spirit Campaign

*It's About Choice*

See your Command DAPA



Whatever you do **REMEMBER** it's ok not to drink



Navy Pride and the  
*Right Spirit*

**It's About  
Choice**