



Bulletin

The Right Spirit



It's YOUR Navy
Get the
Right Spirit 2000

The Holidays are a special time for everyone. They offer great opportunities for family and friends to get together and celebrate the joys of the season.

I hope you will make the Right Spirit Campaign a part of your holiday celebration. Remember, it's OK not to drink, but if you do drink, be responsible and safe.

I wish you a happy and safe holiday season.



RADM J. B. Hinkle
Commander, Navy Personnel Command

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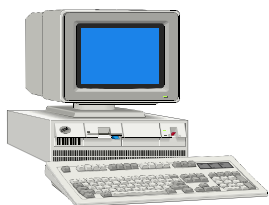
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60 Years for DWI Killings

A Texas jury has sentenced a truck driver found guilty of killing a man and his three young children in a drunk-driving crash to 60 years in prison, the Associated Press reported Oct. 19. A Harris County judge also ordered the truck driver, Jose Coronado Martinez, to hang a picture of his four victims in his prison cell as a "daily reminder of what you caused." Martinez was found to be legally drunk when his truck tipped over on June 29 and crushed a sports-utility vehicle. Judge Ted Poe ruled that Martinez should serve his four, 15-year sentences for intoxication manslaughter consecutively.



Among fatally injured passenger vehicle drivers in 1998, 34 percent of the males and 16 percent of the females had BACs at or above 0.10 percent. Alcohol involvement in crashes is highest among men age 21-40

Some states now are lowering the BAC defining impaired driving from 0.10 percent to 0.08 percent. All states have "zero tolerance" laws which prohibit persons younger than 21 from driving after drinking. Typically, these laws prohibit driving with a blood alcohol concentration of 0.02 percent or greater. A BAC as low as 0.02 percent has been shown to affect driving ability. The probability of a crash rises significantly after 0.05 percent BAC and even more rapidly after about 0.08 percent. Among drivers with BACs above 0.15 percent on weekend nights, the likelihood of dying in a single-vehicle crash is more than 380 times higher than it is for nondrinking drivers

Get the Right Spirit

First Night - 2000

An alcohol-free, community celebration of the New Year with art, ritual and festivity.

History:

Founded in Boston in 1976 by civic-minded artists as a meaningful alternative to traditional New Year's revelry. First Night was the finale to the city's Bicentennial events and the start of a new tradition.

Founders' Objectives:

To recapture the symbolic significance of the passage from the old year to the new; to unite the community through a shared cultural celebration; to deepen and broaden the public's appreciation of the visual and performing arts.

Geographic Spread:

225 First Night Celebrations: 207 in the United States, 16 in Canada, and Hastings and Auckland, New Zealand; 17 of these are first time communities.

Reasons for First Night:

Cities, large and small, are reaching for positive models in response to some of the complex problems of our times. Cultivating a sense of community, bringing together the family, revitalizing the downtown, decreasing alcohol consumption on New Year's Eve and staging a public observation of the millennium are objectives they share in initiating the celebration.



it's ok
not to drink

First Night International, an organization of more than 160 cities throughout the United States and Canada, dedicated to celebrating the new year in a safe, alcohol-free, family environment.

First Night Celebrations everywhere need volunteers to help make this a special night. You may have a nearby First Night Celebration planned. Take some time to help and at the same time – support the Right Spirit.

Booze plays big role in car crashes: U-M findings dispute other reports that illicit drugs are major factor

Associated Press

Alcohol is a far bigger factor in traffic accidents than illegal drugs such as marijuana and cocaine, according to a University of Michigan study.

Researchers at the university's Transportation Research Institute studied more than 700 drivers treated for automobile crash injuries at hospital emergency rooms in Michigan.

More than 15 percent of those motorists had been drinking, less than 8 percent tested positive for drugs and 6 percent had both been drinking and using drugs, the study found.

"Based on analyses of blood samples drawn within six hours of the crash, alcohol was found to be the major drug associated with injury," institute director Patricia F. Waller said. "Those patients testing positive for drugs, but not alcohol, had crashes that were very similar to those of drivers testing negative for both alcohol and drugs.

"These findings are not consistent with studies reporting that illicit drugs are a major factor in motor vehicle crashes."

The study, published in the current issue of the journal *Accident Analysis and Prevention*, found that drunk drivers were 55 percent more likely to suffer fatal or serious injuries than those drivers who were not drinking, regardless of illicit drug use.

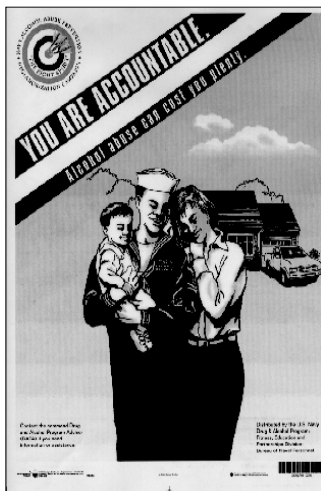


"These findings do not mean that illicit drugs do not affect driving performance," Waller said. "The circumstances under which these drugs are used are probably very different from those involving alcohol. However, at least for the area covered by this study, alcohol remains the major drug of concern on the highway." Police officers may have more trouble detecting illicit drug use by motorists than alcohol use, she said."

"The fact that the crashes of drug-positive drivers are so similar to those of other drivers, with only the presence of alcohol making a difference, is probably a major reason for the difficulty seen for identifying drug use," Waller said.



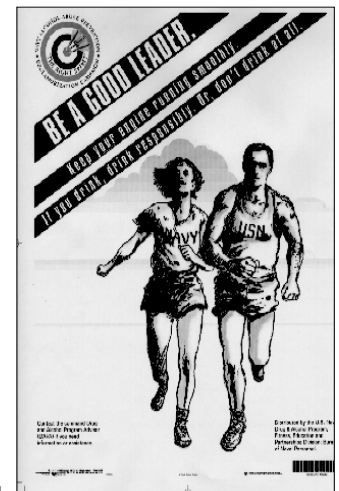
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Athletics and Drinking Do not Mix

NSN 0500LP0103410

Alcohol Abuse Can Destroy Families

NSN 0500LP0103420

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Mechanicsburg, PA 17055-0789.

Order by stock number.

What's a **DAPA**



Drug and Alcohol Program Advisor

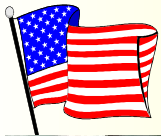
The DAPA

The DAPA is the advisor to the CO on all alcohol related matters.

But.....the DAPA works for **you** – every day.

Do not hesitate to talk to the DAPA when you need advice for yourself or a shipmate about alcohol problems. You will be glad you did.

Right Spirit



Compliant



It's the navy thing to do



Environmental Strategies to Reduce Chronic Drunk Driving

Many chronic drunk drivers are rarely arrested or completely escape being apprehended. It is estimated the probability of arrest for DUI is 1 in 2000 incidents of impaired driving. Determining methods to reduce repeat drinking and driving must go beyond sanctions levied against arrested offenders to include actions that will affect the entire persistent drinking driving population. Several environmental interventions have been found to be effective in reducing impaired driving and fatal crashes in the general public and it is suspected that these approaches will also reduce persistent drinking and driving. Some environmental approaches are legal and regulatory interventions at the state level, others can be implemented at the community level.

Environmental Interventions: State Level

1) Limiting Availability of Alcohol

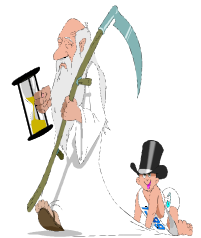
One approach is to limit the availability of alcohol to persons who drive. The density of alcohol outlets in an area is related to arrest rates for public drunkenness and drunk driving. Therefore, it is suggested that states should reduce alcohol outlet density on a geographical and per capita population basis.

2) Increase the Price of Alcohol

It has been found that a \$1 increase in state excise tax on distilled spirits lowered per capita consumption and cirrhosis death rates. This indicates that even chronic drinkers, which are found in the persistent drinking driver group, are influenced by tax increases.

3) Server Intervention and Server Liability Laws

Between 1/3 and 1/2 of all intoxicated drivers consume their last drink before driving at a bar or restaurant. Server intervention training includes recognizing intoxication and avoiding serving alcohol to minors. In some states, server training has become a condition of licensing. Evaluations of server training has produced mixed results, but some studies show that changing serving practices helps reduce the amount and rate of alcohol consumed by patrons. All states have either criminal or civil sanctions against serving intoxicated patrons. Active enforcement and publicity of server liability laws has been associated with decreased DUI arrest and single nighttime fatal crashes.



4) Lower Legal Blood Alcohol Limits

Lowering the legal BAC for minors to .00% or .02% has produced a 20% reduction in nighttime fatal crashes. It is estimated that if all states would adopt zero tolerance laws for youth between the ages of 15 and 20, at least 375 single vehicle night fatal crashes would be prevented each year. Twelve states have reduced the legal BAC for adults to .08%. In 1988, Maine lowered its BAC limit to .08% and experienced a 35% decline each year in alcohol-related traffic deaths since the laws inception. In 1990, California reduced the legal limit to .08% and found a 12% decline in alcohol-related fatal crashes during the first year of the law.

Environmental Interventions: Community Level

- Hold alcohol-free public events, such as New Year celebrations where no alcohol is served
- Implement local ordinances that allow localities to manage drinking in public places or events.
- Organize collaborative efforts between police, schools, health departments, parks and recreational facilities and private citizens to develop a plan to reduce drinking and driving.

Published by: Transportation Research Circular; Strategies for Dealing with the Persistent Drinking Driver, Number, 437, February, 1995.

**GET THE
RIGHT SPIRIT**

Drunk driving, like most other social problems, resists simple solutions. There are a number of actions, each of which can contribute toward a reduction of the problem:

Blood Alcohol Levels

It tells the tale.....

Automatic license revocation appears to be the single most effective measure to reduce drunk driving. Not only is license revocation effective, but we should remember that driving is a privilege, not a right. Just as we do not license those who lack eyesight, we should not hesitate to revoke the licenses of those who lack the good judgment not to drive drunk.



Automatic license revocation along with a mandatory jail sentence appears to be even more effective than just automatic license revocation.

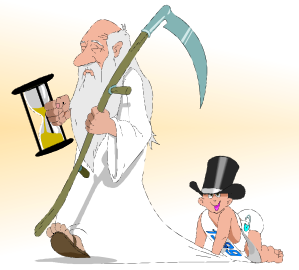
Passing mandatory alcohol and drug testing in fatal crashes would promote successful prosecution of drunk and drugged drivers.

The National Highway Traffic Safety Administration estimates that 18-20% of injured drivers are using drugs and although drinking is on the decline, drugging is on the increase. However, this figure appears to be much too low. For example:

- A study by the Addiction Research Foundation of vehicle crash victims who tested positive for either legal or illegal substances found that just 15% had consumed only alcohol.

-A Tennessee study found that over half of reckless drivers not intoxicated by alcohol were intoxicated by other substances and noted that "Studies of injured drivers suggest that driving under the influence of drugs other than alcohol is a growing cause of traffic injuries in the United States."





Non-Alcoholic "Mocktails"

Thanks to the Washington Regional Alcohol Program and the Virginia Department of Motor Vehicles for these recipes.

Designated Driver's Delight

- 2 1/2 oz. orange juice
- 1 1/4 oz. pineapple juice
- 1 1/4 oz. cranberry juice
- 2 scoops vanilla ice cream
- 3-4 frozen strawberries

Mix in a blender until smooth. Serve in a hurricane glass with an orange slice and a strawberry.

The Enforcer

- Fresh brewed coffee
- Whipped cream
- Chocolate sprinkles
- Sugar cubes
- Cinnamon

Pour coffee into a mug and stir in 2 sugar cubes and a dash of cinnamon. Top with whipped cream and chocolate sprinkles.

Citrus Collins

- 2 oz. orange or grapefruit juice
- 1 oz. lemon juice
- 1 oz. simple syrup*

Fill a 10-12 oz. glass with ice. Add ingredients above and then fill with club soda. Garnish with 1/2 orange slice and a cherry.





Coffee Eggnog

- 2 eggs, separated
- 1 tablespoon vanilla extract
- 1/3 cup sugar
- 1/3 cup instant coffee
- dash salt
- 2 cups milk, chilled
- 1 cup heavy cream, whipped
- shaved, unsweetened chocolate



In a small bowl with electric mixer at high speed, beat egg whites until soft peaks form. Gradually beat in sugar until stiff peaks form. In large bowl, beat egg yolks until lemon colored. Gradually beat in coffee, salt, vanilla, milk and 3/4 cup water. Stir in egg-white mixture and whipped cream. Mix well. Serve well chilled, with chocolate sprinkled over each serving. Makes 12 servings.

Red Delicious Punch

Pour 2 bottles of nonalcoholic sparkling cider into a punch bowl. Mix in 1 quart of cranberry juice. Float a frozen ice ring and garnish with sprigs of mint.

Faux Kir

For each serving, half fill a large wine glass with chilled white grape juice. Stir in 1 tbsp. nonalcoholic grenadine syrup. Fill with cold raspberry ginger ale.

New Year's Eve Kiss

Pour 2 oz. passion fruit juice in a champagne flute. Fill with club soda.

Consider these measures to reduce drunk driving:



- ◆ Marking the license plate to indicate ownership in the family of someone whose driver's license is suspended or revoked for alcohol offenses.
- ◆ Impounding or confiscating the plates of vehicles used in the offense of drunk driving.
- ◆ Impounding and confiscating vehicles used in the commission of drunk driving.
- ◆ Passing and enforcing bans on open containers would reduce drunk driving by deterring drinking while driving. Surprisingly, 22 states have no open container laws.
- ◆ Imposing graded or multi-tiered penalties based on BAC at the time of arrest.
- ◆ Expanding alcohol server training programs.
- ◆ Restricting nighttime driving by young people. This appears to be effective in those states with such restrictions.
- ◆ Requiring every state to provide adequate information on alcohol and driving to prospective drivers and adequately testing them on the subject in their driver's exams. In too many states, the subject is given only brief mention and seven states do not include any information or testing in the process of obtaining a driver's license.

Measures of little or no value:

Jail or prison sentences for alcohol offenses, in spite of their great popularity, appear to be of little value in deterring high BAC drivers.

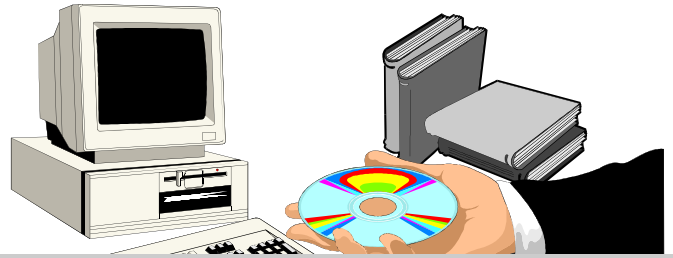
Such sentences may deter low BAC drinkers, but such drivers are not the problem. Incarceration is probably ineffective with high BAC drivers, who tend to be alcohol dependent individuals with very serious problems who need treatment. The perception of swift and certain punishment is more important than severity.

Large fines (for example \$500) would have little deterrent effect, according to a nationwide study.

Increasing the cost of alcohol with a ten percent tax would have virtually no impact on reducing drunk driving. Why would it? Both research and common sense suggest that heavy drinkers are not deterred by cost.

Resources

More information is available



Your Primary Source

Drug & Alcohol Program Management
Activities (DAPMA)

San Diego DSN 522-4964

Norfolk DSN 564-8190

Look for this bulletin on:
Navy Drug & Alcohol Web Site– <http://navdweb.spawar.navy.mil>

Prevention Online - (PREVLIN)
[Http://www.health.org](http://www.health.org)

Addiction Connection
[Http://www.addictioninfo.com](http://www.addictioninfo.com)

Mothers Against Drunk Driving
www.madd.org

According to the U.S. Surgeon General, the annual estimated number of smoking-related deaths is 400,000.

Effects: Smoking of tobacco products is the chief avoidable cause of death in our society. Smokers are more likely than nonsmokers to contract heart disease, lung, laryngeal, esophageal, bladder, pancreatic and kidney cancers. 30 percent of cancer deaths (130,000 per year) are linked to smoking. Chronic obstructive lung diseases such as emphysema and chronic bronchitis are 10 times more likely to occur among smokers than among nonsmokers.

Smoking during pregnancy also poses serious risks. Spontaneous abortion, pre-term birth, low birth weights, and fetal and infant deaths are all more likely to occur when the pregnant woman/mother is a smoker.

Perhaps the most dangerous substance in tobacco smoke is nicotine. Although it is implicated in the onset of heart attacks and cancer, its most dangerous role is reinforcing and strengthening the desire to smoke. Because nicotine is highly addictive, addicts find it very difficult to stop smoking. Of 1,000 typical smokers, fewer than 20 percent succeed in stopping on the first try.

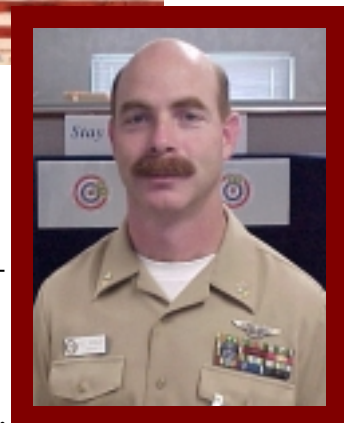
About 5 million U.S. adults use smokeless tobacco and a 1993 survey reported that 20% of male high school students used smokeless tobacco. An alarming trend is the increased use of "dipping snuff," which is highly addictive and exposes the body to levels of nicotine equal to those of cigarettes. According to the Surgeon General, users are at greater risk of oral cancer than non-tobacco users.

Although the harmful effects of smoking cannot be questioned, people who quit can make significant strides in repairing damage done by smoking. For pack-a-day smokers, the increased risk of heart attack dissipates after 10 years. The likelihood of contracting lung cancer as a result of smoking can also be greatly reduced by quitting.

Now is a great time to quit. Remember, its okay not to smoke and a great idea to quit.

in The SPOTLIGHT.....

Red Ribbon



Each year the Secretary of Defense calls upon each Service to support Red Ribbon Week, the annual voluntary drug awareness, prevention and education campaign which takes place during the last week of October. The goal of the National Red Ribbon Week campaign is to present a unified and visible commitment toward creating a drug free youth.

The **Red Ribbon**, which symbolizes a commitment to a healthy, drug free lifestyle, became the symbol for the effort to eliminate drugs in our schools, work places, and communities. In 1988, the National Federation of Parents coordinated the first National Red Ribbon Week to promote drug awareness and the prevention of illegal use of tobacco, alcohol and other drugs.

The Navy has long been at the forefront of our nation's efforts to control drug abuse. This year **AEC (AW) Bagley** has demonstrated a personal commitment to a drug free America by organizing and conducting seminars in local elementary and middle schools. He organized drug dog visits, coordinated local law enforcement participation, and represented Navy in schools throughout the area. His efforts, which provided over 3,000 students in the Memphis area, activities and an educational forum, help build the bridge from drug awareness and education to action.

His dedication and outstanding service to educating out youth about the perils of drug abuse have been nothing short of outstanding and are indicative of his commitment to a drug free America.

Navy's Drug Testing Program continues to operate as an effective measure for detection and deterrence.

1998 DoD Worldwide Survey on Health Related Behaviors singled out Navy as the only service "with a significant decline in drug abuse since 1995."

Navy's percent of samples testing positive for drugs of abuse continues to remain below one percent. FY-99 experienced a slight increase of .05% in Navy samples testing positive. That increase is attributed to more commands using Navy Drug Screening Program (NDSP). NDSP completely randomizes a commands drug testing program and eliminates drug abusers from identifying command testing patterns and then exploiting those patterns. For more information on NDSP, contact AEC Bagley at DSN 882-4240 or e-mail p603c@persnet.navy.mil



it's ok
not to drink



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P602@persnet.navy.mil

History Shows Banning Alcohol, Other Drugs Ineffective

Experts examining the history of banning alcohol, tobacco and other drugs have found such bans ineffective, saying bans could actually increase the use of illegal substances, Forbes magazine reported in recently. Experts in the history of temperance crusades said the latest cycle of trying to legislate health and sobriety is now peaking. They say that if legislation is passed that raises the drinking age or restricts advertising of alcohol, there could be an increase in alcohol consumption in another decade or two.

"Every 80 years or so we come out with all these laws against people's personal, pleasurable pursuits: tobacco, alcohol, meat, sex," said Ruth C. Eng, a professor of applied health science at Indiana University in Bloomington, Ind., and author of "The Clean Living Movements: American Cycles of Health Reform," due out this winter. "Consumption of drugs, tobacco and alcohol peaked around 1980; the reform laws seem to be peaking now, and that means clear backsliding should occur by 2010."

Eng noted that the crack cocaine epidemic and its aftermath were part of a recognizable pattern this cycle. David F. Musto, a physician and historian of medicine at Yale University School of Medicine, said a similar pattern has been exhibited with other drugs over the years, including tobacco, opium and cocaine. "That's why it makes sense that laws would come in after the peak and get more severe as demand goes down," Musto said.

Well, reading the above, what is Your Opinion?

CONSIDER this about the Navy and Alcohol.....

In Today's Navy – In 1999, there were 3,953 alcohol incidents reported. More than 11 per day, every day of the year. More than two sailors were charged with DWI every day of the year.

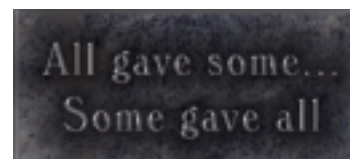
And those are just the reported statistics. How many more really occurred?

So, what is the problem? It is not the availability of alcohol is it? Certainly not. It's responsibility. Each person involved in the alcohol statistics above is responsible for their own actions. But..... each of them has a **leader**, several leaders in fact. Did those leaders do anything, or do enough to prevent the problem? Maybe you are one of those leaders. If not, what can you do to not be one of the leaders whose subordinate encountered an alcohol problem? Sure, you can only do so much. You have a big responsibility in making your organization accomplish its' mission. But the real truth is probably you are not doing enough. Think about it.

That's my opinion, what's yours?

You probably have an idea about what the Navy can do about alcohol problems. Let's hear it. This is your chance to tell it like it is..... If you can. In the Right Spirit for 2000.

e-mail p602@persnet.navy.mil

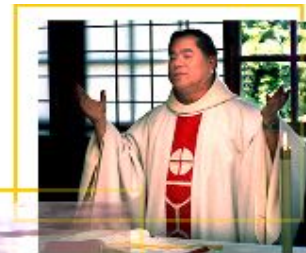
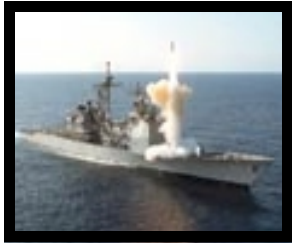
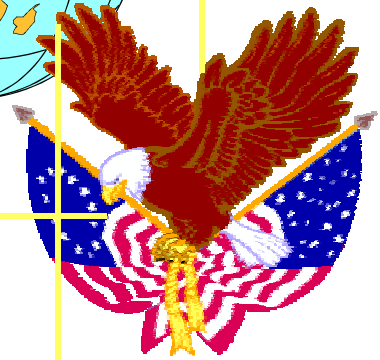
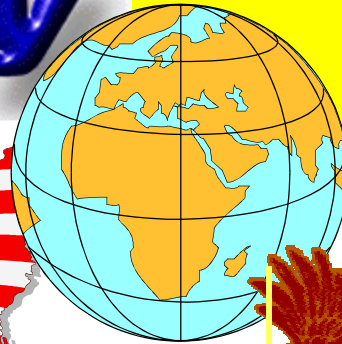
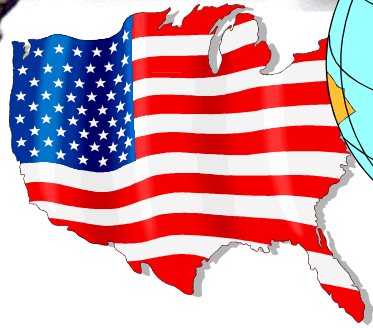




The United States www.navy.mil

Navy

ACROSS THE WORLD



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You
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**Today's Sailors
Roaring into 2000
with the Right Spirit**