



# DRUG DEMAND REDUCTION Newsletter



Volume 2 Issue 3  
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*We want to publish your  
DDR success stories in the  
DDR Newsletter. Send  
articles and photos to:  
Maj Lynn Stuart, CAP  
sleds88@msn.com*

## Prom Night Hazards

Prom night should be one to remember, however you do not want to be remembered by your friends for your embarrassing behavior or because you left in an ambulance.

After a night of excessive drinking you are more likely to be involved in an accident, violence or become a victim of crime, including serious sexual assault. ***Don't get into a vehicle with someone who has been drinking!***

Police warn that young people who have drunk alcohol are more likely to do things they wouldn't normally do, such as having unprotected sex or putting themselves into dangerous situations.

There are diverse perspectives on how we view alcohol, and how the gradual effects of alcohol can work to destroy lives. Examples include the psychological effects like loss of inhibition and motor control, and the physical consequences such as prescription drug interactions and alcohol as a stomach irritant.

Car accident attorneys say prom night is one of the biggest nights of the year for many teens. However, it has also proven to be one of the most dangerous nights of the year for teenagers as well. The NHTSA states that approximately 300 teens die each year on prom night in alcohol-related/DUI car accidents.

Enjoy your special night so that you can remember the good things. Make that responsible choice!

## CAP was my Anti-Drug

Major Lynn Stuart

Frequently, I am told by CAP senior members that we do not need a drug awareness program in CAP since as a general rule our cadets are not directly involved in drugs. First of all, drug and alcohol abuse impacts all of us. There is not one among us that will not be directly or indirectly affected. Secondly, this is especially true for our cadets.

One of the goals of the CAP DDR program is to increase awareness of substance abuse issues and their impact on the individual, community and the mission. This goes far beyond just telling people to drink responsibly and don't do drugs. The DDR program strives to educate members and their communities on the patterns of abuse that often change from day to day.

Growing up in the 60s, drugs were everywhere. Somehow, I managed to miss the whole drug scene but unfortunately some of my family members did not. Often I am asked why them and not me. Of course, there is no single answer but I do give some credit to my involvement with CAP during the years that many teens start experimenting.

When I was a cadet instead of getting high on pot, I was able to get high in a T-32. We had a very active squadron that provided opportunities and experiences that many of my peers did not have. There was never a lack of activities to keep us busy and out of trouble.

There was no CAP DDR program in the 60s, possibly if there had been, we could have helped others who were involved with drug and alcohol abuse. However, what I learned a long time ago in CAP is still true; we have Better Things to Do Than Drugs. Please help us pass the word!



*Cadets Shepherd and Dyer board the plane for encampment in the mid 60s. Today, you may know them as Maj Lynn Stuart and Col Becky Tilton.*

## DDR Mocktail Recipe of the Month

### Arnold Palmer

This classic non-alcoholic cocktail is named for the 20th-century golfing great—reportedly his favorite drink.

1 part iced tea  
1 part lemonade  
Sugar, to taste  
Garnish: lemon, mint, or a slice of kiwi

Pour iced tea (sweetened or not) and lemonade over ice; stir and garnish. For a fancier presentation, pour the lemonade over ice first, then slowly add the iced tea and they will stay in somewhat separate layers. This is a summer favorite, called a "half-and-half" in some parts of the country, and usually served in a tumbler or highball glass.

## From the Partnership for a Drug-Free America

The Partnership has launched The Drug & Alcohol Scene – a dynamic, provocative online resource for up-to-date news and information on drug and alcohol trends.

Combining research, popular culture, expert perspectives and investigative journalism, the Drug and Alcohol Scene stories seek to spark conversation, expose concerning trends, and open parents' and caregivers' eyes to the ever-changing landscape of teen drug and alcohol abuse.

Monthly in-depth feature stories, weekly "in brief" news highlights and breaking news, along with the latest scientific findings, keep parents well-informed about drug and alcohol issues.

Check out this new resource and share your opinions on the site today. And, to stay in the know on this health issue, be sure to follow the Drug and Alcohol Scene on Twitter.

## A Non-Alcoholic Game of Beer Pong Drives Home the Point

2d Lt Ryan Hubbard, DDRO  
Montgomery Squadron, VAWG

Many senior members and cadets fit into the college-attending age group, and many other cadets will soon find themselves in a college environment. This activity was designed to show the squadron one of the most popular drinking games played on college campuses, and recognize the potential for alcohol abuse and spread of disease.



The squadron played through several rounds of "Beer Pong", using of course water instead of beer in the cups. Members tallied the number of times they would be required to drink as per the rules of the game. Afterwards, the estimated BAC level of each member was estimated using a calculated BAC chart assuming a typical beer. Using the BAC level that a player estimated, it could be determined what impairment that player would suffer, and noting which individuals were above the legal limit, which were close to black out, and which would've been close to death.

Lieutenant Hubbard then led a discussion to identify and explain the associated health risks involved in participating in such a popular college drinking activity. The most obvious concerns when playing such a game involve the following: 1) the ball falls in the floor frequently; 2) as the game cycles through players, more and more people touch the balls; 3) the water cup used to rinse the cup is never emptied; and 4) the game is usually played with the same set of cups, which many people end up drinking from.

The discussion concluded with the advice that, though the game may be fun, there are substantial risks involved. Many students are pressured into playing, and as well as convey the idea that "it's only beer, it won't do that much to me". The numbers show that that is very much not the case.



## CAP's DDR Program Makes Appearance at Charity Marathon

Capt. James Ridley, Sr., PAO  
Long Island Group, New York Wing

**SELDEN, NY** – March 29, 2009. Over 370 runners participated in this year's Suffolk County, NY Half Marathon which began at the Ammerman campus of Suffolk Community College. The Long Island Group of the Civil Air Patrol has supported this 5K run, profits of which go to aid the college's scholarship fund, the race's sponsor AHEPA scholarship fund and the Huntington Breast Cancer Action Coalition.



*Cadet Ken*

This year CAP's DDR program was on display under the direction of Major Cheryl Dorfman, the Drug Demand and Reduction Officer (DDRO) of the Col Francis S. Gabreski Squadron of Long Island Group. Major Dorfman set up a DDR display complete with a huge banner she had commissioned which stated "Just Say No to Drugs". She even made arrangements to have CAP's Cadet Ken make an appearance.

CAP's vision for the DDR program is simple, "To be a leading force in America's drug demand reduction strategy through the development of tomorrow's leaders in volunteer community service for a drug-free world." She and her Cadet DDR Team handed out CAP literature and DDR pamphlets about the myths vs. facts of underage drinking and drug use. Many visitors came by, young and old, asking about the DDR and CAP programs. Maj Dorfman put it to them straight, "we are the anti-drug program" she said.

One local radio station, WBAB, interviewed her about the program and proceeded to announce her and CAP over the air and to the crowd.

The Marathon under the command of Capt. Michael Ozer was a success and so was the Long Island Group's effort to educate people on the dangers of drug and alcohol abuse. "Kids need to be active in extracurricular activities" Dorfman said, "as a means to keep them away from drugs and alcohol. Activities like our color guard which I'm very proud to mentor help them stay focused." The Gabreski Squadron's Color Guard which recently won the LIG Color Guard Competition was asked to present the colors before the beginning of the marathon.

### **Civil Air Patrol Drug Demand Reduction Mission Statement**

The Civil Air Patrol Drug Demand Reduction program assists squadrons, groups, wings, and regions to instill an aggressive, positive, drug-free attitude in Civil Air Patrol members, Air Force families, DoD civilians, and school-age children through a comprehensive program that:

- Promotes CAP as a positive community service lifestyle.
- Encourages youth to remain in school.
- Focuses on drug abuse education, prevention and awareness.
- Provides positive activities as an alternative to drugs and gang violence

## DDR Games on the Cheap

Timothy Medeiros, Capt  
SER DDRC and FL WG DDRA

Over the last few years, I have conducted many DDR activity sessions and the biggest objection I have received from squadrons, other than the proverbial, "my cadets don't do drugs," is how much will this cost the squadron? Well the good news is it can be as much or as little as you want. I prefer, since being a full time college student, to go as inexpensively as possible – like under \$10.00 per activity.

Many of my inspirations come from everyday objects, and just reusing them in a different way. Just the other day, I saw someone on T.V. stacking plastic cups in a specific order while being timed. Wow – DDR flashed in my mind. A dozen heavy plastic cups, and the goggles and a watch, what at most \$3.00 activity done. My kind of budget.

So, you take the cups all stacked in one stack and begin by making 3 separate stacks with 2 of the stacks containing three cups, then the third stack makes a pyramid of six cups once this formation is complete it is then broken down and restacked into one stack all while being timed. Repeat using the goggles. Check the time difference and what kind of problems arose while attempting to do this maneuver. Then have a short discussion about how being under the influence of any drug, liquor, or medication would affect your ability to perform any duty to your best ability. Short, sweet and done in less than 20 minutes.



There are many children's games that can be utilized in a similar fashion.

- puzzles
- bowling sets
- Frisbee
- Hula Hoop
- nerf basketball
- paddle ball sets
- and loads of other games can be lots of fun.

All you need to do is go through the unused toys and games in your home, thrift shops and the like and look at them in a different way. How would this work if I were wearing Fatal Vision Goggles? Would it entertain the audience? Would it get the point across that drugs will hamper your ability to do well in all aspects of your life? If you can answer yes to these questions, you have a viable activity platform. Have fun. Life is too short and there are too many that have been cut even shorter by drug use.

## Energy Drinks

2d Lt Darrell Kress, DDRO

Eau Claire Composite Squadron, WIWG

Energy drinks are a billion dollar business in this country. The companies who produce these drinks are not held accountable by the Food and Drug Administration. They do not have to tell if their ingredients were sprayed with pesticides or with contaminated water. The companies are pushing hard for the younger generation to buy their products. Now Cadets why do you think they make such a push for you? Is it because they care about you? NO! It's because they think you are easy to influence. I want you to educate and think for yourselves. Question **WHY!** What are they to gain by influencing you? MONEY! There are **stimulants** in these drinks that you do not need. Here is a definition of a few ingredients in these drinks.

**Ephedrine**-serious adverse effects include hypertension (elevated blood pressure), palpitations (rapid heart rate), neuropathy (nerve damage), myopathy (muscle injury), psychosis, stroke, memory loss, heart rate irregularities, insomnia, nervousness, tremors, seizures, heart attacks, and death.

**Guarana**-More than 5 times as powerful stimulant as Caffeine. There is no recommended dosage for this stuff. In South America it is nicknamed "crack". The side effects of this stuff can be fatal!

**Caffeine**- While a cup or two of coffee is fine, the amount of caffeine in the energy drinks can have up to 5 times the amount in one drink. Most energy drinks contain 300-500mg. The risk of caffeine intoxication occurs when the body is exposed to caffeine levels above 300 mg. Caffeine intoxication can result in massive over stimulation of the nervous system and, in some cases, even death.

**High Fructose corn Syrup and Sugar**-In the eyes of 2nd Lt. Kress these two are a huge danger to all of us. Try just try to find products without high fructose corn syrup. Companies stick this crud in everything. Why because it's cheap and you become addicted to it. Once you are addicted they make more money. In short, it makes you weak and fat. If you plan on being the healthiest cadet you can be **don't** head down this route. Ask any accomplished athlete if they avoid HFCS and sugar and you will hear a resounding "yes". I love sweets very much but set limits. If you are a big time sugar eater try to have a few cheat days a week and eat good the rest of the week. At my house we cheat on Sunday, usually cookies or brownies. If you eat good 90% and cheat 10% all will be good. **Soda and energy drinks everyday will keep you from being all you can be!**

Now here is the alternative. Try water or green tea(no sugar type). This is what your body naturally craves. While you may crave Pepsi, Monster or Red Bull that's because the producers of these drinks have made you artificially addicted. Here are the questions for you Cadets. Look inside yourselves and answer truthfully:

**Do you want to to be the best I can be?**

**If I am willing to risk my health, how far will I go?**

**I have no excuse, I know the truth and have a path to follow. Will my decision be right or wrong?**

**Are you easily influenced like the companies think you are?**

Like they say in Star Wars "May your health be with you." LOL

## SUN N FUN Lakeland, FL

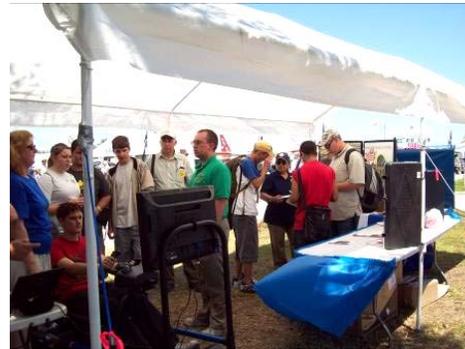
Lt Col Jett Mayhew, National DDR Team Leader

Lt Col Jett Mayhew National Team Leader, Lt Col Pamela Landreth-Strug from North Carolina Wing and Major Juanita Sanchez Carter from Natcap Wing headed for Florida to support Captain Timothy Medeiros FL WG DDR Administrator at the Sun N Fun in Lakeland FL. Upon our arrival we were met by members of the Florida Wing ready and willing to assist us in our set up. Excitement was in the air as the DDR tent was erected.

Then came time to welcome those interested in the Drug Demand Reduction Program. Many folks from around the nation not only in CAP visited our booth to learn more about our program and Civil Air Patrol. Below are some pictures from these activities.



The Ninety Nines (Women in Aviation Organization) school tour asked us to do a DDR Class



Getting youth interested in flying the simulator and then having them wear the fatal vision goggles



Fatal Vision Goggle Activities behind the DDR Tent was a huge draw to get folks to visit



Open discussions about making responsible choices and allowing youth to open up about their feelings was regarding to them to have someone listen

Our thanks go to all of Florida Wing for the invitation and to those who supported the DDR Tent. With such a great location we had 5,912 folks visit our tent and participated in the activities. It wasn't just our DDR Team members; it was Cadets, Chaplains, Operations, Emergency Services, Aerospace Education and Cadet Program's personnel that all took turns in assisting at the tent. Hats off to the Florida Wing for a great event!



## Goals and Objectives for potential implementation at any level

Lt Col Jett Mayhew, National DDR Team Leader

- Promote CAP in local public schools (Develop an Information Campaign) as a positive community volunteer lifestyle (educate cadets to become innovative with their ideas and designs and have them develop recruiting products that are appropriate to their local cultural environment and adding the touch of DDR)
- Emphasize that CAP is not direct military related: CAP supports communities through search and rescue, emergency services, and anti-drug awareness education
- Add a local law enforcement officer to the recruiter booth (not so much on all recruiting events); this may take away the CAP-military link attitude that locals perceive
- Encourage youth at local schools to stay drug and alcohol free
- Focus on easy accessible drugs: Over the counter, meds from family members, and gang distributed meds (gangs tend to alter over the counter meds for that BUZZ)
- Encourage youth at local schools, and sports complexes during events to stay away from gang related groups and related activities emphasizing DDR
- Promote CAP Goals to schools' leadership [Demonstrate a sense of urgency but recognize cultural sensitivities and don't infringe on schools sovereignty]: Link-up with local law enforcement authorities' drug squads/departments and promote their existence in all recruitments, school visits, and sports events
- Assess the presence or potential effectiveness of local anti-drug and anti-alcohol programs to youth
- Exploit the existing local and state anti-drugs and anti-alcohol programs (avoid federal level for the picture is too big for local communities; keeping in mind that communities fall directly under the state and not federal)
- Foster and anti-drug consistent involvement and culture in the local society (community) that will HELP eliminate the sale, use, and distribution of illegal drugs and alcohol to youth
- [A bigger picture goal for the future]: Create an institutional framework to better cope with the negative results of the drug usage and distribution and where institutions are in place, enhance existing programs.

## DDR by the Numbers

### DDR Team Members (as reflected in e-services on 01 May 2009)

Region	DDRC	DDRA	DDRO	Total
GLR	1	3	44	48
MER	2	10	82	94
NCR	0	3	43	46
NER	1	7	63	71
PCR	1	3	46	50
RMR	1	4	37	42
SER	1	5	38	43
SWR	1	4	43	48
TOTAL	8	39	392	443

Region	None	Tech	Senior	Master	Total
GLR	20	3	1	0	24
MER	47	8	1	3	59
NCR	20	10	1	1	32
NER	41	11	3	1	56
PCR	21	3	0	0	24
RMR	19	4	1	3	27
SER	37	4	3	1	45
SWR	21	10	0	1	32
NHQ	0	1	3	2	6
TOTAL	226	54	13	23	305