



# DRUG DEMAND REDUCTION Newsletter



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This season, may you have...  
Light to illuminate your path  
Peace that overcomes division  
Joy that overcomes circumstances  
Hope that transcends adversity

May the blessings of this Holy Season be yours  
now and throughout the New Year!

## **AVOIDING HOLIDAY TRAFFIC ACCIDENTS**

### *Your DDR Team*

Many holiday accidents are preventable. During the holidays, there are more crashes than any other time, partly because some equate celebrating with alcohol. Sure, there's eggnog at holiday parties, maybe there's a little rum in that drink, and your friend only had one. That's not much alcohol, right? Wrong. There's still enough in that one drink to impair your friend's driving.

For starters, consider announcing you are the designated driver for the evening, or designate someone else to be. At the start of the evening, before the drinking begins, gather up the keys and hold on to them. Don't give them back until the next day.

If you are not going to be the designated driver of the bunch, make sure you have the number of a good cab company. Call another friend or even a towing company. Do not let your friends who have been drinking get into a car and drive away. In the same vein, do not let them walk away alone. Alcohol impairs judgment and may, quite simply, cause them to lose their way or walk out in front of traffic.

If you're throwing a party, make sure you have snacks and non-alcoholic drinks available. Make arrangements for your guests to get home or to stay with you, if possible. If you're not comfortable with your friends leaving, don't let them. They may be upset at the time; but the next day you will still be their friend and they will appreciate you even more for taking such responsible care of them.



**HAPPY HOLIDAYS**

## Cadets Mentoring Students

Marilee Taylor, Capt., Arizona Wing Assistant DDRA

Red Ribbon week started with Yuma Composite Squadron 508 sponsoring Otondo Elementary School. Red ribbons were provided to all students (850) and staff at the school. On Friday, October 25, 2008 cadets from the squadron helped Otondo Elementary School begin their fall festival with the presentation of colors. After enjoying dinner, the cadets spoke with students about the hazards of drugs. The theme for the CAP booth was "Send the Drugs to Space". Students got the chance to send drugs and drug dealers to "space" by throwing or shooting a small plane with drug labels on it through the hole in a board that was decorated with planets and stars. Students also looked in the pumpkin to see what their brains look like on drugs (the pumpkin had gummy worms mixed with the seeds and insides of the pumpkin). The cadets reminded students to have parents check all candy before eating it after trick-or-treating. Prizes were given to all students who tried to rid the area of drugs. On October 31<sup>st</sup>, three of the cadets returned during the school day to work with fifth grade classes on the hazards of drugs. They spoke to approximately 110 students. The cadets gave students the chance to use fatal vision goggles and some students tried unwrapping candy while wearing gloves. The cadets explained that these activities simulate the way drugs affect a person. They again reminded students to have any candy received while trick-or-treating to be checked before eating it.



A young girl is preparing to rid the community of alcohol by sending it to space. C/Amn Vickers is watching from behind.



C/2d Lt Taylor helps a student guide his plane to space as C/Amn Vickers looks on from behind.



C/SSgt Bren Blanchard tries to open a piece of candy with C/Amn Fabian Valdez encouraging him. C/2d Lt Jacquie Taylor is explaining to students hazards of using drugs.



A student tries to open a tootsie roll while wearing gloves. The prize – he gets to eat it!

**Carbon  
Monoxide  
ALERT**

**Carbon monoxide, present in exhaust fumes, is almost impossible to detect and CAN BE FATAL when breathed in a confined area. Because of the danger of carbon monoxide poisoning, don't let your car warm up in the garage for a long period of time, especially if you have an attached garage. The fumes easily can seep into the house and overcome those inside, even with an open garage door.**

## Alcohol Effects Over Time Think you'll just sleep it off?

### Think again!

After a night of drinking, the effects of alcohol last longer than you might think.

You and your friends have decided to have a few drinks after work to ease the tension. You've been drinking since **6:00 p.m.** and it's now **1:00 a.m.** So, by now you already have a good idea of the way alcohol affects your motor skills, but are you aware of the blood alcohol levels?

After the designated driver has driven you home, you fall into bed at **2:00 a.m.**, intoxicated with an alcohol concentration of **.190** (.08 is now legally intoxicated as determined by the federal government and most states).

Since alcohol leaves the blood at **.015** per hour, let's see the blood alcohol effects over the next ten hours...

Time	BAC*
<b>2:00 a.m.</b> You get into bed, the room is spinning.	<b>.190</b>
<b>3:00 a.m.</b> Sleeping	<b>.175</b>
<b>4:00 a.m.</b> You wake up with a pounding headache, find the bathroom and take aspirin.	<b>.160</b>
<b>5:00 a.m.</b> Sleeping.	<b>.145</b>
<b>6:00 a.m.</b> Alarm startles you awake. Reluctantly, you get up for work.	<b>.130</b>
<b>7:00 a.m.</b> You leave for work, wondering why the keys won't fit the lock.	<b>.115</b>
<b>8:00 a.m.</b> You've miraculously made it to work, but you're still legally intoxicated!	<b>.10</b>
<b>10:00 a.m.</b> You leave for an appointment and could still be arrested for "driving under the influence."	<b>.07</b>
<b>12:00 p.m.</b> Still under the influence.	<b>.04</b>

\*Blood Alcohol Concentration (Information is based on a 170lb. average man)

## Party Planning Tips

*The MER DDR Team*



### Be a Responsible Host: Know the Facts

The winter holidays are a time to enjoy the company of family, friends, and coworkers. Whether you are planning a dinner, informal gathering, or holiday party, your job as host is very important. Your many responsibilities include planning the menu or catering, organizing entertainment and considering space arrangements. However, some of the most crucial details can be overlooked in all the frenzy. Perhaps your most important responsibility as host for a party or gathering where alcohol is involved is to take steps to ensure your guests' safety both during and after the celebration.

Drinking and driving is an all too familiar and tragic combination. More people are on the road, and they are also consuming alcohol as a part of their holiday celebrations. Statistics like the ones highlighted below remind us how important it is to plan an event where non-alcoholic beverages and alternative transportation options are available.

### Tips for Party Givers

- Avoid making alcohol the main focus of social events. Entertain guests with music, dancing, games, food, and lively conversation.
- Did you know that one in three adults prefers a non-alcoholic beverage? Make sure to offer plenty of non-alcoholic choices such as sparkling water, fancy juice drinks, and soft drinks.
- Provide guests with nutritious and appealing foods to slow the effects of alcohol. High protein and carbohydrate foods like cheese and meats are especially good. They stay in the stomach much longer, which slows the rate at which the body absorbs alcohol. Avoid salty foods that encourage people to drink more.
- Require bartenders to measure the correct amount of liquor into drinks (no doubles) and instruct them not to serve anyone who appears to be impaired. Have the bartender check the ID of anyone who appears to be under the age of 30 (no ID, no alcohol).
- Stop serving drinks at least 1 hour before the end of the event. Instead, serve coffee, non-alcoholic beverages, and desserts at that time.
- Recruit people ahead of time who will not be drinking to help you make sure everyone has a safe ride home.



### When the Party's Over

Your responsibility as a host is even more important at this point. Should any of your guests be unable to drive due to alcohol impairment, be sure to provide several options. Below are a few suggestions:

Be prepared to offer your guests alternate forms of transportation.

- Know what "safe ride" programs are available in your area.
- Keep the phone numbers of several cab companies handy.

If your event will be held in or close to a hotel, encourage guests ahead of time to book rooms for the night. Provide drinkers with alternatives to driving.

- Offer your place to spend the night.
- Call a taxi.
- Ask someone who was not drinking to drive your friend home.

Don't let anyone who has been drinking drive. If the drinker insists, take the keys, ask for help from other guests, or temporarily disable the car. If all else fails, say you will call the police (and do so).

**Remember to be careful with over the counter drugs and those new caffeine drinks when you are driving and flying. Talk with your teens to find out where they are going and what they plan to do. Let's all keep an eye on each other and BE SAFE.**

**MAY YOUR HOLIDAY SEASON CELEBRATIONS BE HEALTHY AND FULL OF JOY AND PEACE.**



## Season's Greetings!

*Jett Mayhew, Lt Col, CAP National DDR Team Leader*

Another exciting year closes. As we look back, we should be justly proud of the work to date, burnishing a record of participation excellence, instilling a culture of spirited members involvement in our organization, firming ties with our respective communities, and forging on in a fiscally sound and accountable manner. The season of goodwill is therefore a season of gratitude.

Gratitude, to our members who brave many adversities, setbacks, and hurdles. They press on with the obligation to be ready to serve our communities above and beyond. I am grateful that our members who are fulfilling our commitment to our members and their communities.

The success of the DDR Program is that the members and so many more are a product, a reflection, and a testament of the brilliant efforts of talented, dedicated and inspiring Coordinators, Administrators and Officers at the local level, including our cadets. In this season of gratitude, I am unrestrainedly proud, too, of the impressive contributions of our members to the formation of an active and productive program, as well as more enlightened minds.

Our loyal and dedicated National Headquarters staff members have been hard at work as well. A case in point: our dedicated facilities staff exceeded our highest expectations as they took on project after project, renovating and remodeling programs to assist our members in the field

To each of our members, thank you for a job well done! May you and your loved ones have a safe and joyous Holiday Season.

## MER Cadets Focus on Drug Demand Reduction

*NCWG-C/DDRA, C/Col Jeremiah Coogan*

Fort Pickett, Va. – Members of the Middle East Region Cadet Advisory Council met to discuss Drug Demand Reduction during the MER Cadet Warrior Challenge on December 5-7, 2008. On the first evening of the Warrior Challenge, C/Maj James Flanagan (Chair), C/Col Jeremiah Coogan (NCWG), and C/1<sup>st</sup> Lt Michael Sanders (DCWG) met with Lt Col Pam Landreth-Strug, MER DCS/CP. Lt Col Landreth-Strug offered her insights on the DDR Program: "Many people say they join CAP to save lives; you save more lives in this area of CAP than in any other." Major discussion topics included drug abuse trends in young people and within CAP and training for cadets serving in DDR positions. The council also discussed recognition for cadets who excel in DDR, drug awareness activities to use with cadets, and ways to involve cadets throughout MER in Drug Demand Reduction. The representatives left the meeting with a clear direction of projects yet to come and a renewed dedication to the mission of the DDR Program.



## Civil Air Patrol's National Honor Guard starts Wreaths Across America Campaign in Washington, DC

42 cadets and seniors braved a brisk DC day to lay a wreath at the National Capitol on Monday. Members of the Middle, Northeast and Pacific Regions gathered next to the Russell Senate Office Building to kick off the annual Wreaths Across America campaign. A small ceremony preceded the wreath-laying with Wayne Hanson from Maine Historical Society and John D. Reed President Elect of the National Funeral Directors Association, giving speeches. They both spoke of the privilege of partnering with Civil Air Patrol in this endeavor to honor the men and women of the armed forces who have given the ultimate sacrifice. Once the wreath was placed, members of the National Honor Guard took turns standing guard for the rest of the day.



The DDRA 1Lt Joyce Gaddis from ME Wing, DDRO from Hagerstown Squadron in Maryland Wing and Lt Col Jett Mayhew NHQ DDR Team Leader were in attendance. These members are also part of the Honor Guard Team in which DDR is one of the elements of the Civil Air Patrol Honor Guard.

The wreath-laying at the Capitol in DC is just one of many ceremonies taking place across the nation this week. On Wednesday, December 10, wreaths will be laid at all 50 state capitol buildings, and on Saturday, nearly 10,000 wreaths will be placed at Arlington National Cemetery in Virginia. As a partner of Wreaths Across America, CAP joins in that organization's mission to remember, honor and teach about the service and sacrifices of our nation's veterans.



The wreaths for each ceremony are supplied by the Worcester Wreath Company of Maine.

Civil Air Patrol, the official auxiliary of the U.S. Air Force, is a nonprofit organization with 57,000 members nationwide. CAP performs 90 percent of continental U.S. inland search and rescue missions as tasked by the Air Force Rescue Coordination Center and was credited by the AFRCC with saving 90 lives in fiscal year 2008. Its volunteers also perform homeland security, disaster relief and counter-drug missions at the request of federal, state and local agencies. The members play a leading role in aerospace education and serve as mentors to more than 22,000 young people currently participating in CAP cadet programs. CAP has been performing missions for America for 67 years.



## Twas Two Weeks Before Christmas

*SM Kelly Maricle, MD WG*

Twas two weeks before Christmas  
And just where were we...  
At Martineck State Park,  
For Santa's Workshop you see.

Our National DDR Team Leader Lt. Col. Mayhew called  
And said we have a task.  
This close to the holidays,  
What could it be, did we dare ask.

Phones started ringing  
The word began to spread  
But Jett's words, "I have a plan"  
We soon began to dread.

One by one we all began to arrive  
Looking at bare empty grounds.  
We started our planning  
And moved things around.

We set up campers in the rain  
And dried by the campfire  
Working late into the night  
But soon we did tire.

We arose at first light  
For there was much to be done  
Decorating to finish  
For soon they would come.

MER's Lt. Col. Jon Royer arrived to lend a hand.  
With the decorating, he sure made a dent  
We offered him a warm cot for the night;  
But he chose to sleep, in of all things, a tent.

NatCap's Maj. Juanita Sanchez-Carter was there  
And was in charge of the campfire,  
While MD Wings A/DDRA SM Kelly Maricle  
Hung decorations with string and some wire

A holiday scene was made  
With boxes and bows  
And strings of lights we hung  
Making the trees all aglow.

Then it was time.  
From a distance we heard laughter  
It was 3700 visitors in wagons  
Being pulled by a tractor.

The children were singing carols and clapping quite loud  
We learned it wasn't Santa that filled them with such glee  
It was Cadet Ken dancing by the illuminated DDR truck  
With MD Wings DDRA 1st Lt. Walter Murphy

Our hard work was appreciated  
And much to our delight  
The reactions of excitement was shared  
Many times through the two nights

But soon it was over, in the woods only echoes.  
We could hear Cadet Ken exclaim,  
As the last wagon drove out of sight  
Merry Christmas to all and to all a good night



**HAPPY HOLIDAYS**

# MER CADET WARRIOR CHALLENGE

*1Lt Walter Murphy, DDRA MD WG, A/DDRC MER*

Ft Pickett, Va. Dec. 5-7, 2008- Drug Demand Reduction (DDR) at the Middle East Region (MER) Cadet Warrior Challenge. 1<sup>st</sup> Lt Walter Murphy, the DDR Administrator for Maryland Wing and the Assistant DDR Coordinator for MER was asked to come to the Cadet Warrior Challenge to work in the DDR program for the event and to provide training for any DDR personnel that would be attending. Other DDR members that worked the event were Lt Col Jett Mayhew – National HQ DDR Team Leader, Lt Col Bonnie Braun – MER DDRC, Chaplain Major Roger Dodds-DDRA S.C. Wing, Maj. Juanita Sanchez-Carter – DDRO from NatCap Wing and Capt Rose Reeder- MD Wing. Saturday afternoon was spent on DDR training. The highlight of the Warrior Challenge came to be the DDR activities Saturday night. The DDR activities were listed on the after activities reports as the most popular part the weekend. When asked who would be working with the DDR program in the future we got a positive response from 100% of the members.



Members of Johnston County Cadet Squadron



Cadet 1<sup>st</sup> Lt Scott trying to shoot a basket with "Fatal Vision Goggles"



Cadets working on parking lot challenge



Cadets trying to lava rock walk with "Fatal Vision Goggles"



## DDR BY THE NUMBERS

Region	DDRC	DDRA	C/DDRA	DDRO	C/DDRO	TOTAL
GLR	1	5	0	44	1	51
MER	2	10	2	86	20	120
NCR	1	3	0	32	2	38
NER	1	8	1	61	3	74
PCR	1	5	1	43	2	52
RMR	1	6	1	38	2	48
SER	0	5	1	42	2	50
SWR	1	5	0	47	4	57
<b>TOTAL</b>	<b>8</b>	<b>47</b>	<b>6</b>	<b>393</b>	<b>36</b>	<b>490</b>

## DDR SPECIALTY TRACK

Region	None	Tech	Senior	Master	Total
GLR	13	3	1	0	17
MER	37	7	1	3	48
NCR	17	8	1	0	26
NER	29	7	3	1	40
PCR	15	2	0	0	17
RMR	18	4	1	3	26
SER	26	5	3	1	35
SWR	20	8	0	1	29
NHQ		1	3	2	6
<b>TOTAL</b>	<b>175</b>	<b>45</b>	<b>13</b>	<b>11</b>	<b>245</b>



**LET'S CHARGE OUR BATTERIES  
AND**

**GET READY FOR A BANNER 2009**

