



# DRUG DEMAND REDUCTION Newsletter



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## **National Red Ribbon Week!**

*Mike Simpkins ,NHQ, Chief Drug Demand Reduction*

During the week of 21-29 October, the CAP DDR program will mark its 14th year celebrating National Red Ribbon Week. It's a salute to the 1988 congressional proclamation honoring Drug Enforcement Administration Agent Enrique "Kiki" Carmerena, who was kidnapped and killed in Mexico in February 1985. This national observance has always been important to the CAP DDR program because it's a time when DDR officers get to orchestrate numerous community activities to show CAP's support for a drug-free America. Most importantly, it supports the DDR program's initiative of preventing drug use before it starts and sparing families the anguish of watching a loved one slip into the grasp of addiction. This year's "drug awareness by the mile" challenge focuses on supporting the decision to live a healthy, drug-free lifestyle. Here's a list of some of the activities being conducted throughout CAP:

- Proclaiming Red Ribbon Week by having community-wide celebrations involving city and county officials
- Visiting middle and elementary schools and speaking to students about a commitment to be drug-free
- Distributing red ribbons to students and school personnel and asking them to wear the red ribbon all week
- Decorating communities with red ribbons. Tying them on parking meters, trees branches and park benches
- Giving out red ribbons during Halloween celebrations
- Hosting activities at homes and community centers using the "Better Things to do than Drugs" theme
- Inviting local agencies to set up displays and exhibits with hands-on activities emphasizing the consequences of using tobacco, alcohol and other drugs
- Broadcasting special red ribbon messages on local radio and cable stations



These are just some of the ways units are supporting National Red Ribbon Week. I applaud Team DDR's commitment to spreading the drug-free message not only during October but throughout the year. For more information on National Red Ribbon Week activities, please contact your region, wing or unit DDR officer.

**WHAT IS YOUR UNIT DOING FOR RED RIBBON WEEK?**

## **OCTOBER IS HERE AND IT IS THE RED RIBBON CAMPAIGN MONTH**

Your DDR Team wants to offer the following to implement your DDR Program during Red Ribbon Month:

### **FAITH BASED**

Distribute Red Ribbons at your services (you can get them from your DDRA)

Give drug free message in your sermon

Include Red Ribbon insert in your bulletins

Hold an evening of prayer to those that have lost their lives from drug abuse and those affected by drug use.

### **MEDICAL**

Display a basket of Red Ribbons in waiting room lobby (don't forget to put copies of Volunteer in there) for patients and family members

### **AEROSPACE EDUCATION**

Talk about how drugs could affect you in flying and space. Rocket fuel is an inhalant, discuss the effects of inhalants.

### **GROUND TEAMS**

Talk about the affects of heat/cold with medications. Do you know what the different types of marijuana plants are and can you identify? What are your states procedures if you should come across this during a mission? What happens if the driver of the vehicle fills up with fuel and gets some on clothes or shoes, then starts to drive and all the windows are closed in the vehicle. How can this possibly affect the driver's performance?

### **AIRCREWS**

Review the FAR's Section 91.17 on Alcohol and drugs. Have an open discussion among aircrews to ensure they know each other. How do you ensure that their safety if you do not know their medical info? What happens if they have a medical emergency? Do you know who to contact and what to do? Remember, as the PIC (Pilot in Command) you are responsible for the crew and the aircraft. You need to know your designated airports for emergencies, medical personnel, and point of contact and location of private fields.

### **CADET PROGRAMS**

Have open discussions on subjects like:

Is it better to go along with the crowd or make your own choices?

What is peer pressure, and in what ways has it changed you?

How does it make you feel when you do something that you felt you shouldn't?

What makes it hard to say "no" to a friend?

What are the benefits of knowing how to say know?

Do you think that movies and television make alcohol use look attractive or unattractive?

Do you know anybody who has been harmed or lost their lives due to alcohol or using other drugs?

## **CIVIL AIR PATROL**

## **BETTER THINGS TO DO THAN DRUGS**

## ATTENTION JUNIOR CADET LEADERS OF THE ACE PROGRAM RED RIBBON WEEK IDEAS

*Your DDR Team*

As you know, Red Ribbon Week is just around the corner. DDR Team thought we would share some ideas for you to use in your programs. The following are low cost activities that schools around the nation have used to get the message out and had great success:

Put signs on doors that say "Close the Door on Drugs"

Put signs on trash cans that say "Drugs are Trash"

Everyone wear boots to school on same day to "Stomp out Drugs"

Wear a shirt backwards to "Turn your back on Drugs"

Have students wear Red – White and Blue clothing with the theme "Take a Stand for a Drug-free Land"

Wear Sweats to school one day with the theme "Being Drug Free is No Sweat"

Wear bandanna to school with a theme "Band Together against drugs"

Have the students draw posters about being drug free. Display them in school and community

Have the students trace their shoes and than design them for a theme "Stomp Out Drugs"

Make a banner that says: The students in room \_\_\_ pledge to keep all "hands off drugs" and handprints of each child with their name.

These are just a few ideas that the DDR Team would like to offer.



**GET INVOLVED!  
REMEMBER YOU ARE  
CITIZENS SERVING OUR COMMUNITIES ABOVE AND BEYOND**

*Trick-or-treat in familiar neighborhoods--at homes of people you know.*



*If approached by a stranger, go to the nearest well lit house and find an adult.*



*Don't trust anyone they don't know or recognize (even if they think they're just fooling around).*

**DO NOT eat any candy until they you inspect it first.**



**Drinking and Driving  
KILLS!!**

**HAPPY HALLOWEEN!!  
Have a spooky time and make it  
mishap free for everyone!**

## Martinsburg West Virginia Airshow

Article and photos by Russell Voelker, Capt. CAP, PAO Martinsburg Composite Squadron

Spectacular weather brought out an estimated 40,000 attendees to the *Spirit of America over Martinsburg* Air Show, held on September 20 and 21, at the Eastern West Virginia Regional Airport.

21 senior members and 13 cadets of the Martinsburg Composite Squadron spent most of their weekend parking thousands of cars during the air show. The squadron received a lot of compliments for their efficient and rapid handling of the traffic into the airport grounds on both days.



The squadron also manned a CAP Recruiting/Drug Demand Reduction (DDR) Booth during the two days of the air show. Approximately 1,000 people visited the booth and aircraft display, which included the squadron's Cessna 182-T, a restored 1940 Stinson CAP aircraft, and the Drug Demand Reduction truck. This specially marked vehicle was provided by Lt. Col. Jett Mayhew, National Drug Demand Reduction Team Leader and 1st Lt Walter Murphy, Assistant Drug Demand Reduction Coordinator for the Middle East

Region. 1st Lt Walter Murphy said "The community was very receptive to the Martinsburg Squadron booth that included DDR printed materials and activities as well as photos and print material on the squadron's history, 1943 to present. The parents and children alike thanked us for providing this service". The DDR program included several "Fatal Vision Goggles" activities, along with educational literature about drug abuse and lots of DDR promotional items.

The air show had many aircraft on static display including: a C-5A, A-10, F-86, T-6, T-34 and MH53 Helicopter. Performing acts included: a P-51, P-40, several stunt aircraft, wing walkers and a USAF F-16. In between the shows a few of the cadets were able to talk with a couple of the stunt pilots who had been former CAP members.



**Would you rather be under your sheets at home or under one in the middle of the road? Don't ride with intoxicated drivers.**



## An Argument for Drug Prevention

*Capt. Donna Daniels, PhD, GLR DDRC, Wisconsin Wing DDRA*



Why is drug prevention so important? According to a study conducted by the Office of National Drug Control Policy (2004), in 2002, substance use cost United States citizens \$180.9 billion with a grow rate of 5.3 percent. Today, substance abuse costs citizens \$400 billion. (Johns Hopkins University, 2007).

Health costs include several sectors. The community-based specialty treatment programs include private and non-profit organizations that provide treatment to those who are trying to overcome substance abuse. Federally-based specialty treatment is supported by the Department of Defense, Indian Health Services, Bureau of Prisons, and Department of Veteran Affairs. Health infrastructure and support are provided through Federal, State, and local prevention organizations, training, prevention research, and treatment research. Medical cost consequences include medical and ambulatory costs, drug-exposed infants, tuberculosis, HIV/AIDS, Hepatitis B and C, Crime victim health care costs, and health insurance administration. (Office of National Drug Control Policy, 2004).

Productivity costs include premature death, drug-related illnesses, institutionalization and hospitalization, productivity of loss of victims of crime, incarceration, and crime careers. (Office of National Drug Control Policy, 2004). Other costs have three components. Criminal Justice System and Other Public Costs include State and Local police protection, State and Local adjudication, Federal, State, and Local incarceration, and Federal spending to reduce supply. Private costs include private legal defense and property damage for victims of crime. The final component is social welfare. This is the community consequences of substance abuse. (Office of National Drug Control Strategy, 2004).

There is no argument that as we fight for the prevention of substance abuse, the problem grows. Research tells us that, "illicit drug users make over 527,000 costly emergency room visits each year for drug related problems." (Johns Hopkins University, 2007). We also find that drug offenders have increased in number. There has been "more than 80 percent increase in the number of federal prison inmates since 1985." (Johns Hopkins University, 2007). Crimes, in general have been connected to substance use. "More than 75 percent of domestic violence victims report that their assailant had been drinking or using illicit drugs at the time of the incident." (Johns Hopkins University, 2007). The most significant statistic is found in effects substance use has on children. "Children from families with substance-abusing parents are more likely to have problems with delinquency, poor school performance, and emotional difficulties than their peers from homes without substance abuse."

Why is drug prevention important? For every \$1 spent in drug prevention, \$10 is saved in economic costs of intervention. (Pentz, 1998). Drug prevention saves money, saves lives, and saves communities.

Overcoming attitudes are also a major contributing factor to substance abuse. There are many people who believe that kids are going to experiment no matter what we do. Some of you are reading this article. It is easier to accept what is perceived as normal thinking rather than changing it. However, who is going to stand up for the kids?

Civil Air Patrol Drug Demand Reduction Program is one of many prevention programs that give young people an opportunity to develop important life skills and opportunities for reaching their fullest potential as citizens serving their communities. Our job is to help young people (our cadets) when they reach a cross roads where they may be contemplating the choice to use, or they are concerned about someone they know who is contemplating that choice. Our job is to find a creative way where our cadets become part of the solution rather than the problem.

Many unit representatives feel that they cannot have a DDRP because they do not fall within the area required for funding. Most prevention materials are free. There are websites that have free material with free shipping and are available to the public. The cost of a DDRP should be limited to supplies and shipping. Funding should never be a deciding factor on whether or not drug prevention is necessary for your unit.

The DDRP is blazing new trails for CAP in the partnerships with the three missions. It is something that is as easy as a three minute briefing with the safety officer. Let the cadets develop skits to present to community centers and schools. In this effort cadets are doing the research, being creative, having fun and working toward drug prevention in their communities. Use the resources available on the DDR website. There are games and educational tools that are easy and fun. Drug prevention does not mean that senior members preach at the cadets about the dangers of using alcohol and drugs, they already know that. Make it fun, use your resources.

Our opportunity is to be partners within the CAP organization, the United States Air Force, school districts, and the community to prevent substance use among adolescents. This opportunity will help get the name of Civil Air Patrol out and to recruit young people into our organization. We need cadets and senior members to step up and commit to growing our Drug Demand Reduction Program. Contact your Unit Commander, Deputy Commander of Cadets, or Wing Drug Demand Reduction Coordinator for more information on how you can become part of one of the growing programs in Civil Air Patrol.

## Weathering the Storms

*Lt Col Jett Mayhew  
NHQ, DDR Team Leader*



This airplane is a Gippisland Airvan, the newest aircraft in the CAP fleet. It is used as a platform for air transport and for the ARCHER hyper-spectral imaging system. It was designed to soar and provide safe and reliable travel for its customers. But it can't soar all the time and when it is not flying it is on the ground and vulnerable to the forces of nature. While a plane like this would warrant a hangar for protection, one may not be available, and when that is the case, it is protected from blowing away by cables or "tie-downs," firmly attached to the tarmac. Even the strongest winds pose little threat to the airplane of blowing away as it "weathers the storm."

We humans are no different! We too were created to soar, however, often we find ourselves on the ground often. We are vulnerable to our own "storms" and when strong enough, turmoil or "winds" which could "blow us away" or more literally, put us in a position of "blowing ourselves away." We must employ our own tie downs - Self Esteem - Teamwork - Leadership—to soar.

Let's send the message that drugs are dangerous. You don't need drugs to feel good about yourself or to win approval from others. To be good leaders in our community, we must work to make it as easy as possible for our members to make the choice against drugs. We can do it by creating the proper environment--a safe, secure space, where we can acquire a sense of self-confidence so no amount of peer-group pressure can push them into taking drugs.

We as members are the Citizens Serving our Communities Above and Beyond. Be a voice to the residents in your community by proclaiming the drug awareness message. Let them know that Civil Air Patrol is there to make a difference in the community. Be a leader and develop a team or committee which includes, law enforcement, teachers, parents, counselors, students, and friends to impact America's future in a positive way.

We can get thru these storms with developing a team of members. We bring our teams together during disasters that are thrown at us. We ensure that our aircraft are "tied-down" to protect them from winds that could damage them. We step up to the challenge whenever we are called even in the middle of the night. NOW is the time for us to get a team together to be proactive in our communities and be Citizens Serving our Communities Above and Beyond.

***Are you ready to make a difference?***

## Shawfest 2008 and the SC Wing DDR Program

*Major Lavonne Adams, SCWG DDRA*



Shawfest 2008 "Thunder over the Midlands" was not intended to represent Tropical Storm Hanna, but immediately following the storm, approximately 50,000 people kept their eyes to the sky. Shaw AFB, Sumter, SC, hosted an air show which showcased America's Airmen, the Air Force's leading technology, vintage aircrafts, extreme aerial demonstrations, and various displays on Sept. 6, 2008. Shawfest was an opportunity to show appreciation to the communities that support Team Shaw and all of our Armed Forces every day and to focus on alcohol and drug abuse, prevention and awareness. There was plenty for the crowd to see.

The SC Wing CAP Drug Demand Reduction (DDR) Program worked in conjunction with Lacey Brown, DDR Program Manager, Shaw AFB and the Lexington Richland Alcohol and Drug Abuse Council, Columbia, SC, in distributing promotional items and drug awareness pamphlets to the crowd. With the use of Cadet Ken, an excellent recruiting tool, cadets and seniors distributed red balloons and candy displaying DDR slogans for Red Ribbon Week. Although Red Ribbon Week is officially in October, it can be celebrated throughout the year.

This was a unique opportunity to see, touch, and feel the excitement that was not only in the air, but on the ground. The cadets and seniors enjoyed meeting everyone from across the region and strengthening the wings bond within the local community. The participating squadrons were Anderson, Coastal Charleston, Florence, Greenville, Lexington, Murrells Inlet, Spartanburg, Sumter and York Composite and Camden Military Academy, Dent and Richland Cadet Squadrons.



## Arizona Wing DDR Program Getting It Done

*Capt Marilee Taylor, AZWG Assistant DDRA*

The past year has been a year of growth for the Arizona Wing DDR Program. June of 2007 saw the appointment of a new wing DDR Administrator and Assistant Administrator. That got things rolling for the program in Arizona. Since then many of the squadrons have appointed a squadron DDRO, and several have a cadet DDRO.

The wing has had a DDR activity at almost every cadet event. Squadrons have become more active in assisting with drug prevention programs in schools and communities. Some participate in parades and had out airplanes or candy with drug free messages, others assist school classes or other youth groups with rocketry and leadership training. By the time summer encampment came around this year the DDR program was running strong. The encampment commander provided a 4-hour time block for the DDR program. With the assistance of members of the Air National Guard, we were able to keep the cadets busy with different activities during the full 4 hours. The cadets rotated through the activities so they were able to attend each one. Some started with team building exercises provided by the Guard while others were trying to open candy with gloves on, watching a video and receiving information about drug abuse, or trying to "land" on a runway while wearing fatal vision goggles. The final activity had teams trying to help the leader get them through an obstacle course while the leader was blindfolded. We ended the events with a discussion on the activities and the problems associated with drug abuse.

The DDR program in Arizona had a successful year and is gearing up for another great one. Plans are under way for several events and school sponsorships for Red Ribbon Week.

## Some Interesting Percentages Learned

*Capt Timothy Medeiros, FLWG DDRA*



This summer at one of our encampments, I conducted an informal discussion, survey, and hands on activity with Fatal-Vision Goggles. Officially there were 182 cadets and 21 senior members in attendance at the encampment but due to a scheduling error, only 86 people attended the class. The discussion lasted as long as my voice did, about 40 minutes. I arranged for Chaplain and MLO services to be available for any member who needed them.

I presented the survey and the results were quite interesting. The survey revealed that first and foremost, the majority of squadrons represented had no functional DDR presence. Is this because they have no idea of what the program is? Were they just parroting what they have heard from various adult members who feel there is no need for it, as their cadets do not do drugs? Secondly, a high percentage of cadets had family members who do drugs, more than I expected. Do we assist our members who are coping with the effects of the family members' drug use?

### Survey results

29% have family members who use drugs

52% have friends that drink

32% know drug dealers

58% know someone who has been arrested for drug or alcohol use

50% have used alcohol themselves with the age range beginning at 2 ending at 17; the highest range is between 10 and 15

12% have tried drugs between the ages of 12 and 15

29% personally know someone who has died from drug or alcohol use

45% have been encouraged to use alcohol either by a peer, an adult, or by both

Lastly, these are the responses of our cadets in a non-biased format. Are we listening to them or turning a blind eye? Granted, this is a very small non-scientific representation, but if extrapolated shows that the issue is a far bigger problem than most are willing to admit. These young people are the future of not only Civil Air Patrol but also the country. We can't let them fail in their dreams to succeed. We must be willing to acknowledge there is a problem with drugs and alcohol in our communities and work to be a part of the solution. Get involved with the DDR program as we communicate the drug-free message in CAP and our communities.

**COLORADO WING WINS DDR CONTEST**

**Congratulations to the Colorado wing for having the most activities and REPORTING within the time specified by the guidelines for the first part of the year. They will be receiving 20 sports bags. GO COLORADO WING!**

## Energy Drinks

*MAJ Dean Kellerhouse, DDRO, Finger Lakes Group, NY Wing*



Have you tried an energy drink? Used one to stay awake during a field exercise, or just studying? You may be taking a bigger risk than you know – and ingesting a mind altering chemical.

Energy Drinks are beverages which contain large doses of caffeine and other legal stimulants drugs like

- ephedrine,
- guarana
- Ginseng.

Energy drinks are being aggressively marketed to people under 30.

According to the Marin Institute (A California – based advocacy group) these beverages are exploding in popularity. In 2006, 500 new energy drink products were introduced worldwide, and Annual energy drink sales total \$3.2 billion. Thirty-one percent of 12- to 17-year-olds are regular consumers as are 22 percent of 25- to 34-year-olds

Two studies led by Research Scientist Dr. Kathleen E. Miller, at the University of Buffalo (NY) investigated the link between energy drinks and public health concerns like substance abuse and risky behaviors. Investigators found that although the principal target demographic for energy drinks is young adults ages 18-25, they are nearly as common among younger teens. In a study involving 795 Western New York male and female undergraduate students, researchers found that frequent energy drink consumers (six or more days a month), were about three times as likely than less-frequent energy drink consumers or non-consumers to have

- smoked cigarettes,
- abused prescription drugs
- Been in a serious physical fight.
- Reported drinking alcohol, having alcohol-related problems and using marijuana about twice as often as non-consumers.
- more likely to engage in other forms of risk-taking, including
  - unsafe sex,
  - not using a seatbelt,
  - participating in an extreme sport and
  - Doing something dangerous on a dare.

**Science Daily** reports that College students who drink alcohol mixed with so-called “energy” drinks are at dramatically higher risk for injury and other alcohol-related consequences according to new research from Wake Forest University School of Medicine.

In a web-based survey of 4,271 college students from 10 universities, researchers found that 24 percent of students who reported drinking alcohol in the past 30 days said they consumed alcohol mixed with energy drinks. Mary Claire O'Brien, MD (associate professor of emergency medicine and public health sciences and lead researcher on the study) found from speaking with students, and from researching internet blogs and websites...that college students mix energy drinks and alcohol in order to drink more, and to drink longer.

Compared to current drinkers who did not consume alcohol mixed with energy drinks, students who did drink significantly more during a typical drinking session (5.8 drinks versus 4.5 drinks/typical session). They reported twice as many episodes of weekly drunkenness

The Food and Drug Administration (FDA) limits caffeine to 65 milligrams per serving of a food or beverage. Since energy drinks are currently not regulated by the FDA, they can contain as much as 300 milligrams of caffeine (four and a half times that in a cup of coffee) in a single serving.

The researchers found that students who consumed alcohol mixed with energy drinks were twice as those who drink just alcohol

- to be hurt or injured,
- to require medical attention,
- To ride with an intoxicated driver, as were students who did not consume alcohol mixed with energy drinks.
- to take advantage of someone else sexually
- Twice as likely to be taken advantage of sexually.

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If you're studying, trying to stay awake for work, don't think about energy drinks as if they were a cup of coffee or a soft drink. They contain stimulants which can be dangerous to you and to those around you. If you or someone you know is using energy drinks and alcohol together, it's a dangerous behavior which could cost a life. Get help – talk to a CAP officer, a school counselor, or an adult family member NOW!  
SEMPER VIGILANS!

### References

University at Buffalo (2008, July 25). Energy Drinks Linked To Risk-taking Behaviors Among College Students. *Science Daily*. Retrieved July 29, 2008, from <http://www.sciencedaily.com>

Wake Forest University Baptist Medical Center (2007, November 6). Energy Drink 'Cocktails' Lead To Increased Injury Risk, Study Shows. *ScienceDaily*. Retrieved August 22, 2008, from <http://www.sciencedaily.com/releases/2007/11/071104191538.htm>

## CENTENNIAL OF FLIGHT CELEBRATION

*1st Lt Walter J Murphy, DDRA Maryland Wing photos by 1st Lt Murphy and College Park Squadron*

07 Sept 08- Where were you during Hurricane Hana? I know where Capt Charles Davis was. He was supporting the CAP Drug Demand Reduction Program at Fort Myer, Virginia during their Centennial of Flight Celebration. College Park Squadron is located at College Park Airport, Maryland, the oldest working airport still in operation in the world. College Park Squadron supports the museum located at the airport. The museum requested the squadron's support at a joint activity it was having with the US Army at Ft Myer in Virginia. Ft Myer was to have a flying replica of the 1908 Wright Bros Flyer, originally provided to the Army at Ft Myer in 1908. Of course the weather changed the schedule of activities and moved everyone indoors. Of the thousands of people, who had been expected to attend, Hurricane Hana had changed things.



Approximately 1200 people attended.

About 300 of which Capt Davis met with "Fatal Vision Goggles" in hand. He handled the task by himself. The expected weather curtailed the participation of other members.

**Not one week later, here he is again on Sept 13th, at the City of New Carrollton, Maryland, Community Day.**



He provided DDR activities, print materials and conversations with children and parents alike. He was later joined by cadet members from his unit. You see, his unit was also supporting a Group 3 event at the Goddard Space Flight Center, at the Center's request. This would not be unusual for any active Drug Demand Reduction Officer (DDRO).

But he is not a DDRO. He is the squadron's Deputy Commander for Cadets. His squadron understands the importance of CAP's DDR program in the communities surrounding the Nation's Capital and is not afraid to do something about it.



# Saying NO to Drugs is Saying YES to Self-Esteem



## FALL DRIVING TIPS

*From the National Safety Council*



Autumn leaves drift by the window and right into the street. Driving in the fall presents its own colorful set of problems. Decreasing daylight and wet leaves create challenges for the unsuspecting driver.

Patches of fallen leaves can be just as treacherous as patches of ice. Fallen leaves retain large amounts of water and can create a slippery surface. Drive slowly through them and avoid hard or panic braking.

Fall brings the first frost. Be aware of slippery conditions that occur with frost. At freezing or near freezing temperatures, the moisture on bridges and overpasses will become ice much more quickly than the approach roadway. The roadways hold heat and the bridges do not; you can go from wet roadway to ice in just a fraction of a second.

School buses are as common in the fall as dandelions in the spring. Be particularly careful around them. Your responsibility in the presence of a bus with an extended stop arm and flashing red lights is to stop and remain stopped until the warnings are withdrawn, regardless of your direction of travel. The only time a driver is not required to stop when approaching the front of the school bus is if the bus and the vehicle are on separated roadways.

Frost, sunshine, wet leaves on the road, school buses, and kids horsing around on the way to school can be a disaster if they come together at the wrong time. Please recognize the hazard and drive accordingly.

Fall weather can present challenges to drivers. Rain, fog, sleet and wet snow require full driver attention. Remember the "two-second rule" when following other drivers, and in severe weather increase your following distance. If you are being tailgated, let the other driver pass.

As you know, the sun rises later and sets earlier as fall approaches. Your commute to and from work may find you driving directly into the sun. Fall driving in can be beautiful but glare can also make it dangerous. Be sure your windows are clean, inside and out, and have sunglasses handy. When you lower your visor, push it all the way forward, then pull it back to the proper position don't leave the edge of the visor inches from the bridge of your nose where it could cause injury in a crash. If you're driving away from a low sun, glare will not be a problem for you, but it can be for the drivers approaching from the other direction. It may help to use your low beam headlights, allowing you to be seen more readily.

The decreasing daylight may also mean that some drivers will be commuting in twilight or dark conditions. A driver's vision, including depth perception, color recognition and peripheral vision, is compromised in darkened conditions. Diminished visual ability, brought about by the natural aging process, leaves the older driver more vulnerable to night driving hazards. The human body becomes more relaxed and less alert in the dark, becoming more easily lulled and drowsy. However, there are ways to minimize the hazards associated with driving in the dark: Prepare your eyes for night driving. When you step out of a brightly lit building into a darkened environment it takes anywhere between two and five minutes for your eyes to begin adjusting to the change in light conditions and it takes a full 30 minutes to fully adjust. Allow your eyes that little extra time to adjust before driving into the dark. Make sure your headlights, tail lights and turn signals are all working properly. Turn your headlights on as soon as the light begins to fade. Always use low beams when traveling in foggy conditions the light of your high beams will simply be reflected off the moisture in the air right back at you.

Check the aim of your headlights. Badly aimed headlights reduce the distance you can see and possibly blind oncoming drivers. If you think your headlights are not aimed properly have them adjusted. You can adjust them yourself by checking them against a blank, flat surface while parked on a level driveway, or take them to a professional.

Common sense along with the basics of safe driving (always wearing a safety belt, driving alert and sober, and driving at safe and legal speeds) can help you travel safely in the fall.

**NOW THAT YOU READ ABOUT THE HAZARDS,  
WHAT DO YOU THINK CAN HAPPEN IF YOU ADD ALCOHOL AND  
DRUGS!**

## DDR BY THE NUMBERS

As the DDR program continues to expand, we would like to say **THANK YOU** for your support and commitment!

DDR Assignments by Region

	DDRC	DDRA	C/DDRA	DDRO	C/DDRO	TOTAL
GLR	1	5	0	43	1	50
MER	1	10	2	81	24	118
NCR	1	4	0	32	2	39
NER	1	7	1	55	3	67
PCR	1	6	0	46	3	56
RMR	1	5	1	38	2	47
SER	0	4	1	43	2	50
SWR	1	5	0	45	4	55
Total	7	46	5	383	41	482

Specialty Track Enrollment

Region	None	Tech	Senior	Master	Total
GLR	10	3	1	0	14
MER	33	6	1	3	43
NCR	15	1	7	0	23
NER	30	7	3	1	41
PCR	14	2	0	0	16
RMR	18	4	1	3	26
SER	22	5	2	1	30
SWR	17	8	0	1	26
NHQ	0	0	3	2	5
Total	159	36	18	11	224

**October 21-29 CAP celebrates Red Ribbon Week send you articles and pictures to [Jettm14@aol.com](mailto:Jettm14@aol.com) before November 5<sup>th</sup> so we can put in the November newsletter!**

