



DRUG DEMAND REDUCTION Newsletter



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We want to publish your DDR stories in the DDR Newsletter.

Send articles and photos to:

**Maj Lynn Stuart
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Alcohol Puts Kids At Increased Risks For Violence

Lt Col Jett Mayhew
National DDR Team Leader

Although consumption of alcoholic beverages is illegal for those under 21 years of age, over 10 million drinkers in the U.S. are underage. Young people who drink are more likely to be victims of violent crime, have serious problems in school, be involved in drinking-related traffic accidents and develop alcohol dependence.

Underage drinking is an issue that demands our attention and action our members can be one of the strongest allies in the battle to keep our young people alcohol-free. It's not enough to tell young people that he or she should avoid alcohol - we need to set a good example and teach them how.

Just as important, youth who use alcohol may engage in other dangerous activities such as date rape or physical violence because of impaired decision making. Our cadets and the youth in our communities are our future. Do you want your daughter, son, sister, brother, niece, nephew, or friends to have a healthy future? YOU can make a difference.

Our DDR Coordinators, Administrators and Officers are here to assist you in awareness, prevention and making a difference. Spread the word in your communities Civil Air Patrol "Better Things To Do Than Drugs"



New DDR Podcast Available

Mark T Shatzer, 1Lt CAP
Drug Demand Reduction Officer
Morgantown Composite Squadron

<http://www.DDROIP.com>

<http://www.myspace.com/ddroip>

<http://www.saynow.com/ddroip>

The 8th episode of the Drug Demand Reduction Over Internet Protocol podcast was just released! Check your iTunes subscription or the DDROIP.com website to listen to the "Date Rape Drugs & Spring Break" episode!

"Spring Break 2008 is upon us and the inherent risks associated with it have also returned. LT and CW discuss the infamous date rape drugs and how to avoid them. Included are some tips on what to do if you think you may have been drugged."

Due to this being an enhanced podcast, you need to have iTunes or Quicktime installed on your computer to listen to the m4u file format.

N.C. CADET TAKES ROTARY ANTI-DRUG SPEECH HONORS

Cadet 2d Lt Glen Edwards of North Carolina's Johnston County Cadet Squadron recently won the Donald Hayman Rotary Club's Against Drugs speech competition. His outstanding speech addresses the strategies necessary to teach children to reject drugs, alcohol and tobacco. This is not your run of the mill "Say No to Drugs" speech. Using real world examples, he explains that education and early intervention are key.



Cadet Glen Edwards

The speech is so powerful that, with Cadet Edwards' permission, the audio has been added to the DDR Website at http://www.cap.gov/documents/Edwards_Speechmp3.mp3. The entire text of the speech is listed below. Even though it is longer than our usual articles, it is an extremely important and enlightening message.

"In early 2005 I was riding home on the bus, an excited and terrified freshman on my way home from my second week of high school. I was offered drugs that day on the bus, and I can assure you that it was a moment in my life I will never forget.

"All my childhood, I had been taught to say no to drugs alcohol and tobacco. So all the things that I ever had been told by my parents and my teachers came down to this moment.

"No,' I said, completely stunned.

"You don't know what you're missing,' he said.

"And he was right. I didn't. But there was no way I was going to throw away my entire life to find out.

"In retrospect, it was both the foreknowledge that I *would* be asked and understanding how I was going to react when asked, that helped me that day on the bus.

"We kids need to be taught early that there are bad people and bad influences out there. So, how exactly do we reach out to kids?

"High-schoolers are easy. You can just talk to them, reason with them.

"Unfortunately, the average North Carolina student started smoking just after they turned 12 years old. *Twelve*. Those are our *seventh-graders*, our *middle-schoolers*.

"Talking to high-schoolers won't do any good -- it's too late. We need to educate *before* the problem arises. We need to prevent, not repair.

We need to reach out to the elementary school kids, expose them to kids like me, stories like mine, who've had the chance to say yes but instead said no. We need to talk to younger kids on their level.

"Studies have shown throughout the world, no matter the country, no matter the language, no matter the age, plays and skits get kids both involved and interested. So let's go to schools, perform plays, sing songs, get them involved in a way they will understand.

"Design a play for kids. What does it take? Well, design *good* characters, and in *colorful* ways -- things like the kid who said no, or the teacher who actually knew what they were talking about. Then, make ugly monsters who represent peer pressure or drugs, alcohol and tobacco.

"When doing this, ask yourself, 'How does successful marketing reach kids?'

"Commercials? Well, they use costumes. TV shows use cute animals and things like that. All of them appeal to kids because they can relate to them.

"If we can spend a million dollars to promote a burger or are willing to spend hundreds of dollars on a Hannah Montana concert ticket, don't you think that we can spend a similar amount of money to motivate the youth of America to make good choices?

"Once those elementary school students actually reach middle school, knowing what to say and what they're going to do in many situations will give them the leg up that they need to have the power to say no and mean it.

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"If you ask any 13-year-old -- like my sister -- they'll tell you that they're *invincible*! Nothing could ever happen to *them*! They're like the *people on TV*!

"Popular channels target their shows to their audiences. They know that kids want to see kids in control.

"What we need to show are kids in control of themselves, making good decisions and understanding the consequences of bad choices. Unlike TV now, we need not portray adults as bumbling fools, but as *role models* -- not people you outsmart at every turn, but people that you can *trust* and who you can turn to and learn to make good decisions.

"Like so many others, Johnson County Schools has a mission statement. The first line reads, and I quote, 'Johnson County Schools will foster a flame for learning within each child that will last a lifetime.'

"A lifetime. That's a *long* time.

"It's been said you can't teach an old dog new tricks, so ... let's get going.

"Begin teaching them how to say no when they're young, so that by the time the problem arises, their response will be so prepared that it'll be instinctive, it'll be reflective, it'll be automatic to say no and understand the severity of the situation so that they just avoid it.

"*Just say no.*' It's a very popular phrase when teaching kids not to use drugs, tobacco or alcohol. Many say it's just that easy.

"It's not. *Just say no* is a quick fix. And quick fixes don't last a lifetime.

"We need to understand *why* we're saying no. We need to say *what* we're saying no to. And most importantly, we need to know *how* to say no.

"Just saying no won't work in the real world. We need to be taught to deal with the situation. Let's say you were to go into a situation that you knew very little about, but all your life ... 'Oh, just say no.' Or, 'Oh, oh, just say yes.'

"How likely would you be to follow through with that? I would want some background information.

"We need to be kept abreast of new things, new ways to say no. Follow by the examples from those who have had the guts to say no in the past.

"The youth of America doesn't need to be taught to say no, we need to be taught *how* to say no."

According to a national study by the Partnership for a Drug Free America (PDFA), most teens say that losing their parents' approval is their number one reason to not use drugs. We may not be the parents of our cadets but we certainly have an influence. When talking with cadets...

- Be absolutely clear that you don't want them using drugs.
- Be a good listener and give honest answers to their questions.
- Use the DDR Lesson Plans to help you introduce the subject in a natural, unforced way.
- Don't react in a way that will cut off further discussion.

Get more talking tips:

http://www.theantidrug.com/advice/advice_start_convo.asp

Youth in the US, on an average day in 2006.....

- 7,970 drank alcohol for the first time
- 4,348 used an illicit drug for the first time
- 4,082 smoked cigarettes for the first time
- 3,577 used marijuana for the first time
- 2,517 used pain relievers non-medically for the first time.

Youth who used alcohol in the past month drank an average of 4.7 drinks per day on the days they drank and those who smoked cigarettes in the past month smoked an average of 4.6 cigarettes per day on the days they smoked.

Source: [The OAS Report: A Day in the Life of American Adolescents: Substance Use Facts](#)

Getting Senior Members Involved in DDR

1st Lt. Michael O'Connor

NH Wing Assistant DDRO As the DDRO for a composite squadron, I find most DDR activities tend to center on the cadet component of the squadron. This seems to make sense, as most of them are at an age when the challenges of dealing with drug and alcohol abuse are at possibly the greatest level of their life. While most senior members of the squadron are past those awkward teenage years of having to deal with the peer pressures of schoolmates, they can still face challenges of their own. They can also bring along their expertise and experience, greatly enhancing a DDR program. Here are a few simple suggestions on incorporating the senior component of the squadron into its DDR program.

Senior DDR Presentation - The challenges of the senior members are different than that of the cadets, so this presents an opportunity to make a DDR presentation to the seniors only and gear it more to their concerns. During actual SAR or other ES missions, pilots and crew may be tempted to use over the counter drugs to aid their performance, increase their energy, or prevent fatigue. A squadron DDRO can formulate a lecture or discussion exploring the possible dangers of these drugs, and how their misuse can effect the safety and lives of the pilots and crew.

Counter drug - Tie your DDR program into your counter drug program. Make a training presentation to the air crews on how to identify drug fields and other clues from the air. Incorporate counter drug sorties into the next Wing SAREX. Finally, put this training to use by getting counter drug crews qualified and up in the air. Contact local and state authorities and see if this is a resource they can tap into.

Get Seniors Involved - Get more seniors involved in the cadets DDR program. The cadets look up to senior members of the squadron, and a little positive influence can go a long way. The education and inspiration you give them may be just enough to keep them from making a poor decision.

Communicate with other DDRO's - Other squadrons may be doing great things. Create a contact list of local squadrons. Get involved in their activities, and invite them to partake in your own.

These are just a few suggestions to enhance your squadrons DDR program. By incorporating these ideas, you can vastly expand your own program and make a larger impact on the nation's war on drugs.

DDR Teletraining Schedule for April – May

Teletraining is a great way, from the comfort of your home, to learn the *ins and outs* of the DDR Program from NHQ staff and highly successful DDR team members. There is no travel, lodging, or additional meal expenses.....and you don't even have to wear a uniform.

Each course runs about 60-90 minutes in length.

DDR Basics
14 Apr and 5 May
7:00 PM CDT

DDR Budget Process
21 Apr and 12 May
7:00 PM CDT

DDR Activities
28 Apr and 19 May
7:00 PM CDT



To enroll in a Teletraining course, send an email specifying the course you would like to attend to Major Lynn Stuart at sleds88@msn.com. Classes fill up quickly, so register early. If the class is full, you will be notified and put on the wait list for the next available session.

Completion of these courses satisfies training requirements of the DDR Specialty Track.

DDR Trailblazers: Wyoming Wing and Prairie Wind Squadron

Lt Col Susan McDonald, WYWG DDRA

At Wyoming Wing's Prairie Wind Composite Squadron, every activity they do has a DDR goal to meet. Whether it's CPFT, AE, character building flight time, Leadership class or community service, they find a way to add DDR to the event.

Last year when students at the local middle school joined the "After school club", in addition to signing their applications and pledging to follow the tenets of the cadet oath and the CAP Core Values, each student signed a Drug Free and Proud pledge to stay off drugs and alcohol in order to join the club. These same cadets introduced their friends to DDR at the February Basketball tournament where cadets and seniors manned the concession booth and raised funds for the cadets. Also these cadets introduced their parents and siblings to DDR at the Spring Airman induction ceremony. With the Wing DDRA and unit DDRO on hand to explain the concepts behind DDR in CAP, and handout brochures and goodies to everyone a very educational evening was had by all.

Come summertime with Orientation Flights and model rocketry days, the DDR display stands tall as a constant reminder to the necessity of remaining drug free in order to look to the stars and prove to all their friends the real possibility that they may one day 'more than meet the skies' in their climb to succeed in the aerospace industry.

Even the air shows at Glendo and Cheyenne, found Prairie Wind members with plenty of DDR materials to hand out in addition to recruiting items.

Now a new class of cadets embarks on an adventure to make DDR a part of their daily lives and let the CAP Red Ribbon theme "Better things to do than Drugs" really have meaning in their lives. The Spring Airman induction ceremony is once again upon us and it just wouldn't be a Prairie Wind activity if the DDR display wasn't there.

This new program, Famous Aviators, is a perfect melding of AE and DDR, our hats off to the NHQ staff for their awesome idea to bring Dr Ben Millspaugh back. Combining AE and DDR has always seemed like the perfect match here in Wyoming Wing. Lt Col Susan McDonald, Wyoming Wing's DDRA states that " Back in my COWG days, Dr Ben was very

instrumental in my interest in the cadet AE program. I attended his region aerospace seminar at the Wings Museum just because I was the only one available from the unit I was with at the time to learn about the brand new AEX program he had created. I was petrified, ME teach aerospace? You have got to be kidding, a rocket scientist I am not. But his smile and genuine caring for passing on his knowledge, his easy step by step instructions and ability to keep the activities as inexpensive as possible allowed me to feel comfortable teaching cadets their AE modules and AEX projects. From that point on that unit completed AEX for 4 years.

Eight years later in a new wing, the knowledge given to me by Dr Ben and the ease with which AE can be integrated into the DDR program has revitalized me to push into a new arena, teaching AE as apart of the DDR program." Welcome Home Dr Ben!

In April, Lt Col McDonald will venture out to Southeast Schools, in Yoder Wyoming and spend the week there with the students and teachers, in Wyoming Wing's first ever Dr Ben Aerospace Days. A solid week of afternoons spent in hands on AE activities with a different age group every day. Yes! DDR will also be included; this school was one we visited for Red Ribbon Week 2007. They are a smaller school eager to learn about aerospace and CAP, and just might possibly be our next school interested in the School Enrichment Program. Thanks to Dr Ben and the great folks at NHQ AE and DDR for all the really great help they have sent to us for this awesome endeavor.

Prairie Wind's DDRO is so sold on the program that it trickles into his everyday errands. Whether it's a trip to the bank, the local grocery or even an auto parts store, a friend's house for Thanksgiving Dinner or an emergency trip to Florida for a sick relative, Major Dennis Cornell is never with out his DDR Go Kit. Stocked with brochures and information, he takes DDR into places you'd never imagine as a place to do a DDR talk.

Wyoming wing is definitely set on blazing a trail through Wyoming to encourage teachers and students to "Make a Better Tomorrow One Student at a Time".

Pennsylvania Wing's Allegheny County Composite Squadron Utilizes NHQ DDR Lesson Plans

2d LT Brian Clelland

On the evening of Tuesday March 18th just after opening announcements, the Cadets of the Allegheny County Composite Sqdn 602 were dismissed to attend their monthly DDR Meeting. The meetings are lead by the Squadrons DDR Officer, 2d Lt Bryan Clelland.

The meeting began with some general discussion centered on the subject of the lesson while Lt Clelland with the help of a couple of Cadets set up the audio visual equipment. Prior to each DDR presentation Lt Clelland downloaded the lesson plan and power point presentation directly from the National Civil Air Patrol DDR site.

The meeting began with a review of the effects of drugs on the brain. Lt Clelland was pleased that this review was well received and that it stimulated some great discussion among the Cadets just prior to the night's lesson. After this review Lesson 3, "Cocaine and Crack" was given to the Cadets.

The power point presentation provided by National really works well to get the message across. The lesson's objective was to gain an understanding of the difference between cocaine and crack as well as to equip the Cadets with the ability to spot the signs that young people may be involved with this drug.

During the lesson the Cadets of Squadron 602 learned how these drug appear, the long and short term effects on users, the Federal Classification and the penalties for possession.

One of the most important lessons learned by the Cadets was a plan on what to do if they knew someone who was using cocaine or crack. The



Cadets participating in the DDR training: C/2d Lt Voron, C/CMSgt Krivjanik, C/MSgt Boettner, C/SrA Marcone, C/Amn Hawkins, C/A1C Olson, C/SrA Traficante, C/SrA Clelland, C/Amn Burland, C/Capt Steiner and C/2d Lt Weiser

Cadets were taught to immediately notify the Deputy Commander for Cadets or the Cadet Programs Officer, Chaplain, Moral Leadership Officer or Unit Commander. The lesson on cocaine and crack was ended by a general discussion on ways that the Cadets can say "NO" to drugs without isolating themselves.

The DDR Officer position is new to Squadron 602 and new to Lt Clelland. The resources provided by National really helped to get the program started off to a great start. The DDR program is a great way for Senior Members of the Squadron to get to the Cadets as well as to gain a better understanding of the potential dangers that are lurking in so many places for our youth. Involvement in the Civil Air Patrol and participation in the Drug Demand Reduction program will go a long way to help ensure that our Cadets stay on a path that is drug free and leads to success.

DDR Lesson Plans available at the NHQ DDR Website (<http://www.cap.gov/index.cfm?nodeID=6971&audienceID=4>)

What is CAP DDR Program and Why is it Important
Hallucinogens
Alcohol and Tobacco
Oxycontin
Performance Enhancing Drugs

Mentorship
Heroin
Marijuana
Club Drugs
Prescription Drugs

Cocaine and Crack
Inhalants
Methamphetamine
Ecstasy and Herbal Ecstasy
Non-Prescription Drugs

Not All Energy Drinks Are The Same

Capt Timothy R. Medeiros, FLWG DDRA

When the term energy drink is used in conversation, what is conjured up in your mind? Typically, vast amounts of caffeine come up first in the list followed by various herbal concoctions. Most people are unaware of the total amount of caffeine they may be consuming with each can or bottle and its cumulative effects on the human body. Each can possibly could contain as much as 40 milligrams of caffeine per ounce and may range from 8 to 36 ounces per container. A cup of coffee will generally contain anywhere from 7 to 16 milligrams and tea 5 to 6 milligrams per ounce for an 8 ounce cup.

Some but not all of these high range caffeine drinks do have disclaimers warning of potential adverse health effects at such high levels; such as high blood pressure, headaches, nausea, palpitations, and dizziness or asthma attacks. A few even go so far as to say, do not drink more than one can a day. But realistically, just how many people heed this advice let alone read the label.

Now the next generation of drinks has an added surprise, the inclusion of alcohol. Several brands have now marketed a version that has a higher content than alcohol free beers, or more than 2.5 %, and regular beers of 3 to 6 %. These versions range from 6 to 9% malt based alcohol by volume and are usually found in convenience stores where checking ID's is not a priority. Often because of their youthful looking packaging, schools are not aware that students are consuming them on campus, violating state laws and the zero tolerance regulations of school boards. The brands currently available within the U.S. are: Whisbiih, Sparks, Tilt, Four, Joose, 3Sum, Shark, and Rockstar 21.

As responsible members of society, it is up to us to educate others as to the detrimental effects of these drinks. Please make a concerted effort in recognizing what our members are drinking and inform them of the contents especially at activities.

Create Your Own Sports Drink and Control the Ingredients

Whether it is at encampment, a field training exercise or just a long day in the sun, it is important to replace lost salts and water to prevent dehydration.

Sugar and salt help you absorb and retain water to prevent dehydration. There are sports drinks available on the market but after reading the ingredients, you may wonder about all those added chemicals. Making your sports drink is a great way to know what is exactly in the drink and will save you some money to boot. Typically a 20 oz bottle of a commercial sports drink will cost well over \$1. The cost of making the drinks below is less than 10 cents.

Workout Recovery Drink

1 Tbs sugar or honey
2 Tbs hot water to dissolve sugar or honey
Pinch of salt
2 Tbs fresh lemon juice
8 ounces cool water

Dissolve sugar or honey with hot water; add pinch of salt and 2 tablespoons of lemon juice. Add cool water and drink.

20-Oz. Sports Bottle's Worth of Sports Drink

1 tablespoons sugar
1/8 teaspoon salt
Flavoring to taste – 2-3 Tablespoons of orange juice, lemon juice or 1/3 package of unsweetened Kool-Aid or Wyler's drink mix, etc.

Combine all ingredients. Add to a 20 oz bottle of cool water and mix well.

Summer Fun

Capt Timothy Medeiros, FLWG, DDRA

Summer activities will soon be upon us and one activity in particular often presents a unique dilemma for its attendees, IACE. Those cadets chosen to travel to far off lands range from 16 to 21 years of age and are within the states still considered minors subject to the laws that govern the use of alcohol by minors. It is illegal in most states to drink under the age of 21. However, in many of the countries visited via IACE, there is no legal minimum drinking age. What are these cadets to do if offered a drink? Even if your squadron has no cadet selected to attend, here is the opportunity to engage in a moral leadership/DDR discussion lesson. The personal ethical stance of each cadet and senior member of your squadron, when posed with this question can lead to some lively debate. Just because it is legal if you are in another country, does this make it the proper thing to do, or should you continue to follow the laws of the country of your citizenship? Should others tease you if you do or do not imbibe? What consequences do you foresee in either instance, both inside and outside of CAP?

I have been on many journeys around the world and have been exposed to just this quandary while in Thailand, Malaysia, Singapore, and Cambodia.

I was part of a semester at sea program sailing around the South China Seas for three months. While on ship, the school had strict guidelines about liquor. When on our own off ship and not on a scheduled trip inland, we could do whatever we wanted. Many went to the local bars and recognized their limit. Others found other things to do. One or two just went wild. Often, I would "rescue" them from their situation and drag them back to the ship. Many talks about their choices ensued over the course of the three months. Slowly, most saw that it was probably not the best idea to go get plastered when onshore. Since we were the crew on the ship, we needed to know that each member would be able to perform his or her duties properly and not worry about if this person could think clear enough to get the job done. It also could have negative repercussions for the next group of students who arrive. If we behave badly now, would the ship be allowed entry in the future?

I encourage an open debate about this issue among your squadrons' members. After this talk takes place, do some simple DDR activities and have some fun. This can be a very enlightening experience for all who attend. Bridge the gap between the generations thought processes and you might just learn that the gap is not a big as first thought.

Wisconsin Wing, Fox Cities Composite Squadron

Capt Donna Daniels, WIWG DDRA

On 4 March 2008, the Fox Cities Composite Squadron (FCCS) hosted a special night through the drug demand reduction program. Captain Donna Daniels, FCCS Drug Demand Reduction Officer and Wisconsin Wing DDRA, invited Agent Brad Dunlap of the Lake Winnebago Area Metropolitan Enforcement Group, Wisconsin Department of Justice Division of Criminal Investigation.

The first half of the meeting was an interactive discussion with the squadron's cadets and Agent Dunlap. He interviewed them to identify their level of exposure to illegal substances in and near their schools.

Some of the questions included which drugs are most popular, why do the cadets think their peers use drugs, what prescription drugs are used illegally,

and many others. The information the cadets gave will be used at Agent Dunlap's agency in their strategic plan to take drugs off the streets.



Agent Dunlap identifies commonly abused drugs for FCCS members.

The second half of the meeting was a drug identification interactive informational session for senior members. Many questions were asked about where the drugs are available, where do people find used fentanyl patches, and what type of drugs are most prevalent in the FCCS area.

Senior members walked away with a general knowledge that the drug problem is real in the schools and community.

Party Mixers

By C/Major Lori Hoffman, Teaneck Composite Squadron, NJ

Many teens have been to formal dinners where virgin coladas or Shirley Temples as well as other non-alcoholic drinks are served. Now, CAP members can apply the same method of "fun" and taste to their squadrons with non-alcoholic drink recipes!

Reasons for holding a non-alcoholic bar:

- Whether at a formal Wing Conference banquet, or at your annual Squadron Holiday party, it adds fun as well as safety to every occasion!
- Cadets can have the experience of being the "bartender" for the night and learning to mix the drinks themselves!
- There is less of a need to hold a separate cocktail room for Senior Officers- they too can enjoy the safety of non-alcoholic drinks!
- As Cadets learn about the new ways to mix fruit juice and soda as well as other ingredients, they can take the recipes back home to their own school dances and parties to help spread the safe alternatives in a positive way.
- With over 700 DIFFERENT Recipes out there, everyone's bound to find their perfect drink!



Most of these drinks are based mainly on soda with varieties of fruit juices or flavorings thrown in. Some are common, like a Shirley Temple, which is $\frac{3}{4}$ ginger ale with $\frac{1}{4}$ grenadine over some ice cubes and a maraschino cherry or two. Some like an Alotta Colada are more involved consisting of $8\frac{1}{2}$ oz cream of coconuts, 3 cups of chilled pineapple juice, and 12 oz chilled ginger ale. You can also create flavored punches such as Bubbling Jade Punch, which is 2 packages of lime jello, 2 cups of boiling water, 4 cups of cold water, 12 oz can of frozen lemonade concentrate that has been thawed and diluted, 2 cups of pineapple juice, and 2 liters of ginger ale. More recipes can be found online or you can make them up as you go!

So remember, DDROs, next time you're looking for a way to *spice* up the next holiday party or Cadet Ball, try adding in a few Non-Alcoholic drinks! Now, everyone can be the life of the party without endangering others.

Prom and graduation—Take the time to emphasize safety.



This is the season for teens to celebrate as proms get underway and graduation is just around the corner. Unfortunately, this is also a time where teens may push their limits and perhaps do things that they normally would not do.

Traditionally these are times of joy and happiness but thousands of young people are killed or seriously injured when teenagers celebrate by drinking and driving.

Take the time to educate the young people in your life about the dangers of drinking, driving and reckless behavior.



Integrating DDR and AE Lessons – Famous Flyer Biographies

If you were to ask anyone actively involved with the DDR program, they would tell you that it is easy to incorporate a DDR message into all CAP programs. A great example is the partnering of DDR and Aerospace Education in the Famous Flyer Biographies that can be accessed from the NHQ DDR or AE websites. In addition to a history of each of the 20 famous flyers a DDR message is included. You can download the biography below and others from http://www.cap.gov/visitors/members/drug_demand_reduction/resources/famous_fliers/.

First African American In Space

Guion "Guy" Bluford was born in Philadelphia, Pennsylvania, on November 22, 1942. His mother was a teacher and his father an engineer. The Blufords encouraged all four of their sons to work hard and set their goals high. Guy graduated from college and during that period, participated in and graduated from AFROTC as an officer in the USAF. He then applied for flight school and eventually earned his wings in 1966. He was assigned to the 557th Tactical Fighter Squadron and was sent to Vietnam. He flew a total of 144 missions, 65 over North Vietnam. After his tour of duty in Southeast Asia, he returned to the U.S. as a flight instructor at Sheppard Air Force Base, Texas. Guion decided to further his education and in 1974, earned a Doctor of Philosophy in aerospace engineering from the Air Force Institute of Technology.



NASA let it be known they were processing astronaut candidates and from a field of over 10,000 applications, Guy was selected. He was presented his astronaut wings in August of 1979.

Message for younger youth. Needless to say, NASA wasn't looking for anyone with a history of alcohol or drug abuse. A DUI would easily have precluded Guy's selection as an astronaut and likely would have ended his career as an Air Force pilot, as well, even with his distinguished air combat record. In fact, there is no place for anyone in the Air Force or NASA who chooses to abuse drugs or alcohol. The stakes are simply too high and too important to allow anyone to take such risks. Guy chose wisely and made smart decisions for himself — something we all need to do for ourselves every day. Guy lives by the motto, Drug-free! Way to be! And that's a good motto to live by.

Message for older youth. Imagine what it must be like to be Guy Bluford. He had set his goals for life early on and knew full well that he should never let anything jeopardize his intentions. He worked hard while in school, and continued to do so through college, finally earning not only his degree, but also a commission as an Air Force officer—no easy accomplishment in itself! Completing flight school was yet another significant achievement, where he earned his wings as a fighter pilot. No doubt he experienced his share of scary situations while flying dangerous combat missions over the contested skies of North Vietnam, and he may have been tempted to indulge in alcohol or drugs to calm his nerves. But he chose not to do so. Instead he persevered, he earned his doctorate degree, and he was chosen from over 10,000 to become an astronaut! Now that's perseverance! Guy is a living example of the motto we should all follow: Drug-free! Way to be!



Guy's first mission was aboard the Challenger STS-8. This was NASA's first night launch and night landing for the Shuttle. He served on three more missions during his NASA career, one on the Challenger and two on the Discovery. Colonel Bluford retired from NASA and the Air Force in 1993. During his career, he earned many medals, awards, and accolades. He was inducted into the International Space Hall of Fame in 1997. He is a great American and an outstanding role model for young Americans who want to make a difference in the world of aerospace engineering and space exploration.

It Is Not Too Late To Enter The DDR Contest!

For the months of March, April, and May 2008 the unit that submits the most activity reports to ddrideas@verizon.net will receive a terrific prize!

Here are the contest rules:

DDR Form 2 Activity Report must be filed with a sign in sheet (must include CAPID number). For Community Outreach activities, the name of the contact should be listed on the DDR Form 2. This can all be done electronically. The DDR activity must cover one of the following:

- Education
- Training
- Community Outreach

REMEMBER YOU MUST HAVE A DDR CONNECTION!



The unit that REPORTS the most activities to ddrideas@verizon.net will receive 20 sports bags.

The DDR representative that conducted the LARGEST outreach program and have the metrics to support it will receive a DDR Watch. To be eligible, the DDR duty position must be listed in e-services.

This is a contest from your NHQ DDR Team Leader so please direct ALL QUESTIONS to ddrideas@verizon.net.

DDR BY THE NUMBERS

Last month was a great month for DDR. The total number of members in DDR Duty positions increased by 10 and there were 9 new enrollments in the Specialty Track.

It is important that all DDR personnel are reflected in e-services. Having updated records in e-services allows NHQ DDR not only to provide accurate reporting data but to maintain an updated contact list.

In addition, all DDRAs/DDROs should enroll in the DDR Specialty Track

Duty Positions by Region*				
Region	DDRC	DDRA	DDRO	Total
GLR	0	5	46	51
MER	1	10	87	98
NCR	0	3	28	31
NER	1	1	55	57
PCR	1	2	51	54
RMR	1	3	44	48
SER	0	6	41	47
SWR	1	5	53	57
Total	5	35	405	445**

Specialty Track Levels By Region*					
Region	None	Technician	Senior	Master	Total
GLR	8	4	1	0	13
MER	23	6	1	3	33
NCR	12	5	0	0	17
NER	16	6	2	1	25
PCR	6	2	0	0	8
RMR	9	3	1	3	16
SER	10	7	0	1	18
SWR	9	6	0	1	16
NHQ	0	0	1	2	3
Total	93	39	6	11	149

*As reflected in e-services

**Totals include Assistants and Cadet Assistants