



Marine & Family Programs



December 2011

Schedule of Events/Workshops

- 01 Dec Healthy Communication in Relationships 0830-1130**
- 02 Dec RELAX 0830-1130**
- 05-09 Dec Unit Substance Abuse Program 0800-1600**
- 13 Dec Stress Management 0830-1600**
- 14 Dec Anger Management 0830-1600**
- 15 Dec Alcohol 101 0830-1130**
- 19 Dec Urinalysis Coordinator's Course 1300-1600**
- 21 Dec How to Avoid Falling for a Jerk/Jerkette 0800-1630**

RESILIENCE EDUCATION

December is National Drunk and Drugged Driver Awareness Month

Did you know that every day, almost 30 people in the United States die in motor vehicle crashes that involve an alcohol-impaired driver. This amounts to one death every 48 minutes. The annual cost of alcohol-related crashes totals more than \$51 billion.

People who drink and drive put everyone on the road in danger.

Certain groups are more likely to drink and drive than others.

- Men were responsible for 4 in 5 episodes (81%) of drinking and driving in 2010.
- Young men ages 21-34 made up only 11% of the U.S. adult population in 2010, yet were responsible for 32% of all instances of drinking and driving.
- 85% of drinking and driving episodes were reported by people who also reported binge drinking. Binge drinking means 5 or more drinks for men and 4 or more drinks for women during a short period of time.

What can you do to prevent Drunk and Drugged Driving?

- Do not drink and drive.
- Buckle up at all times when you are in a vehicle.
- Report drunk or impaired drivers.
- Talk to your children regarding driving impaired.

(Resource: gateamerica.blogspot.com).

New NC DWI Law Dramatically Increases Punishments for Drunk Drivers

Raleigh, NC (PRWEB):

A recent bill signed into law by Governor Bev Perdue dramatically expands punishments for people convicted of Driving While Impaired (DWI) in NC.

Under the law, a person who is convicted of a NC DWI and who has three or more grossly aggravating factors is sentenced as an Aggravated Level One.

Aggravated Level One imposes punishments of up to three years in prison and up to \$10,000 in fines, in addition to other punishments including post-release supervision which requires complete abstinence from alcohol consumption.

In addition, the new law imposes other penalties. As of December 1, 2011, the new

law requires a judge to impose Level One punishment for someone who has been convicted with a DWI and who has a companion in the car under the age of 18.

Level One punishments require at least 30 days in jail as a special condition of probation.

Since the 1990s, NC has progressively increased punishments and toughened its DWI laws. Many District Attorneys have policies against dropping charged DWIs.

The changes to the laws are set to go into effect December 1, 2001, and would apply to any DWI committed on or after that date.

NC Booze It and Lose It Campaign Starts Saturday

Raleigh, NC (AP) - Police across NC are launching a month-long effort to make the roads safer during the holiday season.

State and local police will launch stepped-up patrols and checkpoints through January 2.

The goal is to keep drunken drivers off the road, as well as watch for other safety risks.

In December of 2010, there were more than 1,000 alcohol-related crashes in NC, resulting in 31 fatalities and over 700 injuries.

TOWARD REAL LOVE

“Did you know that romantic love is supposed to end? Romance serves as the glue that initially bonds two incompatible people together so that they will do what needs to be done to heal themselves. The good news is that although many couples become hopelessly locked in the inevitable next stage — the power struggle — that too, is supposed to end. Real love does not give birth to marriage; marriage is born in the glow of romantic love. Real love is born in the heat of the power struggle. Now bonded by nature’s trick, we are challenged to respond to the real needs of our partner, to grow beyond our self-interest, and give the love they need. Real love is born in committed relationships. Through hard work and effort, couples gradually leave the frustrations or feelings of indifference in the power struggle behind and grow toward a happy and fulfilling relationship.”

Harville Hendrix,

www.harvillehendrix.com

The Season of Giving

We are entering the holiday season, when Christians will celebrate Christmas; Jews will celebrate Hanukkah; and most other religious groups will have special celebrations as well. This time of year is often referred to as “The Season of Giving” or “The Season for Giving.” Either way, it is acknowledged at this time of year that “it is more blessed to give than to receive.” It may seem like a paradox, but it is true that to really experience fulfillment in life, we must be selfless instead of selfish.

“When we focus primarily on ourselves, our view of the world is narrow and limited. As we turn more energy and attention to helping others, the meaning and satisfaction of our own lives expand. There are countless places and ways we can serve others.” (Family Life Professors, H. Wallace Goddard and James P. Marshall, in their publication *The Personal Journey*).

Throughout life there will be surprises and apparent contradictions: In order to find ourselves, we must often lose ourselves. In order to gain, we must often give. In order to be happy, we must see to the happiness of others.

In our Stress Management Workshop, participants often share the strategies they have used in the past to deal with stress in their lives. One thing that people are often surprised to discover is that they have often felt the happiest and/or most fulfilled, and the least stressed out, during those times when they were engaged in doing something meaningful for others.

Look around you. What can you do right now—or soon—to help someone?

How to Relax in 10 Easy Steps

We all get stressed out at times, and the holidays can cause additional stress for a number of reasons. Here is a relaxation exercise that is easy to learn and even easier to do. Try this idea and see if it helps you relax:

1. Find a quiet place where you will not be disturbed. If possible, go outdoors somewhere such as a park or picnic area, the yard, etc. The fresh air will feel good and will add to the experience.
2. Lie down on the grass, the floor, or perhaps on a table or bench. Get comfortable.
3. Close your eyes, but don’t go to sleep.
4. Breathe deeply. Focus on your breath going in and out. Count to five as you breathe in, and then count backward from five as you breathe out. Take your time.
5. When you feel calmer, continue the deep breaths; but as you breathe out, say the word “relax” in your mind.
6. When comfortable with this rhythm of breathing and thinking, begin relaxing your muscles from head to toe. Starting with your forehead, tense those muscles as you breathe in and then relax them as you breathe out.
7. Continue tensing and relaxing your muscles; moving downward to your shoulders, arms, hands, stomach, legs, and feet. Each time, breathe in as you tense the muscles and breathe out as you relax those muscles. Try doing this to each muscle group 3-4 times.
8. Once you have reached your toes, take a rest from tensing and relaxing muscles, but continue with the breathing.
9. Slowly open your eyes and return to normal breathing, noticing how relaxed you are now.
10. Lie there a few moments, enjoying this feeling of relaxation.

(This stress management strategy comes from [How To Take The Grrrr Out of Anger](#) by Elizabeth Verdick and Marjorie Lisovskis.)

Resilience Education

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Stimulant Energy drinks– What you need to know!



Do you know the difference between a sports/electrolyte drink (one that contains carbohydrates and electrolytes) and an "Energy" drink? All of these names for drinks can be confusing– but don't be fooled. Look closely at the ingredients. If you are drinking something that advertises itself as an Energy Drink- you are probably helping yourself to a hefty dose of stimulants. The proper name for this class of drinks could be "Stimulant Drinks".

Before we go any further, let's define energy. The body's source of energy is glucose. Carbohydrates (sugars) are a direct source of glucose, but the body can also make glucose by burning amino acids and fats. Glucose is like the coal in a power plant. When your body needs more energy, it burns more glucose, just like when energy needs in a city increase more coal is burned (or nuclear fuel, or gas, you get the picture).

In contrast, stimulants bind to neurons and activate them. But stimulants cannot substitute for glucose. Using the analogy above, when you take stimulants, it's as if a ton of coal is dumped into the power plant all at once. Yes, you get a big increase in the amount of energy being released but only because you are burning it up all at once. When the coal is gone, it's gone. The same thing goes for your own energy-glucose. Stimulants make people *feel* like they have more energy but its mostly because they are using it all up at once.

When was the last time you carefully examined an ingredient label for a stimulant drink? Take a look at this example. If you bought this drink , would you actually know what you were drinking?

Supplement Facts
Serving Size 12 Oz
Servings per container 4

Amount Per Serving		% Daily Value
Total Carbohydrate	14g	5%
Sugar	14g	
Proprietary Energy Blend	5g	
Tyrosine, phenylalanine, yohimbe, ginseng, guarana, vinpocetine, Fo-Ti, schizandra berries, kola nut (extract), methylsynephrine, citrus aurantium, ma huang (extract).		

Annotations:
 - The FDA considers liquid supplements should be 2 or 3 oz. Instantly recognizes: ignore this guidance.
 - Would you know to only drink a quarter of the can at one time?
 - Tyrosine is also a strong stimulant and is drugs in some countries.
 - With alcohol, you don't look like most of your ingredients you are getting!
 - Tyrosine and phenylalanine can interact with medications.
 - Also known as ephedrine, a prohibited stimulant.
 - Source of synephrine, not prohibited in 2011 but has stimulant properties.
 - This is a plant source of ephedrine, a prohibited stimulant.
 - This might be recognized as a prohibited stimulant.
 - Both are sources of caffeine.

Looking at the label above, did you know that tyrosine and phenylalanine, ingredients commonly added to energy products, can interact with a lot of medications? One of the ingredients, methylsynephrine, is a stimulant that is on the Prohibited List. If a friend asked you to describe what the different ingredients are for, you would be able to tell them? Do you know where the ingredients come from? Did you know that Kola Nut and Guarana are both sources of caffeine? Can you tell how much caffeine is in one serving of this product? Did you know that citrus aurantium (also called bitter orange) contains synephrine which also has stimulant properties? Synephrine is not prohibited but added together with all of the other ingredients, all of these stimulants could pose health dangers. Did you know Yohimbe interacts with anti-depressants? Did you know that Ma Huang is the plant source for ephedra?

Ephedra is an extremely strong stimulant that was taken off the market years ago by the FDA because it caused many adverse health effects and even some deaths. None the less, ephedra is finding its way into dietary supplements. For most people the answer to all of these questions is "NO I didn't know." So ask yourself Is this really a healthy drink?

Stimulants can cause positive anti-doping tests. There are several stimulants that are on the WADA Prohibited List that pop up in dietary supplements and sometimes in stimulant drinks. Take a look at the examples below. Are you guzzling down any of these prohibited ingredients?

On the Prohibited List as:	But sometimes also called:
Methylhexaneamine	Geranium (extract, stems, or oil), geranamine, "geranium surge" and other made up names. 1,3-Dimethylamylamine, dimethylpentylamine.
Octopamine	β,4-Dihydroxyphenethylamine; p-Hydroxymandelamine; ND-50; Noroxedrine; p-Norsynephrine
Oxilofrine	Methylsynephrine
Phenpromethylamine	Fenprometamina; Phenpromethamine; Phenpromethaminum; Phenylpropylmethylamine; "Benzedrine". Benzedrine itself is an amphetamine like stimulant, but it seems the name may also be used as code for phenpromethylamine. <i>Acacia rigidula</i> (the ingredient label may list this plant but the product might have phenpromethylamine and other substances in it).

Keep in mind that stimulants are prohibited as a category in competition (except for caffeine and synephrine, both of which are in the WADA Monitoring program). The example product and label discussed in this article could cause a positive anti-doping test. Stimulant drinks are not limited to what you find in bottles or cans in shelves- they can also come in powder form that you mix up yourself. They are also found in the grocery check-out line decorated with bracelets and other gimmicks to attract young consumers.

Physicians speak out on dangers of energy drinks. The American Academy of Pediatrics has discouraged the use of energy drinks in children and adolescents. Even caffeine can cause neurological and cardiovascular problems, and should be avoided. www.aap.org/advocacy/releases/may3011studies.htm. And for a chilling real-life example of the dangers of such drinks read Dakota Sailor's story on ESPN (easily found by searching for his name on ESPN.go.com). This high school football star nearly died after drinking two cans of NOS!

Don't trade your health and money for false promises or hopes for amazing results from stimulant drinks. Get real energy from healthy whole foods and beverages with nutritious ingredients!



We're on the web:
www.mccslejeune.com

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