

# FORGING THE FUTURE:



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<http://www-nehc.med.navy.mil/hp/index.htm>

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## Friday FACTS

3 March 2000

"Leadership, Partnership, and Championship"

### Looking for Stress management ideas and activities?

The March/April 2000 edition of Psychology Today has an article on Stress Busters-11 Quick, Fun Games to Tame the Beast. Whole Person Associates has a number of products and resources and can be contacted at 800-247-6789.



### Tobacco Cessation Training Opportunities

The Mayo Clinic Nicotine Dependence Seminar is being held 7-10 May in Rochester, Minnesota. Call the Mayo School of Continuing Medical Education at 800-323-2688, or [www.mayo.edu](http://www.mayo.edu) for information or to register.



Quit Smart Leader Training is conducted quarterly - 28 April in Research Triangle, N.C.; 30 June in Denver; and 22 September in Providence, R.I.. Contact Quit Smart for details at [www.QuitSmart.com](http://www.QuitSmart.com) or call 1-888-737-6278.

### Drunk and Drugged Driving Challenge



This is a low cost, interactive, health promotion activity developed by LT Catherine Bayne, NC and HM3 Race from the Health Promotion/Patient Education Department at Naval Medical Clinic Pearl Harbor. Participants don DW eyes (distortion goggles) and attempt to walk a 8 -10 ft line. On either side of the line are numbers that correspond to numbered pictures that are placed on a tri-fold poster board (covered with wrapping paper that has cars on it). When participants fall off the line on a number they read the corresponding picture and caption. Some captions read "wreck and kill a family of four", "wreck and paralyze your spouse". The pictures that correspond are pictures of real people. LT Bayne and HM3 Race suggest "We've added this to our health fairs and have had a tremendous response! We just wanted to share with others as we have found it to involve little to no cost yet, have a significant impact on all participants. We have handed out the MADD ribbons to participants when they finish. The only contraindications are for those who have vertigo." PowerPoint slides for this activity can be found on the nehc homepage at [www-nehc.med.navy.mil/hp/Alcoholdrug.htm](http://www-nehc.med.navy.mil/hp/Alcoholdrug.htm). For more information contact ([mailto:[cabayne@pr110.med.navy.mil](mailto:cabayne@pr110.med.navy.mil)] phone 808-472-8555). "DWEyes" or "Drunk & Dangerous" Glasses are products available from Health Edco Company 1-800-299-3366 ext 295.

### COMING SOON!



CAMPAIGN SAFE & SOBER  
PROGRAM PLANNER 22  
HIGHWAY SAFETY ACTIVITIES FOR  
JUNE-OCTOBER 2000

This tool helps safety coordinators plan community programs. Consumer materials may be ordered from the Planner. View the draft list contents at [www.SafeandSober.org](http://www.SafeandSober.org)  
How to order before March 10:

**On web** - go to [www.SafeandSober.org](http://www.SafeandSober.org) and click "Order Next Planner"

**By Fax** - send your name, agency, shipping address (no P.O. boxes), phone number and quantity desired by fax to 703/837-8442.

How to order after March 10:

**By Fax or Main** - send your name, agency, shipping address (no P.O. boxes), phone number and quantity desired to: CAMPAIGN SAFE AND SOBER NHTSA (NTS-21, ROOM 5119 E), WASHINGTON, DC 20590  
FAX: 202/493-2062

The very essence of leadership is having vision

- Father Theodore Hesburg