

# STRAIGHT

## NEWSLETTER from Cincinnati

FEBRUARY, 1985

### PROFESSIONAL LUNCHEONS

Professional luncheons are held every Thursday from 12:30 - 2:00 PM at Straight. Parents, you are a VITAL part of the luncheon program. It is through your personal invitations that we have guests.

TO INVITE PEOPLE: Call the prospective guests, tell them that they are personally invited to come see Straight from the inside. They will meet youngsters who are actively involved in treatment, see our facility and have their awareness raised to the fact that there is an epidemic of drug abuse raging among our kids! Set a specific date, then call Pat [redacted] with the information. We will then send a personal confirmation.

WHO TO INVITE? Your clergy, youth minister, child's school counselor or school nurse, family pediatrician, psychologist, family counselor, local court referee, judge, probation or youth officer, police officer or detective, suburban news editor or reporter, local mental health director, any social agency personnel that helps troubled families with teens, etc. Practise your 7th step.

Karmen and Betty

### BOOSTER CLUB TOTAL FOR JANUARY

The Booster Club has raised \$976.99 for the month of January. This includes concession stand sales.

### PARENT WEEKEND COMING UP

In March, parents will once again have the opportunity to participate in a Parent Weekend. Watch and Listen for more information.

### CELEBRITY AUCTION

On Sunday, April 21, Michigan Straight Parents will hold their Celebrity Auction. It will take place at Northville Downs Raceway, Northville, Michigan from 2-6 PM. There will be activities, refreshments, bidding on celebrity items, "hob-nobbing" with celebrities, bargains on the silent auction. Some of the items up for bidding are an autographed golf ball from Arnold Palmer, a M\*A\*S\*H script autographed by Loretta Swit, and much more. Items are still being sought for both the celebrity auction and the silent auction. Please call Kathleen R (313-437-1492) or Sandy C. (313-437-0947) if you have anything to donate.

### ANNOUNCING PARENT SUPPORT GROUP

A Parent Support Group using the TOUGHLOVE philosophy has started meeting at Our Lady of Mercy Hospital, located in Anderson at Five Mile and State Roads. The group meets on Tuesdays from 7:30-9:00 PM in the Medical Arts Building. Straight parents are welcome to come and lend their support. Please keep in mind that this group is called "a self-help program for parents troubled by teenage behavior." If you have any questions, call Mike H. at 753-8710.

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Tomorrow	E	O 7:00 PM
	N	W
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## CHAIN OF COMMAND

### Executive Staff

#### Director

Jerry Rushing

#### Associate Director

William Glick

#### Senior Program Counselors

Winifred(Wini) Boyd

Jerry Delaney

#### Executive Staff Trainee

Peggy Rulli

### Staff

#### Senior Staff

Eileen F. [REDACTED]

Brian L. [REDACTED]

#### Junior Staff

Theresa R. [REDACTED]

Amie V. [REDACTED]

Bill M. [REDACTED]

Todd B. [REDACTED]

Steve S. [REDACTED]

Scott M. [REDACTED]

Greg C. [REDACTED]

Jenni B. [REDACTED]

#### Staff Trainees

JoAnne W. [REDACTED]

Diana H. [REDACTED]

Tom A. [REDACTED]

#### Sibling Staff

Charee I. [REDACTED]

### Administrative Staff

#### Bookkeeper

Jan S. [REDACTED]

#### Intake Coordinator

Joyce S. [REDACTED]

#### Assistant Intake Coordinator

Connie B. [REDACTED]

#### Community Service Directors

Betty R. [REDACTED]

Karmen L. [REDACTED]

#### Secretary

Linda S. [REDACTED]

#### Receptionists

Peg K. [REDACTED]

Barb S. [REDACTED]

#### Administrative Coordinator

Pat W. [REDACTED]

### Newsletter

Editor, Marty C. 891-7429

Assoc. Editor, Betsy S. 561-9430

## 7-STEP SOCIETY NEWS

The announcement of seven new 7-Steppers was celebrated at the January 25th Open Meeting. Many best wishes and congratulations to these 7-Steppers and their families: Gloria W., Theresa G., Randy J., Scott W., Joe L., Steve O., and Tom B. This brings the Cincinnati 7-Step Society to 154 members in good standing.

### BARN DANCE & DINNER

SAVE THIS DATE: March 22nd. A barn dance and dinner will be held for all 7-Steppers and their families at Livingston Lodge. This is a FRIDAY night, so mark your calendar now. More information to come.

### "STEP ALIVE IN '85"

### 7-STEP CONVENTION

JUNE 28, 29, & 30

7-Step parents: Come join us February 11th for a Committee meeting at Nan and Jim V.B.'s 10704 Old Pond Drive at 7:30 PM

### NEWSLETTER DEADLINE

All parents, siblings, and phasers are welcome to submit articles, suggestions, and original work to the newsletter. The deadline for the March newsletter is Feb. 22nd. Give your contributions to the receptionist and she'll put them in the newsletter mailbox. Also, ads in the newsletter cost \$5.00. Contact Marty C. -891-7429.

7:00

TALENT SHOW

TOMORROW!!

## I BELIEVE IN PRAYER, DO YOU?

I feel concerned with the need to help our parent group grow stronger and reach out to more people. Have you ever felt lonely, scared, sick or just the need of some special TLC? If so, then you're a volunteer I'm looking for to start a prayer chain. It would work strictly on a volunteer basis. You call me and I'll call the next person and so on down the line. Also, special prayers to be said on Wednesday and Sunday dinner times.

I cannot send a card or visit you in the hospital if I don't know you are there. I cannot come over and give you support after a cop-out if you don't call and let me know. I look for this to be a great opportunity to expand my care and prayers for you.

"Weeping may endure for the night, but joy cometh in the morning." Please, push through your insecurities and call if you'd like to be a volunteer. Or just call if you'd like a special prayer said for you or your family. Remember, I care and I love you a lot.

Lynn H. 753-8710

## REMINDERS TO PARENTS

### Remember:

1. To sign in before Open Meeting. Sign in time is BEFORE 6:15.
2. To sign in whenever you come to the front office for any reason.
3. To get to raps on time...especially 4th phase parents going through raps again. The temptation is to chat too long during the break and then you are late setting a bad example to new parents.
4. No parking lot gossip - stay in your cars.
5. Radios are not to be on in the parking lot.

### Remember:

The monthly food fees are due on the first of each month.  
The cost is \$50.00 a month for 1st, 2nd, and 3rd phases and \$35.00 a month for phases on 4th or 5th phase.

### Remember:

### Remember:

How you felt when you first visited Straight? Or brought your child for intake? Or those first few meetings before you knew anyone? Please remember those feelings in regards to the behavior of siblings, parents. There is some inappropriate shouting, running (particularly in the parking lot), and horsing around being done by some siblings. Parents, please take responsibility to discuss this with your children. It is not only disruptive at times, but dangerous when it happens in the dark parking lot.

SATURDAY  
FEBRUARY  
2  
7:00 PM  
TALENT  
SHOW!!



## "I'M SORRY"

"Most of the mothers who write me wonder how they can tell when a child says, 'I'm sorry,' and means it. There was the daughter who ran away from home to live with her boyfriend in the home of his parents, who were really 'neat.' She was sorry. There was the son who lied to his grandmother telling her he needed money to get his truck fixed when he really planned to use it to pay for an abortion for his girlfriend. He was sorry. Maybe I'm naive, but I believe every time they say 'I'm sorry,' they mean it. It is the only phrase they've got to try to recapture that wonderful moment when our eyes soften, our lips part in a smile and we take them in our arms and forgive them. It is not easy to forgive. Never underestimate how tough it is for parents to go back to square one and start trusting them again. I have to remember there's only one thing harder in this world than forgiving. It's to ask for forgiveness armed only with, 'I'm sorry.'"

from a column by  
Erma Bombeck

## STRAIGHT BOOSTER CLUB

Under the leadership of Art J., the Straight Parents Booster Club has been reorganized to be as effective as possible. Who is the Booster Club? YOU. There is something for each parent to do. Check the areas and find where your talent would help out.

The Booster Club meets each third Saturday of the month at 10:15 AM. You are welcome to come with your suggestions. Please submit agenda topic suggestions by the 3rd Friday of each month by getting the suggestion in the Booster Club mailbox (via the front desk).

The areas in which you can help are:  
COMMUNICATIONS      OUTREACH      PARENT SUPPORT  
BUILDING ORGANIZATION      PHYSICAL PLANT  
PROJECTS & ACTIVITIES      PROCUREMENT

We need YOU. Check the bulletin board for more information and call Art J. at 728-2005 if you can help.

## FOR SALE

1982 Chevrolet Chevette, 4 door, 4 speed, air conditioning, AM-FM radio & tape deck, cruise control, new tires & battery, black & gold. \$3,600. Must sell. Phone: Linda 9-5 weekdays, 575-2673 or Don weekends 752-6263 before noon, after noon, 752-6042.

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## NUTRITION

As busy Straight families, many of us are neglecting our health by skipping meals, eating too much "junk" or "fast" foods or too many convenience foods low in nutrition and high in cost. Volumes have been written on this subject and the prominent piece of advice seems to be to cut down, or out, sugar.

According to Nikki and David Goldbeck (in their book "The Super-market Handbook") "sugar is one of the most harmful non-foods on the market....it contributes absolutely nothing to the body except calories and it may do some serious harm. Sugar has been linked in some way to every major disease....on a less drastic scale, sugar causes a lot of excess poundage and sugar rots teeth." The obvious culprits are soda pop, candy, cookies, cakes, pies, and other sugary desserts. But sugar is an ingredient in some of the least likely foods such as pickles, processed meats, peanut butter, crackers, catsup, soup, baked beans, canned vegetables....in fact, in almost all "convenience" foods.

The second bit of good advice about deciding what to eat seems to be to eat food that is lightly processed; that is, food which has undergone the least change from the natural state.

And the last word to the wise that most nutritionists seem to agree on is to eat a wide variety of foods. There are three reasons for this. One is because when eating a wide variety of food you will obtain the necessary nutrients your body needs to be healthy. No one food has them all. Another reason is that you will avoid the "too much of a good thing" problem - too many eggs builds cholesterol levels, too much cheese provides too much fat and sodium, etc. And finally, eating many different kinds of foods is more fun.

Breakfast is a meal in which we often cheat ourselves nutritionally. It is important to start our body off slowly and evenly, giving us a sustained pickup hour after hour as energy urges our body through the day. If we dump too much sugar into our body at breakfast, we get an initial burst of energy but then a big depressing let-down by mid-morning. If we don't feed our body at all, we never do get going and feel tired all day. Rather than highly sweetened food, it is better to eat a breakfast high in protein and carbohydrates. Adelle Davis said, "Eat breakfast like a king, lunch like a prince, and dinner like a pauper."

We fool ourselves into thinking it is easier (or even cheaper) to buy a bag of cookies rather than a bag of carrots. The truth is, the cookies taste better to us, the people we serve probably like cookies better than carrots and it saves the look of disappointment we may see on their faces. But if the cookies aren't there, maybe we'll eat the carrots and develop a taste for them.

Marty C.

TALENT SHOW  
7:00 PM  
SATURDAY

## SNACK SUGGESTIONS

Below are some suggestions for alternatives to the "sweet snack" rut (besides a bag of carrots!). In some homes, parents limit sweets by not having them available except occasionally. Parents: have the ingredients on hand to prepare these snacks, but do not do the preparation. These are snacks our kids can and should fix for themselves.... and clean up, too.

Mini Pizzas - made with English muffins, spread with pizza sauce and topped with cheese - stick under the broiler a few minutes.

Crockpot of homemade soup for cold evenings - good with noodles or macaroni, try vegetable with rotini or elbow macaroni; or hearty chicken noodle.

Fresh fruit salad or fresh fruit jello molds are good. How about a plate of apple wedges and cheese and crackers?

Keep wash, crisped lettuce on hand - to toss with fresh vegetables, some lunch meat and cheese and favorite salad dressing for a quick salad.

Popcorn

Peanuts in the shell

Slice up cold baked potatoes, sprinkle with butter and shake on Parmesan cheese, broil a few minutes until cheese is golden.

Deviled eggs - cut hard cooked eggs lengthwise, scoop out yolk and mash with mayonnaise or sour cream or plain yogurt - spoon back in the white and sprinkle with paprika.

Remember Ants on a Log? celery sticks filled with peanut butter and topped with a few raisins.

Gorp: a mixture of dried fruits, seeds, nuts, and a few chocolate chips.

Here's a recipe for a delicious Spinach Dip to serve with carrot and celery strips, cauliflower and broccoli pieces, mushroom and cucumber slices. It is also good with rye bread chunks.

- 2 Pkgs. frozen chopped spinach, thawed and squeezed dry
- $\frac{1}{2}$  c. chopped scallions
- $\frac{1}{2}$  c. chopped parsley
- 2 C. Hellman's Mayonnaise
- 1 tsp. salt - pepper to taste

Mix and chill 24 hours.

Some families enjoy leftovers as a snack....if you ever have any!

Betsy S.

TOMORROW NIGHT 7:00  
TALENT SHOW!!!!



# FEBRUARY 1985

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>JANUARY 1985 S M T W T F S 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31</p>	<p>MARCH 1985 S M T W T F S 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31</p>					
3	4	5	6	7	8	9
OPEN MEETING 6:30 PM	RAP: 7-Steppers 6:00 PM				OPEN MEETING 6:30 PM	RAP: Siblings 10AM 7-Steppers - 7:00 PM
10	11	12	13	14	15	16
OPEN MEETING 6:30 PM	RAP: 7-Steppers 6:00 PM	RAP: 7-Steppers 6:00 PM		RAP: 5th Phasers & Parents - 6:15 PM	OPEN MEETING 6:30 PM	RAP: Siblings 10AM 7-Steppers & Parents 7:00 PM
17	18	19	20	21	22	23
OPEN MEETING 6:30 PM	RAP: 7-Steppers 6:00 PM	RAP: 7-Steppers 6:00 PM	50's Movie ASH WEDNESDAY	RAP: 4th Phasers & Parents 6:15 PM	OPEN MEETING 6:30 PM	RAP: Siblings 10 AM 7-Steppers 7:00 PM
24	25	26	27	28		
OPEN MEETING 6:30 PM	RAP: 7-Steppers 6:00 PM	RAP: 7-Steppers 6:00 PM			newsletter deadline	Dance