

STRAIGHT

NEWSLETTER from Cincinnati

APRIL 1985

GREAT STRAIGHT GARAGE SALE

When?

Saturday May 25 9 - 5
Sunday May 26 10 - 5

Where?

National Guard Armory
4100 Reading Road
Cincinnati, Ohio

Let's make this garage sale memorable as the most profitable in the history of Straight, Inc. That will only be possible if we all pull together to make it so. This will be the main fund raiser of the year.

You've all seen the trailer parked on the back lot at the building. If we fill that several times over we'll have enough merchandise to fill the Armory. No item is too small or too large.

You, your neighbors, friends and relatives will all (?) be getting to your spring cleaning. Let's take advantage of that and instead of throwing out the items no longer in use, put them aside for your next trip in to the building.

Remember, these donations are tax deductible and we have receipts printed for this purpose.

VOLUNTEERS

Vulnerable to new changes
Offer freely to help out
Love for one another
Understanding what makes it work
Need to reach out
Trusting to be there
Excited for a new opportunity
Example for others
Risk a new experience
Serenity in knowing I helped out

by Lynn H.

THE FLY

God in his wisdom made the fly
And then forgot to tell us why.

Ogden Nash

PASSOVER/EASTER POTLUCK

The Passover/Easter Potluck is fast approaching! The date is Sunday, April 7th. All parents are encouraged to sign the "special event" poster on the bulletin board in the carpet room....the sooner, the better....so plans can be made ahead of time where possible.

This will be a great time for new and old comers alike to get to know each other. So if you haven't signed up yet, please do so soon.

Other up-coming events are:

Appreciation Dinner

to be held in June of 1985
(more details in the next newsletter)

Picnic

to be held in August of 1985

Anyone interested in helping on any of these events please call Fred K [redacted] - Answering Service number 728-2056 - and leave a message.

CONGRATULATIONS RUNNERS

Twelve hearty souls - phasers, parents, siblings, and 7-steppers - turned out on March 24th for the Cincinnati Heart Association Mini-Marathon. Everyone finished running the 15 K (9.3 miles) distance and then met at Zinos for a much-deserved time of rest, conversation, and good food. The feeling of pride for finishing the race, and the warmth of being with friends who shared the experience was so special. Next year's race is on March 23rd. Make a goal now to run in it!

CHAIN OF COMMAND

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Newsletter

Editor: Marty C.-891-7429

Assoc. Editor: Betsy S.-

561-9430

LOOKING BACK - FEBRUARY TALENT SHOW

Unforgettable. Unique. Funny. Serious. These are just a few words to describe the acts performed at the 1985 Talent Show. Each person participating gave a little of themselves. Much work and care went into each and ever act. Thanks to the parents, siblings, kids from group, 7-Steppers, and staff who shared their talents. Thanks also to all the people who helped "behind the scenes" with donations of needed items and time to help the show be a success. And thanks to everyone who attended the Talent Show. It was a wonderful evening.

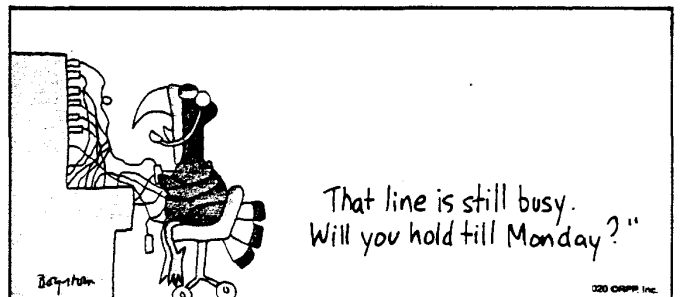
ROCK MUSIC NEEDED

Occasionally, I speak to church and community groups about the influence of rock music on adolescents. Since our own son has been straight for 4½ years, my collection of albums and cassettes I use in illustrations is in need of updating. I would welcome any donations to my collection. Please bring them to me or Dick in the New Parent raps on Monday nights, or leave them with the receptionist in a bag clearly marked with my name. ANY rock music in your child's collection would be appropriate. I sincerely thank you for helping with this cause.

Love ya',
Merian T. [redacted]

ATTENTION ALL PARENTS

It shall be the policy of Straight, Inc. to charge all clients a service charge of \$15.00 for checks returned by the bank due to insufficient funds. Should you have any questions, please contact Jan S. [redacted] bookkeeper.



STRAIGHT

It was fun at the beginning,
My grades were good.
No one could change me,
And no one would.
In eighth grade my marks started to fall.
I closed myself off
And put up a wall.
I saw what was happening to my brother
While taking drugs.
I tried to comfort my mother,
Giving her hugs.
Seeing Steve go out at night
Having all the "fun";
Made me jealous and gave me the right
To go outside and run.
Steve and I getting into trouble
Hurt the family name.
We were living in a bubble,
Playing a silly game.
Steve missed near calls of death
Walking on a tight-rope.
There was a pot of gold at the end of the
rainbow,
There was hope.
A parent told us about a drug re-hab
program.
It was great.
We went there to learn about levi jackets
and "man."
But we went there to get straight.
The kids there work as a team,
Helping any new intake.
Though it may seem
To be fake,
It is reality.
A place that is fun,
Without the brutality.
Straight is the best.
It is a step above
All the rest.
Because the main word there is "love."

by Pete K.

SPECIAL OPEN MEETING

Monday, April 8th will be a holiday celebration at the Open Meeting. Parents, be listening to find out how you can help make this a fun event for the Straight family.

RATE CHANGE

Effective April 1st the Sharonville Holiday Hilton will not be offering a \$38.00 room rate. You must call in advance for reservations and to see what room rate is available (\$47.00-\$75.00).

WHAT IS A WINNER?

This question was asked of a few parents.
Here are their answers:

"A winner is anyone who fulfills his/her potential." Peggy S.

"Someone who sets goals and achieves them." Marlana R.

"One who is positive about himself." Jerry B.

"Someone who doesn't lose." Nancy

"Someone who uses determination to get what they want." Linda

"Someone who feels good inside." Dorothy P.

"One who takes the initiative." Barb S.

"A winner is the one who runs the race - never mind if he's last." Rene'A.

"Someone who never gives up."

To me, these are the attitudes of winners-positive attitudes. A winner to me is someone at peace with himself, knowing he's achieving 100% of the time.

by Sue J.

NICOTINE

Nicotine is a poisonous alkaloid, derived from the tobacco plant, used also as a base in making insecticides. An addictive substance, causing bodily function changes such as shortness of breath, constricted blood vessels that restrict flow of blood to heart and from lungs, can give a "high rush" of feelings from inhaling, similar to doing inhalants. Nicotine and tar will remain as residue in lung area, sometimes causing hardening of oxygen exchanging cells or abnormal growth of cells (cancer). This substance (nicotine) can cause psychological dependence when user is under stress, depression, and person can have "withdrawal" symptoms if not smoking.

APRIL PERMISSION IDEAS

Below are the activities planned in April in the great outdoors of the Hamilton County Parks:

APRIL

April 1 Wildflowers Through Spring Winton Woods 1 p.m.
Join the naturalist at Winton Woods Visitor Center for a weekday hike to see the progress of wildflowers that decorate the woodland through spring. Walks will continue through May.

April 3, 10, 17, 24 7 p.m.
Spring Watercolor Workshop Farbach-Werner Nature Preserve
A special workshop in watercolor from 7 p.m. - 9 p.m. held at the nature barn of Farbach-Werner Nature Preserve. People are to bring their own supplies. Instructor, Sally Anderson. Cost is \$14 per person. Send check (made out to the Hamilton County Park District) to P.O. Box 39085, Cincinnati, Ohio 45239. For further information call 385-4653.

April 6 Easter Egg Hunt Winton Woods 10:30 a.m.
Come and see the Easter Bunny at Winton Woods, Kestrel Point, and bring your own basket or sack. The Easter Bunny will have something for everyone, plus prizes. Call 851-4734 for further information.

April 8 Wildflowers Through Spring Winton Woods 1 p.m.
See April 1 for details

April 12 Wildflower Walk Withrow Nature Preserve 10 a.m.
Join us for this wildflower walk as we greet some of spring's early risers. We'll all try our hand at identifying some of the later-blooming flowers—before they bloom!

April 12 Frog Symphony Location to be announced 7:30 p.m. (Western half of Hamilton County)
Each spring local frogs tune up for the breeding season. Join us to appreciate their unusual calls. No fee, but register by calling 385-4653. You will be called with the location prior to April 12. Tape recorders welcome. We may also be able to observe salamanders.

April 13 Bird Walk Withrow Nature Preserve 8 a.m.
On this bird walk, we'll be looking for some of the early returning spring migrants. We'll also see how many of our year-round residents we can identify by song alone.

April 14 Bird Walk Woodland Mound Park 8 a.m.
Let's see what spring migrants have returned to Woodland to join the year-round residents.

April 14 Spring Walk Withrow Nature Preserve 2 p.m.
This Sunday afternoon we'll walk through fields along the Little Miami River, looking for whatever spring might bring. Meet at Little Miami Golf Center to carpool to Kroger Hills.

April 15 Wildflowers Through Spring Winton Woods 1 p.m.
See April 1 for details.

April 17 Weekday Wildflower Hike Withrow Nature Preserve 10 a.m.
Join a VIP Naturalist to learn more about the many wildflowers that color the woodland floor in the spring. Meet in parking lot of Highwood Lodge.

April 18 Storytelling Guild Meeting Farbach-Werner Nature Preserve 7:30 p.m.

Join members of the guild for their regularly scheduled meeting.

April 20 Wildflowers Winton Woods 2 p.m.
Join the park naturalist to explore the wildflowers at Trillium Trails. Meet at the Winton Woods Visitor Center at 2 p.m. to carpool to Trillium Trails.

April 21 Wildflowers Sharon Woods 2 p.m.
Join the park naturalist for a hike looking at the wildflowers of Sharon Woods. Meet at the visitor center at 2 p.m. to learn the destination of the hike.

April 21 Camera Walk Miami Whitewater Forest 2:30 p.m.
Join VIP naturalist-photographer for an opportunity to catch on film the beauty of springtime. Meet at the bird museum.

April 22 Wildflowers Through Spring Winton Woods 1 p.m.
See April 1 for details.

April 24 Weekday Wildflower Hike Withrow Nature Preserve 10 a.m.
See April 17 for details.

April 24 Pre School Fun Hike Withrow Nature Preserve 1:30-3 p.m.
Parents—bring your pre-schoolers, age 3 - 5, to Withrow Nature Preserve for an afternoon celebration of spring. Pre-registration is a must. Send child's name, address, phone, and age, plus \$1 per child to: P.O. Box 39085, Cincinnati, Ohio 46239. Deadline April 19, limited space.

April 24 Little Naturalist Farbach-Werner Nature Preserve 1:30-2:30 p.m.

Bring your pre-schoolers for a fun-filled day. Dress them warmly to go outside. To register, send child's name, address, phone, age, and \$1 per child to: P.O. Box 39085, Cincinnati, Ohio 45239. For further information call 385-4653.

April 25, 27, May 2, 4, 10 Wildflower Photo Workshop

See Article.

April 26 Osprey Movie Farbach-Werner Nature Preserve 7:30 p.m.

Join us for this award-winning film which documents the return of a pair of Ospreys to the Scottish Highlands after a forty-year absence. Movie covers one nesting period. No charge.

April 27 Spring T-Shirt Day Withrow Nature Preserve 1 p.m.-4 p.m.

Join us at Withrow Nature Preserve, one of the finest wildflower areas in the Park District, for a special spring celebration. There will be wildflower walks at 1:30, 2:30, and 3:30 and a special wildflower display. Plus, bring a plain t-shirt and have a special wildflower design silk-screened on your shirt for free!

April 27 Star Gaze Winton Woods 8 p.m. - 11:30 p.m.
Join the Cincinnati Astronomical Society and the Midwestern Astronomers for a star gaze at Winton Woods Harbor. For more information call 563-4513 or 385-4653.

April 28 Spring Nature Hike Trillium Trails 2 p.m.
Meet at Winton Woods Visitor Center at 2 p.m. Early spring flowers and some migratory birds should be in evidence.

April 29 Wildflowers Through Spring Winton Woods 1 p.m.
See April 1 for details.

May 1 Weekday Wildflower Walk Withrow Nature Preserve 10 a.m.
See April 17 for details.

7-Step News

NEW 7-STEPPERS

The announcement of three new 7-Steppers was celebrated at the March 15th Open Meeting: Mike L., Phil L., and Tom A. Then again on March 22nd, three new 7-Steppers were announced: Tracy G., Jeff A., and Paulette J. Congratulations to these new 7-Steppers and also to their families.

T.V. RAFFLE

The 7-Step Society T.V. Raffle will begin on Friday, March 29th. Every 7-Step family will be asked to sell two books of chances for this T.V. Prizes will be awarded to the two top ticket sellers!

STEP ALIVE '85

The 7-Step National Convention will be held in Cincinnati on June 28, 29 & 30. Friday registration will take place at the Marriott Inn, followed by a pool party. Saturday a party will be held (with live entertainment) on board the boat "Becky Thatcher." A dinner dance at the Marriott will follow. Sunday's activities will be held at the Straight building beginning with a non-denominational worship service, with activities ending at 12:30PM. Registration forms and information regarding the convention will be mailed on April 1st.

If you can help with Thursday luncheons please call Marty C [REDACTED], 281-1106.

7-STEP PROFILE - CAROLYN H [REDACTED]

Carolyn H [REDACTED] is a busy and energetic sophomore at the University of Cincinnati, majoring in Marketing and Finance. As part of her course work, she is co-oping at the Rainbow Shop at Tri-County Mall for the spring quarter. Carolyn has been 7-Stepped for 16 months. She came to Straight when she was seventeen after using drugs for three years. She was in the program for 14 months. After 7-Stepping, Carolyn was an officer in the 7-Step Society for awhile, but now attends AA meetings at UC each week. "I still like to come out to Straight once in awhile to see people," Carolyn says.

One of the biggest changes Carolyn has seen in herself since 7-Stepping has been being able to make friends with people outside of Straight. She has gained back some of the friendships she had before she started using drugs. "At first I was scared - I judged people." But she has found that people respect and support her. Carolyn lives at home while attending college. In her spare (?) time, she jogs, reads novels ("when I'm not studying"), and likes to go out to eat. Carolyn plans to graduate from UC in 1988 and then would like a career in marketing - perhaps product management. "Right now, school is very important to me. My grades are back up. My number one goal for the future, always, is to stay straight."

What advice would Carolyn give a new 7-Stepper? "Don't play games," Carolyn said. "Do things for yourself, not out of rebellious feelings. Do things when YOU are read." Carolyn said she's seen people fall back because of this kind of thing and it makes her sad. "I love my life so much now....I can't imagine doing anything to mess it up."

by Marty C.

RIGHT HAND STAR

If you were at the 7-Step Barn Dance, you learned how to make a right hand star. You also learned to make a left hand star and put a birdie in a cage. If you weren't at the barn dance, you missed a great time and some terrific accompaniments to the fried chicken dinner. The Activities Committee, and particularly Noelle H., are to be commended for the fine job they did. Thanks to all who helped. Those of us who attended are looking forward to the next 7-Step social activity which will be sometime after the convention in June.

BENEFIT AUCTION THIS MONTH

April 21st at 2:00 PM at Northville Downs in Michigan - Michigan Parents sponsor the Celebrity Auction. There is a \$2.00 donation to attend.

Merchandise Items

Celebrity Items

Weekend at the Plymouth Hilton
Night at Dearborn's Hyatt Regency
Dinners, brunches, fast food discounts
Dishwasher, Quasar Video Player/Recorder
Truan's choice chocolates
Fisher Theatre Tickets
Jewelry, ring, watch, earrings
Live trees and flowers
Craft items
Antiques

Larry Herndon's World Series Bat
5 World Series Tiger Hats
Tote bag from Liz Taylor
Tray from Paul Newman/Joanne Woodward
George Carlin's Jacket
Autographed books, posters, scripts
Sweat shirt from Buddy Hackett
Loretta Lynn - music tapes
Record albums
Scarf from Wayne Newton

And more coming in daily...

And many, many more...

ACTIVITIES FOR THE DAY:

- 2:00 - come early and browse
- 3:00 - live auction
silent auction, raffle drawing, door prize drawing

Live entertainment, celebrity "Fat Bob Taylor" as Emcee, Jerry Duncan as Auctioneer
Lots of food available all day * * * * * Come for the fun!

ATTENTION 7-STEP FAMILIES

Last month you were asked to send in a coupon advising us if you want to continue receiving the monthly Newsletter. The response has been very disappointing. That could be because the coupon was printed in very small type and you didn't notice it, or it could be that you aren't interested in receiving the Newsletter.

Below is another coupon - in larger type. Please clip it and send it in if you would like to continue receiving the Newsletter. If we don't hear from you we may assume you don't wish to receive the Newsletter and discontinue mailing it to you.

Yes, please continue sending the monthly Straight Newsletter.

Name: _____

Address: _____

Zip Code: _____ Phone: _____

Enclosed is a donation of _____ to help defray the cost of providing our family with up-to-date news on the Program and the 7-Step Society.

Mail to: Straight, Inc., Box 7394, Milford, OH 45150

I AM STRAIGHT

I am Straight, hear me roar, in numbers too big too ignore
And I know too much to go back and pretend.
'Cause I've heard it all before, and I've been down there on the floor,
No one's ever gonna keep me down again! CHORUS

CHORUS:

Oh, oh, yes I am wise, but it's wisdom born of pain.
Yes, I've paid the price, but look how much I've gained.
If I have to - I can do anything.
I am strong (strong), I am invincible (invincible), I am STRAIGHT!

You can bend but never break me, for it only serves to make me
More determined to achieve my final goal.
And I'll come back even stronger, I'm not a novice any longer,
'Cause you've deepened that conviction in my soul. CHORUS

I am Straight, watch me grow. See me standing toe to toe,
As I spread my loving arms across the land.
But I'm still an embryo, with a long, long way to go
Until I make my brothers understand. CHORUS

I AM LOOKING FOR SOMEONE TO DO
ALTERATIONS, HEMMING, ETC.
Please call Joyce S. at home
(793-7790) or work (575-2673).



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APRIL 1985

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 OPEN MEETING 6:30 PM	2 RAP: 7-STEPPERS 6:00 PM	3	4	5 OPEN MEETING 6:30 PM <small>GOOD FRIDAY</small>	6 RAPS: SIBLINGS 10AM 7-Steppers 7PM 7-Step Parents Only 7 PM <small>FIRST DAY OF PASSOVER</small>
7 EASTER/ PASSOVER POTLUCK <small>EASTER</small>	8 OPEN MEETING 6:30 PM <small>EASTER MONDAY (Canada)</small>	9 RAP: 7-STEPPERS 6:00 PM	10	11	12 OPEN MEETING 6:30 PM	13 RAPS: Siblings 10AM 7-Steppers 7:00 PM
14	15 OPEN MEETING 6:30 PM	16 RAP: 7-STEPPERS 6:00 PM	17	18 RAP: 5th Phasers & Parents 6:15 PM	19 OPEN MEETING 6:30 PM	20 RAPS: SIBLINGS 10 AM 7-STEPPERS & parents: 7 PM Booster Mtg. 10:15 AM
21	22 OPEN MEETING 6:30 PM	23 RAP: 7-STEPPERS 6:00 PM	24 NEWSLETTER DEADLINE	25 RAP: 4th Phasers & Parents 6:15 PM	26 OPEN MEETING 6:30 PM	27 RAPS: SIBLINGS 10AM 7-Steppers 7:00 PM
28 <small>DAYLIGHT SAVINGS TIME BEGINS</small>	29 OPEN MEETING 6:30 PM	30 RAP: 7-STEPPERS 6:00 PM			<small>MARCH 1985</small> 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	<small>MAY 1985</small> 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