

STRAIGHT

NEWSLETTER from Cincinnati

JULY 1985

NFL ALUMNI OPPORTUNITY FOR STRAIGHT

The NFL Alumni Cincinnati Chapter recently changed charities. They changed to Straight, Inc. This is a real opportunity because:

- . The NFL Golf Outing is very popular,
- . The NFL Banquet associated with the outing can generate a large income,
- . A long term relationship with the NFL Alumni can be extremely profitable,
- . This particular charity activity is very visible, therefore, can be good advertisement for Straight.

Presently, 80% of the banquet ticket sales are returned to Straight. The other 20% goes to cover expenses and the NFL Alumni needs. In the next few years, nation-wide sponsorships by large corporations may cover the expenses and alumni needs. If that occurs, Straight's share in this venture can easily increase to six digits.

Our association with the NFL Alumni was partially sold on the fact that we are not a "passive" charity. That is, we have capable bodies who can sell tickets. So, we need to prove ourselves this year to assure a long-term relationship.

This easily has the potential to be the biggest charity event and it is fun. So let's keep up the good work. Contact an area team chairperson listed on the next page for tickets (tax deductible).

Fred K.

RULES REMINDER

Parents, remember to advise the Pre-Admissions Office of your intent to bring guest to an Open Meeting. This includes relatives. Grandparents are allowed to attend Open Meeting when the client is on 4th phase or on 3rd phase with staff permission. All siblings and other people living in the household must be interviewed by staff after the first 14 days on the program. An appointment must be made with staff for this interview. Family members may not attend Open Meeting or raps without an interview and/or staff permission.

BUMPER STICKERS

Parent to Parent Hotline Bumper Stickers are in - pick up one or more at the Booster Table before Open Meetings. A bumper sticker on your car is the easiest way to practice your 7th Step.

BILLS

Parents, please be aware that all the billing is being done through Straight National so you should disregard any bills you are sure have been paid.

CHAIN OF COMMAND

Executive Staff

Director

Jerry Rushing

Associate Director

William Glick

Senior Program Counselor

Winifred (Wini) Boyd

Jerry Delaney

Executive Trainees

Christine Miloser

Charlie Broussard

Staff

Group Staff Supervisor

Eileen F. [REDACTED]

Senior Staff

Todd B. [REDACTED]

Theresa R. [REDACTED]

Cathy P. [REDACTED]

Junior Staff

Amie V. [REDACTED]

Greg C. [REDACTED]

Jenni B. [REDACTED]

Tom A. [REDACTED]

Steve K. [REDACTED]

Dawn S. [REDACTED]

JoAnne W. [REDACTED]

Randy J. [REDACTED]

Staff Trainees

Jay P. [REDACTED]

Kristin D. [REDACTED]

Rodney R. [REDACTED]

Tom D. [REDACTED]

Kathy H. [REDACTED]

Tony W. [REDACTED]

Kim G. [REDACTED]

Heather S. [REDACTED]

Ken K. [REDACTED]

Rene D. [REDACTED]

Administrative Staff

Bookkeeper

Jan S. [REDACTED]

Admissions Counselor

Joyce S. [REDACTED]

Assistant Admissions Coun.

Connie B. [REDACTED]

Community Service Directors

Karmen L. [REDACTED]

Sandy M. [REDACTED]

Secretary

Linda S. [REDACTED]

Receptionists

Peg K. [REDACTED]

Barb S. [REDACTED]

Administrative Coordinator

Pat W. [REDACTED]

Newsletter

Editor: Marty C. Assoc. Ed. Betsy S.

STRAIGHT BIKERS RAISE FUNDS TO FIGHT MS

Pat W., Karl W., Gary S., Steve S., Amy V., Jim V., Amy R. and Jake R. rode their bikes for a total of 800 miles June 1st and 2nd in the MS 100 Bike Ride. Congratulations!

Only one minor accident marred the ride when Pat W. (after riding almost 100 miles) turned into her driveway, lost control of her bike and careened into her own car. Pat suffered a broken little finger, frustration for the scratches on her car, and some wounded pride. They are all better now.

BOOSTER CLUB PLANS ACTIVITIES

Besides the current project, the NFL Alumni Golf Banquet and Golf Outing, the Straight Booster Club is planning several activities and fund raisers for the remainder of the year. There will be a picnic in August, a craft auction and Christmas wrapping paper sale in the fall. The Straight Booster Club is made up of YOU - Straight parents. There are many jobs to do on any one of these projects. If you are not involved yet, please share your talent. Call Fred K. 728-2056 (answering service) or Art J., Booster Club President, 728-2005 (answering service).

MANY THANKS

To all of you who volunteer your time and talent. You are beautiful examples of working together for a common goal, in love and trust.

BOOSTER'S JUNE EARNINGS

The total amount of money raised by the Booster Club through June 25th is \$847.45

PARENTS...

When inviting guests to the Open Meeting remember:

- Guests may not be younger than the oldest person in group - no one under 22 without staff permission
- Guests need to be advised of our dress code - no shorts, sundresses, halter tops etc. If you have questions, ask Joyce or Connie.

NFL TICKET SALES TEAM CAPTAINS:

Cincinnati: Jack A.
Home: 231-8169
John D.
Home: 793-0650

Middletown: Tom B.
Home: 899-3217
Mike A.
Home: 423-1388

Dayton Area: Bart K.
Home: (1) 878-3037
Herb E.

Michigan: Jean A.
Home - Local Phone:
683-3358

Obtain sales literature and tickets from your team captain or anyone listed above.

NFL ALUMNI GOLF CLASSIC SERIES BANQUET

WHEN: July 14, 1985, Sunday. Social Hour 6:00PM Dinner 7:00 PM.

WHERE: Marriott Inn, 11320 Chester Road, Sharonville, Ohio

COST: \$50.00 each person, \$400.00 per table (8 tickets) for organizations.

TAX DEDUCTIBLE

HOW TO PURCHASE: Checks should be made payable to STRAIGHT, INC. Tickets can be obtained from team captains or at the "NFL Table" at Open Meetings.

QUESTIONS: Can be directed to team captains or Fred K. (answering service 24 hrs.)
728-2056.

NFL ALUMNI 1985 CHARITY GOLF CLASSIC

WHEN: Monday, July 15, 1985

WHERE: Jack Nicklaus Golf Center (Kings Island)

COST: \$400.00 to play

Includes: two banquet tickets, potential prizes, chance to earn berth in Super Bowl of Golf.

HOW TO PURCHASE: Checks should be made payable to NFL Alumni Association. Tickets can be obtained through team captains or any parent active in the Booster Club.

HOW TIMES CHANGE

Everything is further away now than it used to be. It is twice as far to the corner, and they have added a hill. I've noticed I have given up running for the bus; it leaves faster than it used to. It seems to me they are making steps steeper than in the old days and have you noticed the smaller print they use in the newspaper? There is no sense in asking anyone to read aloud; everyone speaks in such a low voice that I can hardly hear them. The material in the dresses and slacks is so skimpy, especially around the waist and hips. It is almost impossible to reach my shoe laces. Even people are changing; they are so much younger than when I was their age. On the other hand, people my own age are so much older than I am. I ran into an old school mate the other day, and she had aged so much she didn't even recognize me. I got to thinking about the poor thing while I was combing my hair this morning, so I glanced into the mirror at my reflection! Confound it, they don't even make good mirrors like they used to!

from the Indian Creek Newsletter
submitted by Joyce S.

POSITIVELY NEGATIVE

We drank for joy and became miserable.
We drank for sociability and became argumentative.
We drank for sophistication and became obnoxious.
We drank for friendship and made enemies.
We drank for sleep and awakened exhausted.
We drank for strength and felt weak.
We drank to feel exhilaration and ended up depressed.
We drank for "medicinal purposes" and acquired health problems.
We drank to get calmed down and ended up with the shakes.
We drank for confidence and became afraid.
We drank to make conversation flow more easily and the words came out slurred and incoherent.
We drank to diminish our problems and saw them multiply.
We drank to feel heavenly and ended up feeling like hell.
We drank to cope with life and invited death.

submitted by Julia W.

SUMMER TIME - GREAT TIME FOR 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 W [REDACTED] with the information. We will then send a personal confirmation.

Who to invite? Your clergy, youth minister, child's school counselor or 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.

PARENT TO PARENT HOTLINE ONE YEAR OLD!!

A year ago, sixty Straight parents began answering their home phones to help worried parents who thought their child might have a drug problem.

Countless calls have come in to the 575-2712 number - parents describing angry behavior, abusive language, arrogant attitudes from their teens. Frantic parents received helpful words of care and hope from our moms and dads.

Do you have words of help and hope for a worried parent? Volunteer to answer the Parent to Parent Hotline in your home. Each shift is five hours - each call worth five times that in encouragement to the caller. Contact Karmen at the Straight office.

RESOURCE BOOK LIST

"When Bad Things Happen To Good People"
by Harold S. Kushner
Encouragement to cope with crises

"It'll Never Happen to Me"
by Claudia Black
written for adult children of alcoholics

"I'll Quit Tomorrow"
by Vernon Johnson

"If Only My Family Understood Me"
by Dawn Wegescheider
Roles within the family

"Goodbye Paper Doll"
by Ann Snyder
anorexia and bulimia

"The Best Little Girl in the World"
by Steven Levenkron
anorexia

"A New Guide to Rational Living"
by Ellis and Harper

You may be interested in obtaining copies of The Chemical People Newsletter published by WQED, Pittsburgh. Write to Ricki Wertz, Editor, WQED, 4802 Fifth Ave., Pittsburgh, Pennsylvania, 15213. (phone 412-622-1491)

CONFRONTING BEHAVIOR

Whether our children are teens or little ones, they, at times, exhibit behavior which annoys us or of which we disapprove. To say nothing is to be "nonassertive." It gets us nowhere. To yell, scream, and hit is to be "aggressive." It may get us somewhere but only with left-over negative feelings. Our goal is the "middle road," to be "assertive." Using "I" messages (that is speaking on behalf of myself; I wish you would...I am disappointed when you...) is one way to be effectively assertive.

	Nonassertive Behavior	Assertive Behavior ["I" Message]	Aggressive Behavior
Characteristics of the Behavior	Emotionally dishonest Indirect Self-denying (Permissive)	Appropriately emotionally honest Direct Self-enhancing Expressive	Direct Inappropriately emotionally honest Self-enhancing at expense of another (authoritarian)
Your feelings when you engage in this behavior	Hurt Anxious at the time Angry later "Gunny sacking"	Confident Self-respecting at the time and later	Righteous, superior Depractory at the time Possibly guilty later
The other person's feelings about him/her when you engage in this behavior	Guilty Superior	Valued Respected	Hurt Humiliated "Put-down"
The other person's feelings toward you (the relationship) when you engage in this behavior	Irritation Pity Digust	Generally respect	Angry Vengeful

"For Parents"
7052 West Lane
Eden, NY 14057

A TEST OF CONFRONTATION

There is something about the nature of criticism. If it is not given lovingly and with an honest desire to help, it can be cruel and non-productive. You can easily determine when you should confront and when you shouldn't by asking yourself these three questions:

- 1) Am I motivated by an earnest desire for the welfare of the person I think needs correcting?
- 2) Am I going to face the person honestly, firmly and with love?
- 3) Do I find the task thoroughly disagreeable or am I secretly getting pleasure out of it?

Yes, if you are sincerely seeking the other person's welfare, are planning to confront him/her lovingly and wish you didn't have to do it, go ahead!

He has the right to confront who has the heart to help.

7-STEP PROFILE - ROB M [REDACTED]

Twenty-year-old Rob M [REDACTED], a 7-Stepper since August 5, 1983, is spending his summer working at an auto parts store. Rob is a sophomore at the University of Cincinnati where he is studying broadcasting. After the fall quarter, he plans to receive his Associates Degree and attend the University of South Florida in Tampa to go on with his study of broadcasting as well as pursue one of his favorite sports, scuba diving.

Rob was in the Straight program for sixteen months and two days, after using drugs for four years. Rob says the biggest change he sees in himself since 7-Stepping almost two years ago is that he is making all his decisions for himself. "In the program I always had the feeling that someone was behind me, to remind me, report me. Now I know I'm doing things for myself based on how I feel about my decisions," Rob says.

For support, Rob relies on AA meetings and his friends and family. His best friend was a druggie friend in his past who has since been through another treatment program. Rob says, "I also do a lot with people in the 7-Step Society."

When Rob is not scuba diving in his spare time, he enjoys working on cars, riding his motorcycle, and participating in all kinds of sports, especially baseball, soccer, and weight lifting.

Rob has some advice for new 7-Steppers: "Surround yourself with strong friends and always have people you can talk to. Make decisions for yourself. Appreciate how far you've come and take it one day at a time."

NEW 7-STEPPERS

At the June 21st Open Meeting, the announcement of six new 7-Steppers was celebrated. Congratulations to Rodney R., Scott O., Jodi F., Jaime G., Jay P., and Maxine D., and to their families.

* * * * *

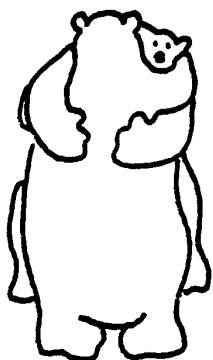
Every choice you make is important

* * * * *

If you don't believe in yourself, it is hard for other people to believe in you.

* * * * *

Freedom is a part of reality. Independence always involves responsibility.



**HUGS
NOT
DRUGS!**

WATCH THIS PAGE NEXT MONTH FOR A REPORT ON THE SUPER 7-STEP CONVENTION!!!!

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IF NO ANSWER CALL
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JULY 1985

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 OPEN MEETING 6:30 PM <small>CANADA DAY</small>	2 RAP: 7-Steppers 6 PM	3	4 <small>INDEPENDENCE DAY</small>	5 OPEN MEETING 6:30 PM	6 RAPS: Siblings 10 AM 7-Steppers 7 PM 7-Step Parents Only - 7 PM
7	8 OPEN MEETING 6:30 PM	9 RAP: 7-Steppers 6 PM	10	11	12 OPEN MEETING 6:30 PM <small>HOLIDAY (N Ireland)</small>	13 RAPS: Siblings 10 AM 7-Steppers 7 PM
14	15 OPEN MEETING 6:30 PM	16 RAP: 7-Steppers 6 PM	17	18 RAP: 5th Phasers and Parents - 6:15PM	19 OPEN MEETING 6:30 PM	20 RAPS: Siblings 10 AM 7-Steppers and Parents - 7PM
21	22 OPEN MEETING 6:30 PM	23 RAP: 7-Steppers 6 PM	24	25 RAP: 4th Phasers and Parents - 6:15PM	26 OPEN MEETING 6:30 PM	27 RAPS: Siblings - 10AM 7-Steppers 7 PM
28	29 OPEN MEETING 6:30 PM	30 RAP: 7-Steppers 6 PM	31		JUNE 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	AUGUST 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