

STRAIGHT

NEWSLETTER from Cincinnati

OCTOBER 1985

LETTER OF APPRECIATION

Dear Straight Family,

Thank you all for your many expressions of sympathy and caring.

Judy went through a long, difficult illness and one of her joys during this time was the regular flow of visits, cards, calls, food and flowers from our Straight Family. The 7-Step Mom's luncheon was a particular pleasure. You were wonderful!!

Straight has a special place in the lives and hearts of the Ma [redacted] family. We love you for who you are and what you stand for.

Love you all,
Tom Ma [redacted] and
Family

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PARENT WEEKEND

Labor Day weekend was truly an unforgettable weekend for many of the STRAIGHT parents. It was Parent Weekend.

Comments include "It was very special for me" and Don't miss it when you get the opportunity to go". One dad has this thought: "I would like to share one thought with those parents who have not been fortunate enough to experience the weekend. Chemical dependency is a family disease. Individual and family group therapy of this caliber is not available elsewhere at any price. If it takes a selfish attitude to get you there, get your money's worth from the program. If you are eligible, do not delay in signing up for the next parent weekend.

-- Paul W.

DON'T QUIT

When things go wrong as they sometimes will
When the road you're trudging seems all uphill
When the funds are low and the debts are high
And you want to smile but you have to sigh
When care is pressing you down a bit
Rest if you must but don't you quit!

Life is queer with its twists and turns
As every one of us sometimes learns
And many a fellow turns about
When he might have won had he stuck it out
Don't give up though the pace seems slow
You may succeed with another blow.

Often the goal is nearer than
It seems to a faint and faltering man
Often the struggler has given up
When he might have captured the victor's cup
And he learned too late when the night came down
How close he was to the golden crown.

Success is failure turned inside out
The silver tint of the clouds of doubt
And you never can tell how close you are
It may be near when it seems afar
So stick to the fight when you're hardest hit
It's when things seem worst
That you MUST NOT QUIT !!!

-- Anonymous

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LOOK.....LOOK.....LOOK

Don't forget to look around for the application forms to the next parent weekend which will be held on November 23-24. You can find them in the parent lobby. This is also the same weekend that 4th and 5th phasers and their parents will have their raps. In November these raps will be held on the same Thursday since Thanksgiving is the next week.

It is a basic requirement of the STRAIGHT Program that all parents attend a parent weekend before they 7-Step. All parents who have not attended a parent weekend and have kids on 3rd phase and higher and have been in the program for at least 3 months should plan to attend.

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Newsletter

Muriel A., Editor

Changes your body goes through when you quit smoking



Within 20 minutes of last cigarette

- Blood pressure drops to normal
- Pulse rate drops to normal rate
- Body temperature of hands, feet increases to normal

8 hours

- Carbon monoxide level in blood drops to normal
- Oxygen level in blood increases to normal

24 hours

- Chance of heart attack decreases

48 hours

- Nerve endings start regrowing
- Ability to smell and to taste things is enhanced

72 hours

- Bronchial tubes relax, making breathing easier
- Lung capacity increases

2 weeks to 3 months

- Circulation improves
- Walking becomes easier
- Lung function increases up to 30 percent

1 to 9 months

- Coughing, sinus congestion, fatigue, shortness of breath decreases
- Cilia regrow in lungs, increasing ability to handle mucus, clean the lungs, reduce infection
- Body's overall energy level increases

5 years

- Lung cancer death rate for average smoker (one pack a day) decreases from 137 per 100,000 people to 72 per 100,000

10 years

- Lung cancer death rate for average smoker drops to 12 deaths per 100,000 — almost the rate of non-smokers
- Precancerous cells are replaced
- Other cancers — such as those of the mouth, larynx, esophagus, bladder, kidney and pancreas — decrease. (There are 30 chemicals in tobacco smoke that cause cancer.)

ONE CAN OF BEER EQUALS ONE SHOT OF WHISKEY

A lot of people who never would consider using marijuana consider beer to be perfectly acceptable. But the fact is beer contains alcohol, and alcohol is a very addicting drug--probably the most abused drug there is.

Surveys have shown that almost half of all male high school seniors--and nearly 20% of all 9th grade boys--can be called problem drinkers, meaning they are repeatedly drunk, have problems with school authorities and difficulties with friends and the police. And of course, there is always the problem of drinking and driving. Over 5000 teenagers are killed yearly in auto accidents due to drunken driving.

So the simple fact is if you drink a 6-pack of beer, you're getting 6 doses of a very powerful and addictive drug.

--Pharmacists Against Drug Abuse

COMMUNITY YOUTH DRUG ALERT

Community Chemical Task Force Groups are putting on an awareness day at the Kenwood Mall on November 2nd from 10AM to 5PM. STRAIGHT will have a booth and we need volunteers to staff the booth for 1 or 2 hour shifts.

STRAIGHT will also be in Dayton, O. participating with a booth at the Dayton Health-O-Rama, Dayton Convention Center, on November 13-14-15th. Times are from 9AM to 4:30PM daily. Again we need local parents to help staff the display. See Charlie B. to sign up.

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PROFESSIONAL LUNCHEONS

Professional luncheons are held every Thursday from 12:30-2:00PM 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 Vance 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. Practice your 7th step.

-- Karmen and Sandy

THE BOOSTER CLUB COLLECTED \$1,081.85
IN THE MONTH OF SEPTEMBER.

ABC THEATER FILM ON TOUGHLOVE

"Toughlove", a two-hour drama from Fries Entertainment starring Lee Remick, Bruce Dern and Piper Laurie, has been scheduled to air as the 54th "ABC Theatre" presentation SUNDAY, OCTOBER 13th, 1985 (9:00-11:00 PM EDT) on the ABC Television Network.

In the compelling film, Remick, Dern and Laurie portray the parents of hostile, destructive, substance-abusing teenagers, who, in desperation, turn to the controversial Toughlove family support organization for help in dealing with their wayward--and sometimes criminally inclined--children.

Dramatizing the Toughlove precept that "parents are people too", the emotionally hard-hitting film focuses on the group's belief that unacceptable and disruptive behavior must be met with an extremely firm hand in order to create viable family relationships.

Be sure to mark your calendar to watch this emotional and informational drama.

-- Muriel A.

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TOUGHLOVE NEEDS YOUR HELP

Will you help with scholarship money to send 12 volunteer 7-Step parents to the Toughlove Workshop in Cincinnati on October 12-13? The cost is \$165. per person. If you can donate a full scholarship for \$165. or a partial scholarship of \$100., make your check payable to "Toughlove" and leave it with the receptionist. Donations of smaller amounts will be most appreciative also.

In advance, thank you for your support.

-- Marion T.

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CHECK YOUR SON'S OR DAUGHTER'S ROCK ALBUM COVERS BEFORE DISCARDING because..... Marion is in need of the following record album covers to update her collection for talks to parent groups about the effects of rock music: Prince; Madonna; Ozzie Osborns and Pink Floyd. If you have any to donate to the collection, bring them to the building to the attention of Karmen or the intake co-ordinators.

-- Thanks

B O O S T E R C L U B A C T I V I T I E S

STRAIGHT FROM THE HEART RAFFLE

One of the objectives of the STRAIGHT parents booster club is to provide parent support and involvement to the STRAIGHT Program so as to keep the cost of operating this program low. ALL PARENTS ARE AUTOMATICALLY MEMBERS ----- We have already paid our dues!!!

When I was new in the program I found that by working with oldcomer mom's and dad's around the building, I got to talk about what I was going through on a one-on-one basis. I would not trade that experience for anything. I encourage everyone to take a risk, made a decision to get involved and reach out to others.

Right now we have an immediate need for everyone's support by selling Christmas Wrapping paper as a fund raiser for the program. In addition, your support to the STRAIGHT Program is needed so that we can "pass it on" by purchasing or selling "STRAIGHT FROM THE HEART" raffle tickets to provide the Michigan program with the symbolic sculpture of a newcomer and an oldcomer, like the one in our front lobby.

We have two miniture sculptures, one of boys and one of girls (small statues like the big one in the front lobby of the building) to be raffled off November 1, 1985. These replicas have a value of \$250. each. The tickets sell for \$3.00 each or 2 for \$5.00. These tickets are on sale at the Open Meetings, both in Cincinnati and in Michigan. When paying by check please make sure you specify that the money is for the "STRAIGHT FROM THE HEART" Raffle. These miniture statues are a symbolic testimonial to how the STRAIGHT Program works and should be treasured by all STRAIGHT parents.

-- Steve R., President, Boosters Club

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OTHER WAYS YOU CAN HELP

W A N T E D ! ! -- Parents willing to volunteer from 3PM to 5PM daily to tudor phasers in study hall at the building. Sign up with Mary N. at the front desk.

PARENT-TO-PARENT HOT LINE

We have a few spaces still available. The hot line is forwarded to your home. This is a job you can do at your home and help STRAIGHT. Requirements are 3 months in the Program, you live in town or are willing to do hot line in the building. Contact Mary N. at the building or leave your name and phone # at the front desk.

TALENT SHOW - OCTOBER 12th

What can you do? Last year my husband and I did a 50's dance. We were so nervous that we didn't notice that the stage was ending and we fell off. Talk about pushing through insecurities. It was one of the grandest evenings I have ever enjoyed. All the kids are there and we have refreshments and just a grand time. PICK UP AN APPLICATION---GET YOUR ACT TOGETHER AND JOIN IN FOR A REAL BUNCH OF FUN! First phase parents this is a great way to get to know each other. We were on 1st phase when we danced. Also groups of parents can do things & such together.

-- Muriel A.

RECIPE ----- PUMPKIN COOKIES (FOR HALLOWEEN)

- * ½ c. shortening 1 tsp. salt
- * 1 c. sugar 2½ tsp. ground cinnamon
- * 2 eggs ½ tsp. ground nutmeg
- * 1 c. canned pumpkin ¼ tsp. ground ginger
- * 2 c. flour 1 c. nuts, chopped
- * 2 tsp. baking powder 1 c. raisins

- * Lemon Icing:
- * 2 c. conf. sugar 1 tbsp. grated lemon rind
- * 1 tbsp. lemon juice Few drops milk or water

- * Heat oven to 350°F. Cream shortening, add sugar
- * eggs and pumpkin. Add dry ingredients to mix.
- * Add raisins and nuts. Drop on greased cookie
- * sheet. Bake 15 minutes. Top with lemon icing.

- * This recipe can be found in the STRAIGHT COOKBOOK
- * on page 193. It is just one of many great
- * recipies you can get for buying the cookbook for
- * only \$10.00. Makes great Christmas gifts and we
- * can wrap them for you too!!!

7-Step News

NEW 7-STEPPERS

At the September 13th Open Meeting, the announcement of nine new 7-Steppers was celebrated. Contratulations to the following 7-Steppers and their families:

- | | |
|-----------|----------|
| Bill W. | John A. |
| Tom D. | Dan O. |
| Jeff K. | Brian W. |
| Shiela H. | Laura K. |
| Nikki U. | |

HOLLOWEEN COSTUME PARTY AND DANCE

All 7-Steppers, their parents and siblings are invited to attend a grand costume party and dance to be held on Sunday, October 27, 1985. The party will begin at 7PM and end at Midnight. Please plan to attend this gala affair at the Willowbrook Subdivision Clubhouse.

For more information and directions if you need them, call your 7-step officers. Mailers will be coming to you with additional information.

There will be prizes, games and refreshments. Be sure to dress in your best Halloween costume.

PASS IT ON

I have noticed on many occasions that new parents coming into the program do not have the opportunity to learn the closing song at open meetings. It would be especially nice if we all knew the words so that we can all join in. To help you out the following are the words to "Pass It On" Cut it out and memorize it.

It only takes a spark to get a fire going,
and soon all those around can warn up in its glowing;
That's how it is with God's love, once you've experienced it;
You spread His love to everyone, you want to pass it on.

What a wondrous time is spring when all the trees are budding,
The birds begin to sing, the flowers start their blooming;
That's how it is with God's love, once you've experienced it;
You want to sing, it's fresh like spring, you want to pass it on.

I wish for you, my friend, this happiness that I've found,
You can depend on Him, it matters not where you're bound;
I'll shout it from the mountain top, I want my world to know;
The Lord of love has come to me, I want to pass it on.

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A SIBLINGS POEM CALLED "WELCOME HOME"

It seems like it's been a million years,
and it's probably been a million tears.
I've seen kids run down the aisle,
and made their families laugh and smile.
Well tonight it was your turn,
and soon you will learn
That all the time was worthwhile.

-- Jen R., a sibling

OCTOBER 1985

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
SEPTEMBER 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	NOVEMBER 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	1 RAP: 7-STEPPERS - 7PM	2	3	4 OPEN MEETING 6:30 PM SIBLINGS RAP	RAPS: 5 SIBLINGS - 10 AM 7-STEPPERS 7 PM 7-STEP PARENTS ONLY - 7 PM
6	7 OPEN MEETING 6:30 PM SIBLINGS RAP	8 RAP: 7-STEPPERS - 7PM	9 CHRISTMAS WRAPPING PAPER ORDER FORMS AND MONEY DUE TOMORROW.	10	11 OPEN MEETING 6:30 PM SIBLINGS RAP	RAPS: 12 SIBLINGS - 10AM 7-STEPPERS - 7PM TALENT SHOW 7PM
13	14 OPEN MEETING 6:30 PM SIBLINGS RAP <small>THANKSGIVING DAY (Canada)</small>	15 RAP: 7-STEPPERS - 7PM	16	17 RAP: 5TH PHASERS AND PARENTS - 6:15PM	18 OPEN MEETING 6:30 PM SIBLINGS RAP	RAPS: 19 SIBLINGS - 10AM 7-STEPPERS AND PARENTS - 7PM BOOSTERS - 10:15 AM
20	21 OPEN MEETING 6:30 PM SIBLINGS RAP	22 RAP: 7-STEPPERS - 7PM	23	24 RAP: 4TH PHASERS AND PARENTS - 6:15PM	25 OPEN MEETING 6:30 PM SIBLINGS RAP	RAPS: 26 SIBLINGS - 10AM 7-STEPPERS - 7PM
27 7-STEPPERS HALLOWEEN DANCE AND PARTY - 7PM <small>OVERVIEW OF SAVING THE EYES</small>	28 OPEN MEETING 6:30 PM	29 RAP: 7-STEPPERS - 7PM	30	31 STRAIGHT FROM THE HEART RAFFLE ON NOVEMBER 1ST LAST CHANCE TO BUY TICKETS !! <small>HALLOWEEN</small>		