

STRAIGHT NEWSLETTER from Cincinnati

MANY, MANY THANKS

Thanks to all those parents in 1985 who:

- Hosted Coffee's in their home,
- Went on Speaking Engagements,
- Helped at Health Fair Exhibits
- Helped with Straight Exhibits
- Answered Parent-to-Parent Hot Line
- Invited Guests to Luncheons
- Invited Guests to Open Meetings
- Distributed Straight literature in the community.

The response of the parents in the last half of 1985 was tremendous and we expect greater things from the parents in 1986.

-- Sandy and Karmen,
Community Service Directors

* * * * *

TELEVISION BROADCAST "SHATTERED SPIRITS"

In mid-January, ABC Television will broadcast the movie "Shattered Spirits". Our local station in Cincinnati is Channel 12 and you will need to look in the TV listings for the exact time and date.

This movie, made for TV, is the first one to portray alcoholism from a child's point of view.

RESULTS FROM PARENT ACTION GROUP

Your efforts from concessions, raffles and the sale of articles resulted in \$1,324.56 during December. Tom T. won the sports jacket. Hannibal A. and Susan J. won the miniature statues, and all of us who got involved in the PAG won PRIDE. The gift wrap sale resulted in \$9,179.85 profit. Let's give ourselves credit for getting involved and helping.

Happy New Year!



JANUARY 1

LIVING TODAY

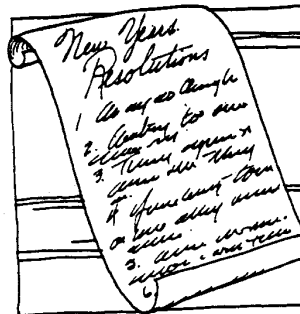
The beginning of the New Year will often bring sad memories back to us. This has been the big day for hangovers, coming down, remorse, guilt and shame.

But if we stay with our new purpose, staying clean and close to our Higher Power, we need have no fears for the New Year. God has forgiven us our past mistakes and tomorrow is not yet here. If we do what we know is right today, all else will be taken care of.

It is not always easy to do what is necessary today, but it is impossible to change yesterday or guarantee what tomorrow will bring. Our year will unfold better by living each day as it comes than it will by regretting the past or anticipating the future. Have I learned to live one day at a time?

Father grant me the willingness to deal with today--instead of being obsessed with the past or the future.

-- Day by Day Book



NEW YEARS RESOLUTIONS YOU MAY CONSIDER

- Keep Parent Lobby Clean
- Pick-up Cigarette Butts from sidewalk and put them in the trash can
- Give 2 hrs. work time on Saturdays.

Make a phone call to a new family in the program to make a friendship.

Contact a school or local community civic group for speaking engagements and have them contact Sandy M [redacted], Community Services Director.

CHAIN OF COMMAND

DIRECTOR Jerry Rushing
 MEDICAL DIRECTOR Richard Heyman, MD
 ASSOCIATE DIRECTOR, THERAPEUTIC SERVICES William Glick
 ASSOCIATE DIRECTOR, ADMINISTRATIVE SERVICES Gil Stevens
 SENIOR PROGRAM COUNSELORS Winifred (Wini) Boyd, Jerry Delaney
 PROGRAM COUNSELOR Charlie Broussard
 PROGRAM COUNSELOR TRAINEES Barbara Pinson, Elizabeth LaBurn (Michigan)
 ADMINISTRATIVE STAFF
 EXECUTIVE SECRETARY Pat V [redacted]
 SENIOR SECRETARY - CLERK TYPIST Linda S [redacted] - Judith H [redacted]
 BOOKKEEPER - ASS'T BOOKKEEPER Jan S [redacted] - Peggy T [redacted]
 PRE-ADMISSIONS COUNSELOR Joyce S [redacted]
 ASS'T PRE-ADMISSIONS COUNSELOR Connie B [redacted] - Carolyn W [redacted]
 COMMUNITY SERVICE DIRECTORS Karmen L [redacted] and Sandy M [redacted]
 RECEPTIONIST SUPERVISOR Peg K [redacted]
 RECEPTIONIST (PART TIME) Susan B [redacted]
 GROUP STAFF SUPERVISOR Eileen M [redacted]
 SENIOR STAFF Tom A [redacted], Jo Anne W [redacted]
 JUNIOR STAFF Eric B [redacted] (Adm.), Kristin D [redacted], Renee
 D [redacted], Steve K [redacted], Ken K [redacted], Laura
 K [redacted], Rick M [redacted], Jay P [redacted], Ann
 S [redacted], Heather S [redacted], Ned U [redacted]
 Nikki Upson
 STAFF TRAINEES Liz A [redacted], Jeff B [redacted], Andy K [redacted], Rich
 P [redacted], Tim T [redacted], Terri W [redacted]
 SIBLING STAFF Shelly D [redacted]
 NEWSLETTER EDITOR Muriel A [redacted]



NEW EXECUTIVE STAFF

Welcome to Barbara Pinson, new executive staff trainee who came to us on Monday, December 9th. Barbara and her husband Fred live in this area.

Elizabeth LaBurn who is from the Michigan area is going to be with us for several months in training before she goes back up to join the Michigan Program.

CONGRATULATIONS TO MICHIGAN PIONEERS

After more than 2 years the hard work of the Michigan STRAIGHT families has finally paid off because on December 16th the first group of six 5th Phasers rejoined their families and began the building of STRAIGHT OF SOUTH-EAST MICHIGAN Program. Additional groups of Phasers will be joining them on a schedule which will allow young people and their families to establish their family relationships and build a strong core group before the whole Michigan group is united in mid January.

FOND GOODBY'S

First we say goodbye to Amy V [redacted] and Greg C [redacted], both will be leaving group staff after which both have been on staff for over a year. Both Amy and Greg plan to attend school full time beginning in January and we fondly wish them the best of luck and success.

Staff Pioneers Todd B [redacted], Jenny B [redacted] and Tom D [redacted] will be the Cincinnati group staff contribution to begin the Michigan program.

Todd, Jenny and Tom will be enjoying their families after having completed their programs here in Cincinnati and served on staff for an estimated period of time. We thank them for their hard work and their dedication in staying in the Cincinnati area and we offer them our love and support in forming the core of the Michigan group staff.



STRAIGHT COUPLE OF THE YEAR

=====

DICK AND MARION T [REDACTED] were honored by STRAIGHT, INC. on December 13th as Couple of the Year 1985. The award was given at the regular open meeting and is given to the person or couple who have exhibited outstanding community service and involvement.

This couple has given unselfishly of their time in many aspects of community work, especially with young people. They orchestrated the raising of \$80,000 to equip two paramedic units for Anderson Township. In addition to this, they started and ran "Powerhouse", a christian drop-in center on weekend nights in the Eastern Avenue area. They were also instrumental in beginning the first "Operation Wakeup", a group for parent awareness.

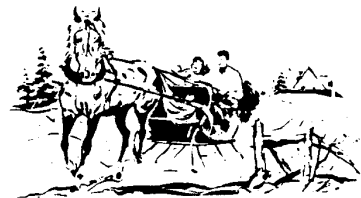
The T [REDACTED] were instrumental in bringing the STRAIGHT Program up from St. Petersburg, Florida in January 1982. There were originally 55 young people in treatment that came up from Florida as the beginning of STRAIGHT-CINCINNATI. Without the efforts of the T [REDACTED]s and other dedicated people this would never have been possible. They continued as parent rap leaders with the STRAIGHT Program for 3½ years. Dick has served on the Administrative Board of STRAIGHT for the past 4 years. Marion continues to do numerous volunteer projects for STRAIGHT.

In the past year the T [REDACTED]s have originated the Toughlove groups around the city. Presently there are six groups meeting weekly in Anderson, Tri-County, Forest Park, Clifton, Northern Kentucky, and Western Hills. Toughlove is a self help program for parents troubled by teenage behavior.

Currently Dick T [REDACTED] is on the church council for the First Christian Assembly of God Church and is Past President of Anderson Kiwanis.

The T [REDACTED] have three children, Karen, Lisa, and Mike. Mike is working with his father in the family business, [REDACTED] Plumbing in Anderson. When Mike receives his master plumber certificate he will be the fourth generation T [REDACTED] to participate in the family business.

The former recipients of this award have been Dr. Robert B [REDACTED], Superintendent Indian Hill School District and Mr. Jake D [REDACTED]s, former Chairman of the Board, Kroger Company, and former head of the Greater Cincinnati Foundation.





CAFFEINE -- HOW IT WORKS



We are accustomed to hearing that tea is "bracing", that coffee has a "kick", that cocoa "picks you up", or that colas are full of "pep". And for once, it's quite true--all these beverages have powerful stimulative effects.

Caffeine and the related substances theophylline (found naturally in tea) and theobromine (occurring naturally in cocoa and other chocolate products) belong to a group of drugs called methylxanthines, or xanthines, of which caffeine is the most potent. All xanthines are central nervous system stimulants, and as such they can have both beneficial and harmful effects. In a sense, the adverse effects of these drugs are extensions of the beneficial ones; just as caffeine in moderation can increase mental alertness and seem to lessen fatigue, too much of it can constrict the blood vessels of the brain, speed up the heart, cause an irregular heartbeat, and also bring on symptoms ranging from restlessness and irritability to twitching muscles and headache.

The methylxanthines are widely used in both prescription and over-the-counter remedies. Caffeine, because it constricts the cranial blood vessels, is found in many headache preparations and other pain relievers (both prescription and nonprescription), and in over-the-counter "alertness" tablets and cold/allergy remedies. Methylxanthines, which stimulate the heart and help regulate the respiratory system, are used in treating asthma, congestive heart failure, and other conditions.

The list of documented or suspected side effects of heavy caffeine use is long and getting longer. Scientific studies of adult coffee drinkers have shown that heavy use (1,000 milligrams per day, or about 8 cups) can produce classic anxiety symptoms--dizziness, nervous irritability, tremulousness, insomnia, headaches, and disturbances in the heart rate and rhythm. Heavy caffeine intake can also lead to dependency, increased tolerance, and even withdrawal symptoms--much like heavy use of alcohol or other mood changing drugs.

Besides the symptoms already mentioned, high caffeine intake has been associated with diuresis (excessive urination), gastrointestinal problems, and adverse changes in blood-sugar metabolism. Recent studies indicate that caffeine may increase the risk of developing fibrocystic (benign) breast disease and pancreatic cancer. However, not all scientists agree with the conclusions.

The effects of coffee consumption on the unborn fetus are also being studied. These results are not considered conclusive. The current FDA stand on caffeine during pregnancy is that it is neither safe nor unsafe.

Over the years, researchers have also explored the possible role of caffeine in heart attacks, ulcers, and cancers of the stomach, bladder, and urinary tract, but here too the results so far have been inconclusive.

Although moderate caffeine consumption is thought to be safe for healthy adults who do not have a family history of diabetes, hypertension, or coronary heart diseases, apart from pregnant women and nursing mothers, the caffeine content of many products consumed by children is cause for concern. Children who regularly consume colas and chocolate bars can ingest as much caffeine as adult coffee drinkers, and their growing bodies may be far more susceptible to its effects. Concerned parents should read labels carefully (especially on soft drinks, some of which contain caffeine and some of which do not) so that they can control their children's intake of this powerful stimulant. Further studies are necessary if caffeine is to be removed from the GRAS (Generally Recognized As Safe) list of additives.



NEW 7-STEPPERS

At the December 6th Open Meeting, the announcement of seven new 7-steppers was celebrated. Congratulations to the following 7-steppers and their families:

Jeff B.
Tina G.
Tracy H.
Andy K.

Rich P.
Jim S.
Jackie S.



At the December 27th Open Meeting, the announcement of 3 more new 7-steppers was celebrated. Congratulations also to these new 7-steppers and their families:

Mike A.
Harry D.
Mike W.

CHRISTMAS DANCE AND PARTY

The 7-step dance was held Dec. 14, 1985 at the building in the beautifully decorated carpet room and group rooms. The tables were decorated with candles on each table along with greens and red bows. They were a striking thing of beauty. All were dancing and eating; lots of pictures were taken and a visit from not one, but 2 Santa Clauses!!!

It was wonderful to use the building for such a fun event and see everything decorated so nicely.

Instead of a gift exchange each family brought a donation for the Free Store Food Bank. A total of 244 pounds of food and other items were taken down to the Free Store on Christmas Eve. They were very grateful!!

=====

LOST AND FOUND

There are many objects that have been left at the building (clothing, dishes, umbrellas, hats, etc.). Starting this Friday there will be a special box at the raffle table marked "Lost & Found". Please look through these items and take whatever belongs to you. The items not taken will be discarded.

7-STEP MOMS - ATTENTION

Please note that since the first Wednesday in January is New Years Day, the luncheon will be held on Wednesday, January 8th at 11:30 at Hyde Park Zinos. Those wishing to go please call Nan Va [redacted] at 489-2575.

PLANNING MEETING

A planning meeting for 7-step activities will be held on Monday, January 13, 1986 at 7:30 pm at Dick and Sandy M [redacted] home. Any parent interested in attending please call Dick or Sandy at 489-1955.

INSTANT PRINT PLUS

**All the advantages of
a "quick print", PLUS!**

- QUICK PRINTING
- PHOTOPYRESETTING
- 2-COLOR PRINTING
- DARKROOM
- BINDERY
- PHOTOCOPIES
- GRAPHIC DESIGN
- WEDDING INVITATIONS

554-1797

BUSINESS HOURS
8:00 a.m. - 5:00 p.m. Monday thru Friday

Serving the area for 10 years

11137 READING ROAD, SHARONVILLE, OHIO 45241

TARVIN

PLUMBING AND HEATING

76 YEARS OF
QUALITY SERVICE

REPAIR AND
REMODELING
SPECIALISTS

COMPLETE BATH AND
KITCHEN REMODELING

KOHLER • AMERICAN STANDARD
• JACUZZI

SHOWROOM - 3748 EASTERN AV
CINTI OH


321-5726

IF NO ANSWER CALL
231-5728

JANUARY

1986



SUN	MON	TUES	WED	THURS	FRI	SAT
			1 GROUP SCHEDULE SAME AS SUNDAY	2 PROFESSIONAL LUNCHEONS " EVERY THURSDAY 12:30 PM	3 OPEN MEETING 6:30 PM PARENT RAPS SIBLING RAPS	4 RAPS: SIBLING - 10 AM 7-STEPPERS 7 PM 7-STEP PARENTS ONLY 7PM
5	6 OPEN MEETING 6:30 PM PARENT RAPS SIBLING RAPS	7 RAP: 7-STEPPERS 7PM	8	9 PROFESSIONAL LUNCHEON 12:30 PM	10 ANNIVERSARY OPEN MEETING 6:30 PM PARENT RAPS SIBLING RAPS	11 RAPS: SIBLING - 10 AM 7-STEPPERS 7PM
12	13 OPEN MEETING 6:30 PM PARENT RAPS SIBLING RAPS	14 RAP 7-STEPPERS 7PM	15	16 PROFESSIONAL LUNCHEON RAP: 5TH PHASERS & PARENTS 6:15 PM	17 OPEN MEETING 6:30 PM PARENT RAPS SIBLING RAPS	18 RAPS: SIBLINGS 10 AM 7-STEPPERS and 7-STEP PARENTS 7PM BOOSTERS 10:15AM
19	20 OPEN MEETING 6:30 PM PARENT RAPS SIBLING RAPS	21 RAP 7-STEPPERS 7PM	22	23 PROFESSIONAL LUNCHEON RAP: 4TH PHASERS & PARENTS 6:15 PM	24 OPEN MEETING 6:30 PM PARENT RAPS SIBLING RAPS	25 RAPS: SIBLINGS 10 AM 7-STEPPERS 7PM
26	27 OPEN MEETING 6:30 PM PARENT RAPS SIBLING RAPS	28 RAP 7-STEPPERS 7PM	29	30 PROFESSIONAL LUNCHEON 12:30 PM CALL SANDY OR KARMEN FOR RESERV.	31 OPEN MEETING 6:30 PM PARENT RAPS SIBLING RAPS	HAPPY NEW YEAR 