

STRAIGHT

NEWSLETTER from Cincinnati

DAVID TOMA COMES TO TOWN

David Toma, the well known former narcotics officer on whose life the TV series Baretta and Toma were based, is coming to Cincinnati on March 4th, 1986. Mr. Toma's visit is being sponsored by the Community Coordinating Council on Youth, who are concerned citizens from the community, and the Forest Hills School District.

The general public is invited to hear Mr. Toma speak on "Drug Abuse is Killing our Kids" on Tuesday, March 4th from 7:30 to 10:00 P.M. at the Anderson High School Auditorium, 7560 Forest Rd., Cincinnati 45230. Mr. Toma is well known for his commitment to helping communities for striving for drug free youth.

PARENT WEEKEND

It was very unfortunate that the weather decided not to cooperate with us here at Straight and the parent weekend scheduled for the 15th and 16th of February had to be cancelled because a lot of people scheduled for the weekend could not get to Cincinnati.

The good news is that the weekend is being rescheduled and at press time the exact dates were not available. All those parents who were involved in this weekend will be notified and the dates will be announced at Open Meeting.

Food For Thought

Sometimes people abstain from certain foods that they should have given up long ago. This does exercise the spiritual muscles, for it is a form of self-discipline. But there are spiritual daily facts that take even more willpower and offer greater rewards.

We could all try giving up the sweetness of revenge, the bitter herbs of resentment, the sharp spices of gossip, the bland puddings of complacency, the ego-building proteins of vanity, the strong stimulant of prejudice, the heavy bread that nourishes unkindness, and the drugging wine of self-pity.

NEVER GIVE UP!

We can never give up hope with our children. God is not finished with them or us yet, and our hope can sometimes mean the difference between a relationship that fades away to nothing and a restoration between parent and child.

There are some parents who have done what they could to bring up their children "...in the nurture and admonition of the Lord" (Ephesians 6:4 KJV), only to have them reject not only what they have been taught, but their parents also. These are the *exceptions* to Proverbs 22:6.

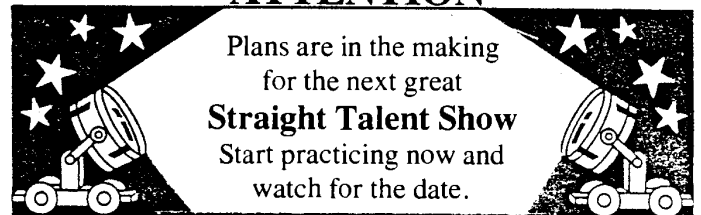
*They felt good eyes upon them
and shrank within—undone;
good parents had good children
and they—a wandering one.*

*The good folks never meant
To act smug or condemn,
But having prodigals
just "wasn't done" with them.*

*Remind them gently, Lord,
how You
have trouble with Your children,
too.*

Yes, we can hope even when we don't see any tangible results in our relationship with our child. We don't know what God might be doing for him or her. We don't know how God is using what we try to do for him or her, even when we don't see the results.

ATTENTION



Reminder to all Parents on the Hot Line

Please call into the building at the beginning of your shift. It helps our phone receptionist.

DRUG ABUSE

The Latest Facts

There's good news and bad news in the fight against drug abuse. The good news is that, in general, drug abuse is *down* among the nation's youth. According to the National Institute on Drug Abuse's most recent survey, the use of marijuana and PCP ("angel dust")—two of the most popular drugs—is on the decline.

The bad news: The use of cocaine is rising, as is the use of stimulants and other pills. And unfortunately, the current trend is toward the use of a greater variety of chemicals by kids who are experimenting with them at younger ages. For example, 34 percent of American children have tried drugs *before* they enter high school.

The illicit drug industry is such big business that experts estimate marijuana will be the third largest cash crop in the country this year, worth more than \$10 billion. And like all good entrepreneurs, drug dealers aim their sales pitches where the demand is greatest . . . at young people:

- "Head shops" cater to children by selling Frisbees with pipes attached for smoking marijuana.
- LSD is sold on Mickey Mouse stamps to children eager to lick the hallucinogen off the back.
- Books and pamphlets teach kids still too young to study botany at school the most sophisticated methods for cultivating marijuana.

These new trends in drug abuse have the experts worried. "There's an explosion of chemicals we can't keep up with," says Kevin McEneaney of Phoenix House Foundation in New York, the nation's largest drug education and treatment center. "There's massive consumption by large numbers of young people . . . and that means heavy casualties."

Poly-drug abuse

THE MOST DANGEROUS TREND

Youngsters who are poly-drug abusers take drugs in combination—often whatever drugs happen to be available. John Belushi's death from "speedballing"—injecting a combination of heroin and cocaine—is one example, and other drug combinations are just as dangerous. Some widely used combinations are Dexedrine and Valium, Methedrine and Seconal, marijuana and alcohol, Quaaludes and alcohol, and cocaine and Quaaludes. Teen-age poly-drug abusers often favor pill combinations, because pills

are easy to take and leave no telltale needle marks.

Look-alike drugs

THE NEWEST PROBLEM

Look-alike drugs are the newest fad . . . and they are a deadly one. The Food and Drug Administration (FDA) has already attributed at least 12 deaths to "look-alikes."

Look-alike drugs are purposely fashioned to resemble amphetamines, barbiturates, sedatives and tranquilizers—but unlike the prescription drugs, these pills and capsules contain only the substances found in over-the-counter medications such as decongestants, cold tablets and diet aids. Look-alikes are sold in streets and schoolyards by dealers who pretend to be selling prescription drugs so they can charge an exorbitant price. These drugs are also sold through the mail.

Deaths from look-alikes occur because the stimulants in these drugs increase the heart rate and raise blood pressure; taken in high doses they can cause stroke. High doses of the antihistamines, taken for sedative effect, can cause cardiorespiratory collapse.

Legislators are finally beginning to respond to this problem, and so far 35 states have laws to combat the imitation-drug industry. The FDA and the U.S. Postal Service are also planning to take action. But in 15 states, these drugs are still legal killers.

Marijuana

THE MOST POPULAR DRUG

Marijuana is still the drug of choice of America's teenagers: Fully 60 percent of high school students have tried the drug, and 7 percent are chronic users who say they need the drug to get through the day.

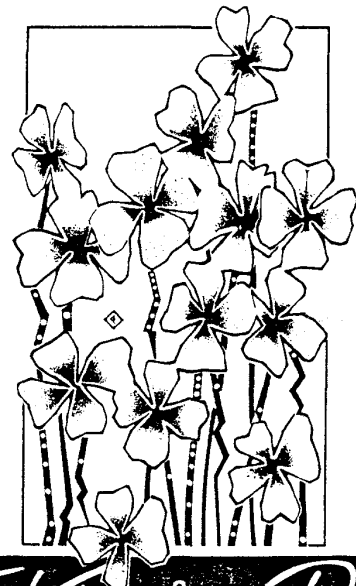
The marijuana that today's pushers are selling is much more potent than it was ten years ago. THC (delta-9-tetrahydrocannabinol), the chemical most responsible for the smoker's high, has gone up tenfold—from 0.4 percent to 4.0 percent. What particularly concerns experts is that with marijuana users younger than they used to be, and marijuana stronger than it used to be, there is a population extremely vulnerable to physical and psychological damage. —BETH WEINHOUSE

HE'LL SEE THEM HOME

*Don't despair so of your children,
God will bring them to the fold—
Because He died to save them,
They're special to the Lord.
He knows how much you love them,
He loves them even more.
As long as you hold on in prayer,
He'll not close the door.
Even now He sees your tears,
And He whispers tenderly,
Of Love that conquered all—
That all men might be free.*

*So lay them at His altar,
Let go and leave them there—
God will be faithful to your trust,
He won't withhold His care.
His hand will ever nurture,
No matter where they roam—
And He won't be satisfied
'Til He sees them safely home!*

Joyce Henning



St. Patrick's Day
1956



BOOSTER CLUB NOTES

The information generated during the 2/21/86 Parent Rap on the Booster Club will be very helpful — but please don't wait to be called or asked. You now know who the area coordinators are — sign-up, volunteer. It's expected and you'll get a lot out of it personally.

Great progress is being made in the concession area. It will now be open from 10:00 to 12:00 on Saturday for out of town parents in on Saturday talks and for parents in the building working. Additionally, think about coming in for coffee or soda after you drop the kids off. It's a good change to talk to other parents.

Improvements planned for the near future are a tile floor, shelving, and a counter. And a refrigerator has been donated by a parent. I want to personally thank the parents who have been so committed to give us a first class concession area.

Demetri R. has assumed responsibility for a new area of the overall maintenance program — housekeeping. Her leadership in getting this needed activity underway is greatly valued.

On Saturday, 2/22/86, the Projects Plan for 1986 was discussed in detail. We will be submitting the plan for Staff approval in two-three weeks. Two events that, if approved, will be coming up soon are a talent show in April and an Easter Dinner in late March.

Dave R. is training to take over responsibility as projects coordinator from Bart K.

Bart K., Jackie H., Glenn M., and Dan P. had the opportunity to go to the Michigan program open house on Sunday, 2/23/86, to represent the Cincinnati Straight parent group. The statue was presented to them from all of us and was really, really appreciated. I was asked to pass on sincere "thanks" from many of the parents.

Dan P.

FUND RAISERS

Below is the year to date totals of our various fund raising projects for 1986:

\$ 1934.28	Concessions
286.05	Raffle
273.30	Misc.
1455.00	Domino's Coupons toward Michigan statue
\$ 3045.63	TOTAL

WE APPRECIATE YOUR HELP

I just want to tell everyone how much we really appreciate all the help we get from mom's and dad's who donate their time to helping with the concession, bringing sandwiches and baked goods on Monday and Friday nights. We need workers to sign up at the raffle table (we prefer 1st phase parents). Also, we need gifts for the raffle. Bring them in anytime.

Our family has been in the program for 6 months now and have been shown more love and care than we ever thought possible. Thanks to everyone for all that love and care. We really needed it. Most of it has come from working around the building on Saturdays and helping with projects. All the people we meet have really helped.

COME OUT AND WORK WITH US. We love you!

Shirley K.

VOLUNTEERS

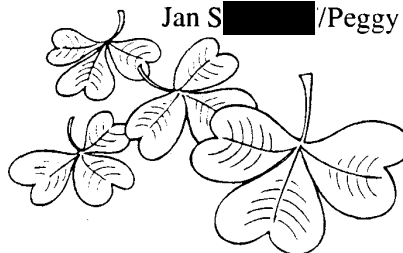
Vulnerable to new changes
Offer freely to help out
Love for one another
Understanding what makes it work
Need to reach out
Trusting to be there
Excited for a new opportunity
Example for others
Risk a new experience
Serene in knowing I helped out



ATTENTION PARENTS

Beginning March 1, Food Fees will not be billed to you on individual statements. All Food Fees should be paid on the first of each month as usual. Please see that the bookkeepers get your payments on time. All other financial obligations will be billed to you monthly. If you have any questions please let us hear from you.

Jan S [REDACTED] /Peggy T [REDACTED]



MAGAZINES

If you have been wanting to provide your family with some good reading minus the garbage and hypes that go along with most teen magazines, try the following three magazines. For a few dollars a year, the entire family can have access to some good information and entertaining ideas.

National Geographic's **WORLD**, oriented to real kids' achievements, activities, projects. Published monthly. Lots of pictures, easy to read, ages 6-20. To subscribe, send name, address, zip code and \$10.95 for 12-month subscription to:

National Geographic **WORLD**
 Department 00286
 17th and M Streets, N.W.
 Washington, D.C. 20036

FACES, the Magazine About People, published with the cooperation of the American Museum of Natural History. A young people's anthropology magazine. To subscribe, send name, address, zip code and \$16.50 for year's subscription to: (10 issues printed per year. Back issues available upon request at \$2.95 each)

FACES: The Magazine About People
 20 Grove Street
 Petersborough, NH 03458

LISTEN, A Journal of Better Living. No advertisements, only solid information about drug abuse, sound advise to teens column, and how to say no, etc. Deals with issues such as when a friend dies, teen suicide, peer pressure, etc. Printed 12 months a year for \$11.95. Information for the whole family, geared for junior high and older. Send check or money order to:

LISTEN - Order Desk
 P.O. Box 7000
 Boise, ID 83707

BUILDING SUCCESS ATTITUDES

Eliminate these words completely

1. I Can't
2. If
3. Doubt
4. I Don't Think
5. I Don't Have The Time
6. Maybe
7. I'm Afraid Of
8. I Don't Believe
9. Minimize 'I'

Make these words a part of your vocabulary

- I Can
- I Will
- Expect The Best
- I Know
- I Will Make The Time
- Positively
- I Am Confident
- I Do Believe
- Promote 'YOU'

JUST FOR TODAY

JUST FOR TODAY I will try to live through this day only, and not tackle all my problems at once. I can do something for twelve hours that would appall me if I felt that I had to keep it up for a lifetime.

JUST FOR TODAY I will be happy. This assumes to be true what Abraham Lincoln said, that "Most folks are as happy as they make up their minds to be."

JUST FOR TODAY I will adjust myself to what is, and not try to adjust everything to my own desires. I will take my "luck" as it comes, and fit myself to it.

JUST FOR TODAY I will try to strengthen my mind. I will study. I will learn something useful. I will not be a mental loafer. I will read something that requires effort, thought and concentration.

JUST FOR TODAY I will exercise my soul in three ways: I will do somebody a good turn, and not get found out; if anybody knows of it, it will not count. I will do at least two things I don't want to do--just for exercise. I will not show anyone that my feelings are hurt; they may be hurt, but today I will not show it.

JUST FOR TODAY I will be agreeable. I will look as well as I can, dress becomingly, keep my voice low, be courteous, criticize not one bit. I won't find fault with anything, nor try to improve or regulate anybody but myself.

JUST FOR TODAY I will have a program. I may not follow it exactly, but I will have it. I will same myself from two pests: hurry and indecision.

JUST FOR TODAY I will have a quiet half hour all by myself, and relax. During this half hour, sometime, I will try to get a better perspective of my life.

JUST FOR TODAY I will be unafraid. Especially I will not be afraid to enjoy what is beautiful, and to believe that as I give to the world, so the world will give to me.



SONGS

For all new parents who would like to know the words to the songs that group is singing at the beginning and end of Open Meeting, cut this section out and study it.

PASS IT ON

It only takes a spark to get a fire going
And soon all those around can warm up to it's
glowing.
That's how it is with God's love, once you've
experienced it.
We'll spread God's 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.
It's fresh like Spring. You want to sing; you want
to pass it on.
I wish for you, my friends, 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
That the love of God has come to me. I want to
pass it on.

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:

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.



;'Just Say No' Clubs Provide Peer Support To Avoid Drugs

Reprinted from the Cincinnati Enquirer, Tuesday,
February 4, 1986—Dear Abby Column.

DEAR ABBY: Last August you printed a letter
from Angel Wiltz describing the "Just Say No"
clubs, made up of children 7-12 years old who use
positive peer pressure to support each other in their
commitment to lead drug-free lives. As a result of
Angel's letter in your column, 8,000 people wrote
or phones for information, and hundreds of clubs
have formed in cities and towns across the country.

Oakland Parents in Action, sponsor of the "Just Say
No" charter club, has published a book explaining
the clubs and how to start one. The book includes
suggestions for projects and activities, discusses
fund raising and recruitment, and lists a number of
resources for information about preventing drug

abuse. *Just Say No: Stop Drug Abuse Before It Starts*
costs \$3.50. Checks should be made out to OPA,
and orders under \$10 must be prepaid. (Quantity
discounts are available.)

"Just Say No" clubs are organizing an international
Walk Against Drugs on May 22. Five million
children and teen-agers are expected to take part.
Information about the walks is contained in the
book. Oakland Parents in Action is compiling a
national "Just Say No" directory, and is asking
clubs around the country to contact us so that they
may be included.

We now have a toll-free "Just Say No" information
line (800-258-2766) which operates Monday
through Friday from 8:30 a.m. to 5 p.m. Pacific
time.

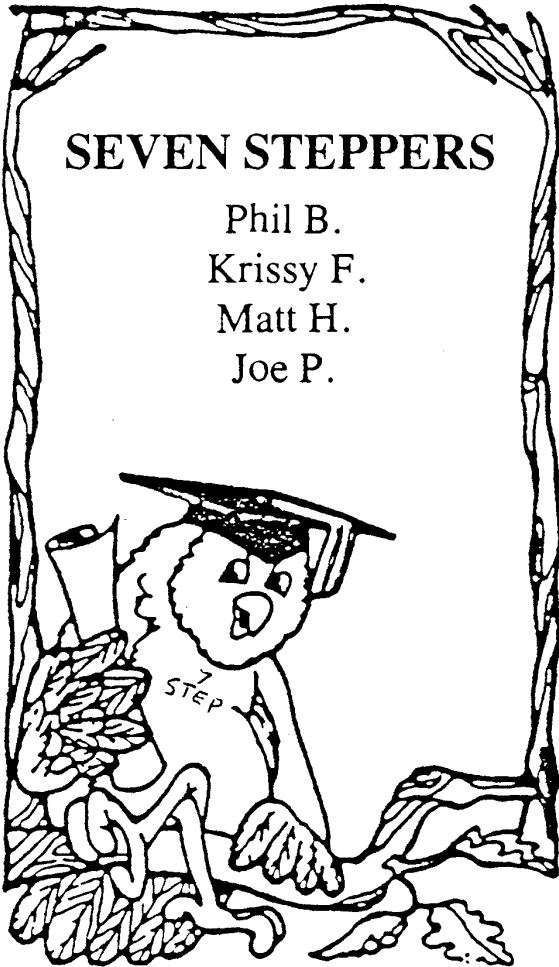
Abby, you have helped us so much already. Will
you please help us again and put this in your
column?

NEW 7-STEPPERS

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

SEVEN STEPPERS

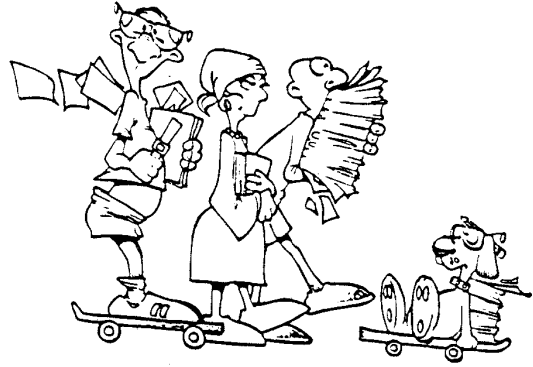
Phil B.
 Krissy F.
 Matt H.
 Joe P.



ATTENTION - There is a 7-step mom who left a corelle dinner plate at the Christmas Party. Please see Karmen to retrieve!!!

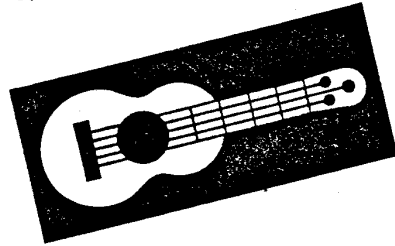
REMINDER

Luncheon for 7-Step Mom's will be Wednesday, March 5th, 11:30 A.M. at the Glass Menagerie. Reservations can be made by calling 489-2575.



PLANNING MEETING

A Social Events Planning Meeting for 7-steppers will be held on March 3rd at 7:30. This meeting is open to any and all 7-steppers and will be held at the VanBuren's. Please bring your idea's and suggestions. Call 489-2575 with any questions or for directions.



SADIE HAWKINS HOE DOWN

All 7-steppers, their families and all siblings are invited to the Sadie Hawkins Barn Dance on Saturday, March 8th from 9 to 1, at the Heritage U.U. Church. Admission is \$3.00 each. Watch the mail for your flyer with the "Food, Fun & Lots of Dancing" details.

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IF NO ANSWER CALL
231-5728

March 1986

SUN	MON	TUES	WED	THURS	FRI	SAT
						1 Raps: Sibling - 10 AM 7-Steppers 7 PM 7-Step Parents Only 7 PM
2	3 Open Meeting 6:30 PM Parent Raps Sibling Raps	4 Rap: 7-Steppers 6 PM	5	6 Professional Dinner 5:30-7:00	7 Open Meeting 6:30 PM Parent Raps Sibling Raps	8 Raps: Sibling - 10 AM 7-Steppers 7 PM
9	10 Open Meeting 6:30 PM Parent Raps Sibling Raps	11 Rap: 7-Steppers 6 PM	12	13 Professional Luncheon 12:30-2:00	14 Open Meeting 6:30 PM Parent Raps Sibling Raps	15 Boosters Meeting 10:00-12:00 Raps: Sibling - 10 AM 7-Steppers 7 PM 7-Step Parents Only 7 PM
16	17 Open Meeting 6:30 PM Parent Raps Sibling Raps	18 Rap: 7-Steppers 6 PM	19	20 Professional Luncheon 12:30 - 2:00 Rap: 5th Phasers & Parents 6:15 PM	21 Open Meeting 6:30 PM Parent Raps Sibling Raps	22 Raps: Sibling - 10 AM 7-Steppers 7 PM
23	24 Open Meeting 6:30 PM Parent Raps Sibling Raps	25 Rap: 7-Steppers 6 PM	26	27 Professional Luncheon 12:30 - 2:00 Rap: 4th Phasers & Parents 6:15 PM	28 Open Meeting 6:30 PM Parent Raps Sibling Raps	29 Raps: Sibling - 10 AM 7-Steppers 7 PM
30	31 Parent Raps Sibling Raps					