

STRAIGHT**NEWSLETTER from Cincinnati****WE HAVE A NEW LOOK!!**

The parent lobby has just been redecorated by Becky Schnell of Kirkwood Interiors and it looks absolutely marvelous. On Sunday, June 1, 1986, the lobby is being dedicated in the memory of Judith F. M [redacted], who died in August of 1985. Judy was very instrumental in getting the program started in the Cincinnati area and she put in many hours of hard work so we parents could benefit from what Straight has done for our families. Thank you to the M [redacted] family for the beautiful lobby, but thank you most for being a friend of Straight.

HEALTHWORKS A SUCCESS

The following parents were recognized at a recent open meeting for their generous gift of time and effort in staffing the STRAIGHT Exhibit at the HEALTHWORKS at local malls in April: Mike McC., Jim & Barb D., Carol & Darvin S., Doug & Harriet T., Sue S., Linda W., Bob Z., Marge & Jesse W., Donna & John C., Diana C., Jean & Russ F., Bernie & Betty D., Bruce & Marsha T., Tom & Linda T., Gretchen P., Al & Mary S., Tom & Marge B., Don & Pat B., Jerry M., Karl & Bonnie F., Bonnie S., Rebecca B., Wilma S., Ellie M., Ed & Donna S., Gerry & Dixie B., Vicki C.

The Healthworks is a marvelous opportunity to hand out printed materials about Straight and interact with the community. We estimate that we handed out over 300 pieces of Straight literature and talked to many more interested people.

The next Healthworks will be The Talawanda City Schools Student Fair in Oxford, May 9th. If you are interested in helping, call Karmen in Community Services.

**WE ARE CHANGING & GROWING**

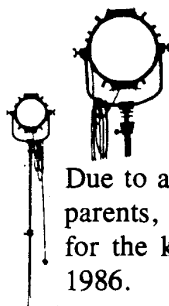
It is a National Board decision that the STRAIGHT 7-step program be changed to a 12 Step Program embracing the 12 steps of Alcoholics Anonymous. Some of the reasons for the change are:

1. The universal recognition and acceptance of the 12 steps.
2. The AA 12-step literature can now be used by the kids and parents in treatment in our program, and it will be more easily understood since they will already know the 12 steps.
3. For an easier transition for the alumni when they are ready to graduate this program and go to AA meetings. The Dallas program will open as a 12-step program.

PARENT WEEKEND

On April 5th and 6th, 58 parents gathered at the Trinity United Methodist Church in Mt. Repose. It was another successful parent weekend. One parent had this comment, "It's one thing to sit at open meeting and share with the kids, but it's quite another thing to go through part of what the young people go through daily. This has given me a new appreciation for their courage and their strength."

Another parent weekend is planned for sometime in July.

**CANCELLED**

Due to a lack of participation on the part of the parents, our talent show, a fun evening planned for the kids, had to be cancelled for May 3rd, 1986.

CHAIN OF COMMAND

Director	Jerry Rushing
Medical Director	Richard Heyman, M.D.
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 Carol Dell'Alba
Host Home Counselor Trainee	Elaine Koucky
Administrative Staff	
Executive Secretary	Linda S [REDACTED]
Secretary	Judith H [REDACTED]
Bookkeeper	Jan S [REDACTED]
Assistant Bookkeeper	Peggy T [REDACTED]
Pre-Admissions Counselor	Joyce S [REDACTED]
Ass't Pre-Admissions Counselors	Connie B [REDACTED] Carolyn W [REDACTED]
Community Service Director	Karmen L [REDACTED]
Community Relations Director	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] Kristen D [REDACTED] Jay P [REDACTED] Jo Anne W [REDACTED]
Junior Staff	Phil B [REDACTED], Renee D [REDACTED], Andy K [REDACTED] Laura K [REDACTED], Ned U [REDACTED], Nikki U [REDACTED]
Staff Trainees	Mike F [REDACTED], Eddie H [REDACTED] Joe P [REDACTED], Matt S [REDACTED] Shelly D [REDACTED]
Sibling Staff	Jennifer D [REDACTED]
Sibling Staff Trainee	Jennifer D [REDACTED]
Newsletter Editor	Muriel A [REDACTED]
Ass't. Newsletter Editor	Maureen M [REDACTED]

How To Tell Right From Wrong

1. Does the course of action you plan to follow seem logical and reasonable? Never mind what anyone else has to say. Does it make sense to you? If it does, it is probably right.
2. Does it pass the test of sportsmanship? In other words, if everyone followed this same course of action, would the results be beneficial for all?
3. Where will your plan of action lead? How will it affect others? What will it do to you?
4. Will you think well of yourself when you look back at what you have done?
5. Try to separate yourself from the problem. Pretend, for one moment, it is the problem of the person you most admire. Ask yourself how that person would handle it.
6. Hold up the final decision to the glaring light of publicity. Would you want your family and friends to know what you have done? The decisions we make in the hope that no one will find out are usually wrong.

HOW OTHER COUNTRIES TREAT DRUNK DRIVERS

ENGLAND - \$2,000 fine or 6 months in jail, or both. Mandatory license revocation for a period of one year.

BELGIUM - Fine of up to \$170; jail 15 days to 6 months, and license revoked for 8 days to 5 years.

NORWAY - First offense, 2 years license revocation and mandatory 21 days in jail.

SWEDEN - A year in jail and a fine.

THE NETHERLANDS - Minimum \$150 fine plus 3 to 6 months, loss of license, maximum \$2,300 fine and 1 to 2 weeks in jail; plus 9 months loss of license.

SOUTH AFRICA - 10 years in prison, or a \$2,000 fine, or both.

MALAYA - Not only is drunk driver sent to jail, but his wife is also.

TURKEY - Violators are taken 20 miles out in the country and forced to walk back, under escort.

SAN SALVADOR - Execution by firing squad.

FINLAND - After drinking as much as "2 beers" or obtaining alcohol level of .05, sentenced to hard labor on rock pile for up to three months. If alcohol level is higher, as much as two years, or fined a portion of 60 days' pay - thus making the fines as hard on the rich as on the poor.

AUSTRALIA - The names of the drivers are sent to the local newspapers and printed under the heading, "He's drunk and in jail."

CHILE - Alcoholism is considered hereditary. Children of drunken drivers are never permitted to have a drivers' license.

RUSSIA - DWI convicts can be executed by a firing squad if injuries occurred as a result of their driving.

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 a person can have "withdrawal" symptoms if not smoking.

BOOSTER CLUB NOTES

1. Just a special thanks to those parents who have recently picked up some of the parent group responsibilities. Your leadership and commitment is really valued. I believe you will find, as others have, that you get more back when you give.

2. The second annual GREAT STRAIGHT GARAGE SALE will soon be coming up. It's a chance to make good use of those items that you no longer use but are too good to throw out. Ask around about it to those involved last year. We filled one and a half 40 ft. trailers with materials to be sold—parents involved had a great time, and it made money.

3. There will be other information on the NFL golf tournament so I won't go into detail here. I just want to give a word of support. We will need the help of the whole parent group.

A MAJOR OPPORTUNITY

ASK IF YOU DON'T KNOW WHAT TO DO

4. Parents—across the board—for everything—your program needs more assertive strong parent's support. We need volunteers. Hands up when we ask for help. I need you. Remember how bad it was in your past and make a full commitment to never ever let it be that way again. Support your program.

Dan P.

The logo for 'Pitch in!' is written in a bold, stylized, sans-serif font. The letters are black with a white diagonal slash running from the top-left to the bottom-right through each letter. The exclamation point is also stylized with a white diagonal slash.

NFL GOLF OUTING NEEDS YOU

The 1986 NFL golf outing, scheduled for Monday, July 14, 1986 at Kings Island is potentially the biggest fund raiser for Straight for the entire year. However, without the help from the parent group, this event may not be all that successful. This year is very important to Straight because this is the second consecutive year that the Cincinnati Chapter of the NFL Alumni Association has chosen Straight, Inc. as their charity. The commitment that we have this year to this event's success may decide if we develop a permanent relationship with the NFL. We need parents (ALL PARENTS) who are willing to call on 5 to 6 companies in and around the Cincinnati area who may be interested in advertising in Legends, the official publication of the NFL Alumni Assoc. and also to sell tickets to the banquet held Sunday night, July 13, 1986 at the Marriott Inn on Chester Road. These are the two main sources of funds directly to Cincinnati Straight. Parents interested in helping can get cards on the companies from Ron E. (574-4762) or Tom F. (1-879-3530). We would like each parent to call on these companies in the next few weeks because June 1st is the deadline for Legends magazine. Also during May we want to concentrate on selling banquet tickets. The money that the parents raise virtually goes directly to Straight. This money helps keep all of our expenses down, helps to make Straight available to deserving needy families who cannot afford the program, and is a great way to spread our awareness. If the money we raise helps get one kid off drugs, it is worth our efforts.

Love ya, Ron and Tom

RAISING THE DRINKING AGE

A new study done for the Insurance Institute by the Massachusetts Institute of Technology has confirmed earlier studies linking drinking age changes to lowered death rates. The MIT researchers reported that states raising their drinking age since 1975 have experienced a 13% reduction in nighttime fatal crashes.

Interestingly, the study found that the beneficial effect of raising the purchase age was greater for females than males. Fatal crash involvement for males as a result of the law declined 10% yet the female involvement declined 26%.

In Ohio, in 1984, 166 of the total 718 persons killed in crashes were under 21.

DRUGS AND THE ATHLETE...

The following is taken from Dr. Forest S. Tennant's booklet "How to Identify, Prevent, and Guide Treatment of Drug Abuse by Youth."

HOW DRUGS MAY HURT ATHLETIC PERFORMANCE.

COCAINE	Overstimulates reflexes Distorts vision Hurries muscle movement Weakens breathing Long term use weakens muscles and nerves; makes them prone to injuries
MARIJUANA	Slows reflexes Long term use weakens muscles and nerves; makes them prone to injuries
AMPHETAMINES	Overstimulates reflexes Distorts vision Alters normal appetite
ALCOHOL	Reduces mental alertness for approximately 24 hours after three or more beers or drinks

HOW AND WHEN TO SUSPECT DRUG USE IN AN ATHLETE.

RECURRENT PROBLEMS:

Late to practice
Misses appointments
Ignores curfews
Staying up too late
Falling asleep during day
Skipping meals

BEGINS TO SHOW THE FOLLOWING:

Poor motivation
Sloppy hygiene and appearance
Lack of hustle on field
Irritable and loses temper
Ignores orders and lacks discipline
Unexplained absences
Common and routine injuries won't heal and recurrent

APPEARANCE OF THE FOLLOWING SIGNS AND/OR EVIDENCE OF ILLNESS:

Dilated or constricted pupils
Droopy eyelid or reddish eyes
Excessive scratching/breaking out of skin
Constantly running, red nose
Recurrent bouts of flu or colds that require medical attention
Appears overstimulated or "hyper"
Becomes withdrawn and less communicative
Repeated automobile and traffic violator

HOW MARIJUANA AND COCAINE PRODUCE ATHLETIC INJURIES:

Depletes energy
Impairs visual perception
Alters normal reflexes
Induces too deep sleep (crushes muscles)
Drives out chemicals at nerve-endings
Decreases immune and inflammatory mechanisms necessary for healing
Collects in fatty tissues around muscles, tendons, and ligaments (i.e. marijuana)
Worsens normal, simple injuries

Quips And Quotes

- If you want to clown around, join a circus.
- Always laugh when you can. It is cheap medicine.
- Of course the truth hurts, considering the way it gets stretched.
- Logic is the art of going wrong with confidence.
- Never do tomorrow what you haven't thought out today.
- There is no safeguard for a wandering mind.
- One good thing about middle age spread is that it brings people closer together.
- The road to success runs uphill, so don't expect to break any speed records.

11. To some individuals antihypertensive drugs such as Reserpines may be dangerous.

NOTE: Drugs which are probably safe for use by alcoholics, if necessary for allergies, headaches, muscle and joint pain, stomach upsets, etc. are: Small doses of Prednisone, Robaxin, Ascriptin, or similar preparations. Neosynephrine and Afrin are probably the safest of the nasal sprays. Anticholinergics without sedatives or tranquilizers. Belladonna preparations, for treatment of gastrointestinal disorders, appear to be safe. Decongestants such as Ornex for upper respiratory infections. Antibiotics.

IT'S TIME TO REMEMBER

1. You cannot bring about prosperity by discouraging thrift.
2. You cannot strengthen the weak by weakening the strong.
3. You cannot help strong men by tearing down big men.
4. You cannot help the wage earner by pulling down the wage payer.
5. You cannot further the brotherhood of man by encouraging class hatred.
6. You cannot help the poor by destroying the rich.
7. You cannot establish sound security on borrowed money.
8. You cannot keep out of trouble by spending more than you earn.
9. You cannot build character and courage by taking away man's initiative and independence.
10. You cannot help men permanently by doing for them what they could and should be doing for themselves.

--Abraham Lincoln

LOOK OUT BULLWINKLE

The New England Journal of Medicine recently reported on two instances of moose- motorcycle collisions in New Hampshire. Both cyclists suffered head injuries and one was found to be intoxicated. No evidence of alcohol was found in either moose. The authors recommended prevention of such collisions through an educational campaign but questioned the effectiveness of education with the cyclists.

TO ALL MY FRIENDS AT STRAIGHT

I would encourage all of the parents regardless of the phase that you are on, to spare at least 2 hours a week just to help out at STRAIGHT, be it on a committee, answering a phone, cutting grass or fixing doors. My kid has chosen not to complete this program, but the benefits that I have reaped, and the friendships I have made from being here have made it all worthwhile. I love you all and challenge you to do yourself a favor, because by working at STRAIGHT you work for yourself.

Bernie D.

RALPH WALDO EMERSON

To laugh often and much
to win the respect of intelligent people
and the affection of children,
to earn the appreciation of honest critics
and endure the betrayal of false friends,
to appreciate beauty,
to leave the world a bit better
whether by a healthy child,
a garden patch
or a redeemed social condition;
to know one life has breathed easier
because you lived.
This is to have succeeded.

BE AN OPTIMIST

Someone told me that her favorite Scripture verse was, "And it came to pass..." I looked at her rather quizzically, and then she laughed and added, "Just think. All this could have come to *stay!*" While we are in the passing-through stages, we have to derive comfort from others who have survived. Be a survivor, and help someone else!

This is from *Today's Christian Woman*, and is of such hope to those of us who wonder sometimes if there is hope *anywhere*.

GOD

DIDN'T PROMISE WE'D BE LEADING AT THE HALF, BUT ONLY THAT WE WOULD WIN THE GAME! You can recover and gain confidence in your children by remembering that loving your child is a long-term investment, not a short-term loan.

3rd ANNUAL 1986 NATIONAL YOUTH TO YOUTH CONFERENCE

- INTERESTED IN STARTING A DRUG FREE YOUTH GROUP BUT NOT SURE WHERE TO BEGIN?
 - WANT TO GAIN SOME SKILLS IN WORKING WITH TEENS?
 - READY TO LEARN HOW TO MOTIVATE YOUR COMMUNITY TO GET INVOLVED WITH THE FIGHT AGAINST DRUGS AND ALCOHOL?
- IF THE ANSWER IS YES THEN YOUTH TO YOUTH IS FOR YOU!

WHAT: A National Conference for adults and youth from all over the United States who want to learn how to start a Youth To Youth program in their own communities. It involves adults and teens together actively experiencing, learning and doing!

WHERE: Denison University, Granville, Ohio (35 miles East of Columbus, Ohio) .

WHEN: Sunday, July 27-Thursday, July 31, 1986

COST: \$245 youth — \$295 adults
The above fee includes all meals, lodging and conference materials for the five days. Transportation from the airport also included if requested.

If you are concerned about the drug and alcohol epidemic, and have a group of teens and adults who want to arm themselves with positive programs that really work—then this conference is for you. An emphasis is placed on teens being a powerful voice in influencing their peers to say "NO." The conference will enable adults and youth to experience a positive peer program and work together to fight community drug and alcohol problems. This action packed, fun filled and informative week will equip all participants, youth and adult, with specific skills needed to start and support programs that work!

Facilities:

All activities will be held on the campus of Denison University, a picturesque college located in Granville, Ohio. The campus is wooded with complete recreational facilities. Dormitory rooms are provided.

Who Should Attend?

Everyone who wants to take action against the drug and alcohol problems in their communities. Adults and youth together are participants in workshops, groups, and lectures. Teens must be in at least the seventh grade. Although we encourage adult participation, teens may register without an adult accompanying them.

A Word To Adults!

We need your support to help start positive programs for teens! This conference is a very active, 24 hour per day conference. We believe the best way to learn to work with teens is to temporarily be a kid! Call us for further information (614-224-4506).



SPEAKERS WORKSHOPS THEMES

Sunday "Orientation"

Speakers: *H. Stephen Glenn*
Carolyn Burns, National Federation of Parents

Evening Fun: Get Acquainted Picnic and Games!

Monday

"What Every Teen Should Know About Drugs and Alcohol"

Large group lectures designed to give participants basic information about substance abuse.

Speakers: *Ray Holan, Cleveland Regional Council on Alcoholism*
Alan Blum, M.D., New York Journal of Medicine

Evening Fun: Scavenger Hunt and Build Your Own Tacos

Continued on Page 4...

3rd ANNUAL 1986 NATIONAL YOUTH TO YOUTH CONFERENCE

Registration Form for July 27-31, 1986

Registration Fee: (includes all meals, transportation to and from the airport, lodging, workshops, materials and recreation events) Adults: \$295.00 Youth: \$245.00
Payment must be in U.S. dollars. Deadline: July 1, 1986. Late registration: add \$25.00 to registration fee. Stop payment of check does not constitute a formal cancellation. No refunds after July 10, 1985.

Male _____ Female _____
Adult _____ Youth _____

NAME _____
(please print) Last First Middle Initial

ADDRESS _____
Street City State/Zip

TELEPHONE _____
Home Work

Community Team Information: (Each participant needs to complete a separate registration form)

Are you coming with other youth? _____ No _____ Yes If yes, please name _____

How did you find out about Y to Y? _____

Are you coming with other adults? _____ No _____ Yes If yes, please name _____

If transportation needed to or from airport, please specify: Flight # _____, from _____, arrival date _____, arrival time _____
Flight # _____, from Port Columbus, departure date _____ departure time _____

Amount Enclosed: \$ _____ (\$295.00 — Adult/\$245.00 — Student)

Mail to: YOUTH TO YOUTH, 700 Bryden Rd., Columbus, OH 43215 (614) 224-4506

Cancellations: Written notice of cancellations must be received by 7/10/86 to have payment returned.
*All registrants under 18 must have parental consent. You will be sent this to sign and return.

Consent forms and an acceptance packet of information will be mailed upon receipt of registration.

wedding



Congratulations are in order to Amy V.B. and Steel P. who will be ringing those wedding bells in May. We wish them both the best of luck and much happiness!

STRAIGHT CONVENTION

This years annual Straight Convention will be held in Washington, D.C. on June 27th, 28th and 29th. A lot of work is being done to make this convention a big success. Some of the events include a possible tour of the White House, a tour of the Smithsonian Institute, dancing with a live band, and a few more events to be disclosed later. Details will be forthcoming. Applications and registration forms will be mailed sometime in early May.

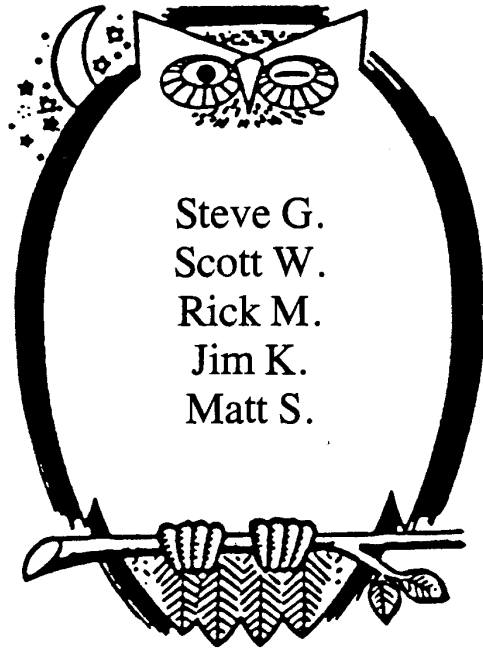
HUGGING THE PERFECT CURE FOR WHATEVER AILS YOU

Reprinted from Ann Landers

No movable parts
No batteries to wear out
No periodic check-ups
Low energy consumption
High energy yield
Inflation proof
No monthly payments
No insurance requirements
Theft proof
Non-taxable
Non-polluting
And, of course, fully returnable.
Hugging is healthy
It relieves tension
Combats depression
Reduces stress
Improves blood circulation
It's invigorating
It's rejuvenating
It elevates self-esteem
It generates good will
It has no unpleasant side effects
It is nothing less than a miracle drug!

NEW ALUMNI

At the April 18th Open Meeting, the announcement of five new alumni was celebrated. Congratulations to the following kids and families:




Steve G.
Scott W.
Rick M.
Jim K.
Matt S.



MAY



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