

JANUARY
1984



STRAIGHT *from* Cincinnati.....

6074 BRANCH HILL GUINEA PIKE MILFORD, OH 45150

SEVENTH STEPPERS UP TO 96

The Second Anniversary Open Meeting was a time for really showing off Straight Cincinnati. Thus, it wasn't surprising to have a grand total of eight young persons graduate to the Seventh Step Society. They were Paul A., Lyman B., Tom C., Joe F., Amy G., Patrick G., and Dave K.

Excited family, parents, staff, and group will remember the emotional ceremony for a long time. All of us at Straight wish you and your families a happy, successful life as Seventh Steppers!

PARENT WEEKEND

Early in the year we'll be having another Parent Weekend. Those of you who haven't had the opportunity to go should plan to attend. "I thought I knew a lot about myself, but the parent weekend really expanded my awareness," recalls a prior participant. Another says; "What an experience!" And another, "I can really appreciate the kids' program at Straight all the more from the Parent Weekend experience."

Details on time and cost will be announced soon.

NEW YEARS' MESSAGE FROM OUR DIRECTOR

1984! I can't believe the old year is gone and we're already into the new year.

The New Year always brings with it memories of the past, along with anticipation for the future. I, too, have contemplated the events of 1983 and wish to share them with you, and together to look at the promises and challenges of 1984.

If we look at the year in total, we would have to say it was the "YEAR OF THE BUILDING." 1983 began with the building fund-raising campaign. This set a tone of excited anticipation to see the new facility completed. The realization of this dream soon began to take form. Early in 1983, we proceeded with the long...

tools, noise, torn down walls, mud, and dust, dust and more dust. The project began in March and was completed November 12th, the day before our very successful Open House. We have every reason to look at 1983 and be proud of our accomplishments. We have worked hard, and dedication to our dream has resulted in the finest treatment facility of Straight, Inc.

Now it is time we look to the future. We must put our dream of '83 to work. If I had to put a theme on 1984, it would have to be the "YEAR OF THE INTAKE". We have the facility and the staff. Now we must put them into action. I cannot emphasize enough the need for you, the parents, siblings, and

CHAIN OF COMMAND

- Executive Staff
 - Jerry Rushing, Director
 - David Crock, Assistant Director
- Executive Staff Trainees
 - Winifred (Wini) Boyd
 - Jerry Delaney
- Senior Staff
 - Cathy P [REDACTED]
 - Suzanne G [REDACTED]
 - Eileen F [REDACTED]
 - Martin M [REDACTED]
- Junior Staff
 - Dave M [REDACTED]
 - Tod T [REDACTED]
 - Ron B [REDACTED]
 - Brian L [REDACTED]
 - Bob S [REDACTED]
 - Carol H [REDACTED]
 - Crystal M [REDACTED]
 - Laura W [REDACTED]
- Sibling Staff
 - Robert P [REDACTED]
 - Tammy M [REDACTED]
- Staff Trainees
 - Scott F [REDACTED]
 - John F [REDACTED]
 - Don S [REDACTED]
 - Holly L [REDACTED]
 - Charee I [REDACTED]
- Administrative Staff
 - Pat W [REDACTED], Exec. Sec'y.
 - Sharon M [REDACTED], Intake Coordinator
 - Linda S [REDACTED], Receptionist/Sec'y.
 - Jan S [REDACTED], Bookkeeper

brought guests, says Muff. "We encourage you all to continue. To prevent having to make arrangements at the last minute, please give me 72 hours advance notice."

TALENT SHOW FEBRUARY 4

Dust off the old ukelele, sift through the closet for the old turtu and get ready to march to the sounds of the drummer! Last year's show was a dazzling display of talent, some more proficient than others. But the spirit and enthusiasm generated was a real joy to all the performers and the on-lookers.

Don't make excuses such as, "I don't have any talent," or "I don't have the time." Last year, many clearly unmusical folk delighted us with songs, verse, skits, dance, and instrumental performances. One group practiced for hours to bring an out-of state bottle band to the stage. (Whether or not this was music is still hotly debated among the victims-uh-audience.) So, there are no excuses. Push through on those insecurities and get ready for the Big Show.

"It was great fun." and "I haven't had so much fun in a long time." were just a couple of the many positive comments by the participants. More details to come during the January Open Meetings.

MUFF THANKS PARENTS

Sharon M [REDACTED], Intake Coordinator says "Thanks a lot" for all the great help she received in 1983 from many parents. They ran copies, made follow-up phone calls to pre-intake parents, and helped on Open Meeting nights and on intake days. "I sincerely appreciate your help. It makes my job easier. Through the spirit of sharing and giving, Straight grows stronger." Thanks also to the parents who

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DRUG AWARENESS: EFFECTS OF SPEED ON BRAIN

A single exposure to amphetamine or "speed" may produce a permanent change in some nerve cells in the brain, according to a University of Michigan neuroscientist.

"It is well-established that repeated doses of amphetamine result in a progressively enhanced behavioral response--a phenomenon called 'behavioral sensitization,'" Terry E. Robinson, assistant professor of psychology, explained.

"Our research with laboratory rats indicates that multiple injections may not be necessary to produce these enduring changes in behavior. Even a single injection...may produces changes in the brain that are long-term or permanent."

The findings have important implications for humans, Robinson believes--both those who use the drug therapeutically and the untold numbers of others who take it illicitly.

"With most psychoactive drugs, the body needs higher and higher quantities over time to achieve the same effect. For example, if you take sleeping pills for a prolonged period, you will need progressively

larger doses to induce sleep. It is said that the body builds up 'tolerance' to the sleeping medication," Robinson explained.

"Some of the effects of amphetamine, such as the appetite-suppressing effects, result in tolerance. However, the motor stimulant effects show the opposite--greater and greater behavioral effects with the same dose." This phenomenon is called "reverse tolerance."

"Chronic amphetamine use in humans may lead to the development of an 'amphetamine psychosis' that is nearly indistinguishable clinically from paranoid schizophrenia." Robinson says that cocaine use can result in similar condition.

Amphetamine is a group of drugs which was widely available over-the-counter until 1949. "Amphetamine psychosis" was first taken seriously when it showed up among American and Japanese soldiers who became dependant on it. (Pilots used it on long, monotonous bombing missions.)

"Because these drugs continue to be widely used and misused, the more we can understand about them, the better," concludes Robinson.

(Source: U-M Information Services)

Shadows of My Life

Shadows of my life, when I was wrong,
I was strife.
Dark old shadows of my life.

Now I have a reason, a pleasure to gain.
My life was sorrow
But I'm born again.

My life was a shadow, dark and grim.
Now I can see ahead,
The light is shining bright.

Love is the answer to life's many questions,
The shadows are lost.
This is to live and be free.

Trapped is never again for me.
I take the step up to the door
And I knock, the trouble no more.
Life is beauty for me to see.
A problem is small when I have the key.

Jim V.
Nov. 21, 1983

TAX TIPS FOR 1984

What Straight families have not been touched by the infamous "financial problem?" Tax time is chance to recoup some of the costs of drug rehabilitation.

Here are some items in the federal income tax form to keep in mind this year. (These are tips only, not legal advice. Suggestions are based on a common sense reading of this year's 1983 tax forms and instructions, as well as parents' prior experience.)

If you itemize deductions, several Straight expenses can be entered on Schedule A.

- 1) Line 4a, Medical Expenses: The initial Straight fee of several thousand dollars, actually paid in 1983. (Any fees reimbursed by health insurance companies must, of course, be entered as income on the 1040 form.) Straight monthly fees for food can also be entered here.
- 2) Line 4b, Transportation: You can declare travel expenses to and from Straight (in-town or out-of-town) in two ways. One is by recording Straight mileage and claiming 9 cents per mile. The other is by declaring actual expenses (gas and oil, etc.) for such travel. Both require that you have kept a log during 1983.
- 3) Line 17, Contributions: You can deduct your charitable donations to Straight. This includes: petty cash donations (Big Bird) (You do not need receipts for under \$200), fund-raising donations, objects for the raffle; building materials and furnishings, including plants, paintings, sculptures, etc. (Alas, raffle tickets are not deductible.)

Any documented out-of-pocket expenses for volunteer

work (including travel) are also deductible; Booster Club workers take note. It's probable that the I.R.S. will not allow you to deduct your hourly labor--perhaps, if you took business time. (Check with your accountant.)

Newcomer upkeep and nutrition is a charitable donation. Hopefully, you have also logged your Straight visitors' stays. In the past, some Straight foster parents have deducted \$2.50 per day per newcomer. This year, one family (who claim to "run a tight ship") has calculated a daily cost of about \$2.80--which includes food and laundry costs. Another parent has pro-rated utilities (heat, electric, water) as a function of the number of Straight-associated non-family members in the house. This claim survived IRS audit.

Individual family circumstances vary a good deal, of course. Be sure of your ground when you set a rate. (\$2.50 is probably close to the lower limit, however.)

If you have transported a newcomer to and from the program, some portion of your travel can be assessed as charitable contribution. (Note that travel gets 10 cents per mile in this category, and only 9 cents in medical expense.)

Some general observations on itemized deductions: one can argue that many otherwise routine activities are, in the context of Straight, part of the therapeutic process. For example, in Third Phase, clients must attend school or get a job. You might consider expenses associated with job searching or private school (if public school was not an

option) as possible deductions. Out-of-town parents might look at their itemized long-distance bills and think of regular calls to staff and children as possible medical deductions. Please check with your accountant about these more speculative possibilities.

On the form 1040, Line 45, you can claim a tax credit for child care expenses. Out-of-town parents can probably claim their payments to foster parents here. You will need Form 2441. Apparently these fees can be claimed if incurred because a parent works. Presumably, if you work in Michigan or Illinois, this applies. Alas, in-town parents must claim these same fees as income. Apply your Serenity Prayer.

If any of you have other ideas * on tax credits, deductions, etc. please write a note to the newsletter editor and deliver to the newsletter mailbox via a Runner at the front desk.

MANY HAPPY RETURNS
Leslie L., Gary S.,
Carl W.

STRAIGHT PROFILE: Gregory Palloyras, Cook

MOONLIGHT CHILI immediately conjures up all sorts of images. It represents not only food, but also a Greek orphan who dreamed of having and being part of a close family who shared and cared for each other. This very special person is Gregory Palloyras who owns Moonlight Chili restaurant in Milford, and who has been responsible

for preparing and serving the hot meals to the kids at Straight for the last two years. "I think of Straight as my second family," he responded without hesitation when asked how he felt about Straight. Gregory too celebrated a two year anniversary with Straight on January 6, 1984. He remembers vividly that first day in 1982, serving his first meal to Straight kids at Mt. Washington Presbyterian Church. "I felt a little uneasy at first, but seeing all those kids caring for each other made me feel great."

Gregory was born near Olympia, Greece and immigrated to the United States in 1957. He's lived in the Cincinnati area since 1958.

Gregory and Joy, his wife of 24 years, have three children: George, Harriet, and Anthi. George and Harriet both work at Moonlight Chili and Anthi goes to school. Joy, who used to work in the business, now spends her time at their home in Delhi.

Gregory feels strongly about his Straight experience. "I see the kids' ups and downs. I see them move on and make something of their lives. The program is remarkable. It shows that you can't give up on kids."

For those of you who haven't been to Moonlight Chili I urge you to go and try his four-way chili and homemade baklava. Moonlight Chili is only a few minutes from the building. Take Buckwheat Road (which is just past Milford Rental on Rt. 28) to the end where it will intersect with Rt. 131. Turn right on 131. About 1/4 mile down on the left is his restaurant at 1241 State, Rt. 131. His hours are: Monday thru Friday 10 - 10, Saturday, 10 - 12 and Sundays 12 - 8.

What do the kids say about Gregory? "He's one terrific guy, warm and very caring." "When phasers are helping out in the kitchen he doesn't put up with any fooling around. He's tough--but fair."

Lynn W.

MOVING ON

This is the last month as editor of the Cincinnati Straight newsletter. Funny enough, the newsletter turned out to be a teacher for me--teaching me to apply the Straight program.

Like every other Straight parent, I'm a busy person. So it wasn't surprising that on some months, doing the newsletter felt like a burden. Worse yet, I felt all kinds of bad attitudes--resentments, non-seriousness, or putting myself down.

But why then did it seem like so much fun on other months? It was satisfying, interesting, and gave me pride?

When I finally did a "searching and fearless moral inventory on the question, it turned out that how I felt about the newsletter had little to do with the job itself. * It had most to do with how I was feeling about myself.

Learning this lesson has helped me in doing my other jobs. When I begin to feel tired, resentful, or bored with a job now, I look at myself. Is there a relationship I'm ignoring? Am I taking on the responsibility of someone else's life--ignoring the First Step? Do I need to make amends to myself or someone else?

Asking these questions soon takes the blame off the job. I usually discover an emotional chore that needs attending to.

So, aside from all the interesting people I've been privileged to get to know through the newsletter, I've learned about myself. Thanks for the opportunity!

And thanks for your support and contributions. Please keep sending new ideas, poems, and notices to Lynn W., your enthusiastic new editor.

Straight from my heart,
Leslie L.

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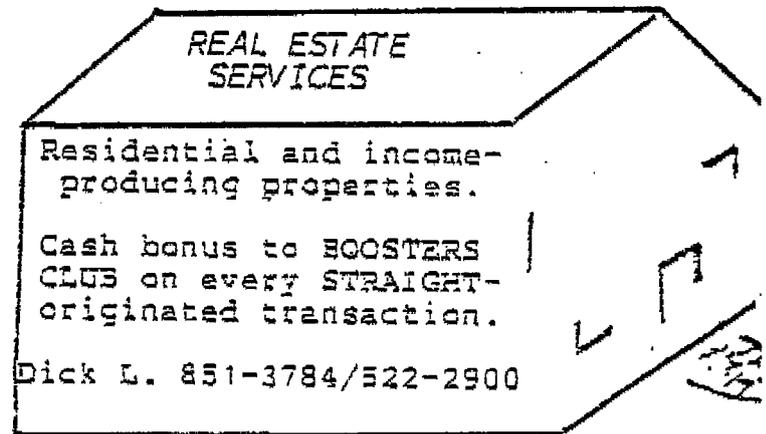
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**Your goals for the new year:**

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JANUARY 1984: Straightdates

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1 <small>New Year's Day</small>	2 OPEN MTG.	3 * 7th Step Rap 6:00 p.m. <small>New Year</small>	4	5 7th Step Bible Study ↓	6 2nd Anniv. OPEN MTG. <small>Epiphany</small>	7 Sibling Rap 10:00 a.m. 7th Step Rap 7:00 p.m.
8	9 OPEN MTG.	10 7th Step Rap 6:00 p.m.	11 <small>First Quarter</small>	12	13 OPEN MTG.	14 Sibling Rap 10:00 a.m. 7th Step Rap 7:00 p.m.
15 <small>Martin Luther King, Jr., 1929</small>	16 OPEN MTG.	17 7th Step Rap 6:00 p.m. <small>Benjamin Franklin, 1706</small>	18 <small>Full Moon</small>	19 5th Phase Parent Rap 6:30 p.m. <small>Robert E. Lee, 1807</small>	20 OPEN MTG.	21 Sibling Rap 10:00 a.m. 7th Step PARENT RAP 7:00 p.m.
22	23 OPEN MTG.	24 7th Step Rap 6:00 p.m. <small>Last Quarter</small>	25	26 4th Phase Parent Rap 6:30 p.m.	27 OPEN MTG.	28 Sibling Rap 10:00 a.m. 7th Step Rap 7:00 p.m.
29	30 OPEN MTG.	31 7th Step Rap 6:00 p.m.				