

STEP 2 NEWS

PROVIDING A SAFE HARBOR FOR WOMEN & CHILDREN IN OUR COMMUNITY

FROM THE DIRECTOR'S DESK

For those of you who have been reading my articles for a while now know that I come up with my topics in the oddest sometimes most random ways, well let's not expect anything different this time around. I was out in the yard the other day enjoying this unbelievable weather, (maybe enjoying is a stretch as I was doing yard work). I was trimming back the bushes getting them ready for a new year of growth and beauty for me to enjoy. In the years past it was so hard for me to cut the bushes back because I didn't want my landscaping looking puny. It always turned out great for a while but would soon spiral out of control looking wild. I finally learned how to cut them back. Life is the same way. You often have to cut back to keep it simple. In a time where life is so stressful, we often neglect to control and trim back on those things that will grow large, wild, and even prickly.

Keeping It Simple is extremely important because many of our lives are over-stressed, over-burdened and over-complicated. Often times these stresses lead to drug use, abuse issues, or even mental health issues. In my professional judgment, there are four key things to focus on in keeping it simple. Relationships, Spirituality, Possessions, and Thoughts.

Take a good look at the relationships in your life. Which ones are draining and which ones fill you? It doesn't mean you have to cut them off if they completely drain you, but maybe they need to be cut back, watered and fertilized. Where do you sit spiritually? Are you identifying and doing things in life that fill you in this realm? A void in this department will surely lead to some interpersonal issues. What are your most prized possessions? Do you need to



Diaz A. Dixon

make a run down to STEP 2 and donate some of those things sitting in your attic or garage? (Sorry, had to put in the shameless plug). Often times these possessions that help us to identify the things that are important to us in life, or not so important. Thoughts are powerful because we over think many things much more often than not. What topics occupy your mind the most? What are you doing with those thoughts, if nothing, it may be time to take action. These are a few of the things we can start with, cut back and let grow in a healthy manner. It is 2007, a beautiful new year, are you ready to start pruning?

STEP 2

Providing comprehensive, coordinated services related to the treatment and recovery of chemically dependent women and their families, resulting in sustainable self-sufficiency.

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INTRODUCING NEW STAFF

NEW CHIEF FINANCIAL OFFICER

My name is Tauni Peek and I am the new Chief Financial Officer for Step 2 Reno. I have lived in Reno for 16 years. I have a daughter who is 6 years old and very active in Cheerleading, Tae Kwon Do and Gymnastics. I also have two dogs and a horse that keep me busy. I am currently attending the University of Phoenix to attain my MSCJA (Masters in Security, Criminal Justice and Administration). I should be graduating in February of next year. I love to travel and have been fortunate enough to see Japan, Africa, Hawaii and most of the USA. I am so excited to be here at Step 2 and I look forward to working with everyone.

NEW MARKETING COORDINATOR

Let me take a minute to introduce myself. My name is Tori Jauron and I am extremely excited to have earned the position of Marketing Coordinator for STEP 2.

STEP 2 has brought on a whole new meaning to my life. My mother and father have instilled in me to feel fortunate for what I have, but not until I started interning for STEP 2 did I realize how important a supportive community and family is to ones growth and happiness.

In 2005, I found STEP 2 as part of a UNR public relations class project. During this time I learned about the importance of non-profit organizations in the community. Thanks to STEP 2's welcoming board and staff, I found myself extremely excited to help with event coordination and community awareness. During the last year I have helped with STEP 2's Golf Tournament, Gala and Homes for the Holidays events. This summer I will have achieved my Bachelors Degree in Journalism with an emphasis in Public Relations at the University of Nevada, Reno.

I am thrilled to bring fresh eyes and a positive attitude to this program and committed to creating awareness of what I consider a brilliant organization. I look forward to increasing my network of friends and business partners by making more acquaintances. So go ahead, get in touch with me anytime at, (775)787-9411 x 226, or tjauron@step2reno.org.

STEP 2'S PRESIDENT OF THE BOARD, CINDY POTTER

Please join us in welcoming STEP 2's new President of the Board of Directors, Cindy Potter. After five years of dedicated service as Board Chair, Bill Bertelson handed over the position to Cindy during December's Homes for the Holidays Preview Party. The entire Step 2 staff and board thank Bill for his exemplary vision and leadership over the past five years. Bill and his wife Margot have been generous supporters of Step 2.

Cindy is a Vice President and Operations Manager in CH2M HILL's transportation business group, covering Nevada and Arizona. Cindy joined the board in 2003 and is extremely committed to STEP 2's vision of helping women and children in Northern Nevada.

Cindy graduated from the University of California, Davis with a bachelor's degree in civil engineering. Cindy and her husband Mike have two children, ages 14 and 17. They moved to Reno in 1994 from northern California, combining a good job opportunity with a great place to live and raise their kids.

When asked, "As President of the Board, what are your hopes and goals for STEP 2 in 2007?" Cindy answered: "In order to serve more women, we need to build the Family Counseling Center at the Lighthouse campus, and follow that with construction of additional cottages. 2007 is a critical year as we work with the community to raise funds for the new building and begin design and construction. As a board we will be busy reaching out to the community while our staff maintains a high level of service to our existing clientele. These projects will allow us to serve twice as many women and their families as we currently serve."

JERI NEVINS has joined the STEP 2 team as Clinical Manager for the Coronado house. Jeri's main goal is to help facilitate the best residential program possible. She has worked in the addiction field and mental health field for around 20 years. Jeri has two grown sons that live in California that she dearly misses. To pass time by, Jeri prefers spending time with her close friends, eating great food, enjoying nature and listening to music.

DONNA MARTIN has joined the STEP 2 team as the Client Advocate for the Coronado house. She moved here from California because she loves the Reno atmosphere. Donna's hobbies include photography, horseback riding and working in the garden.

LIZ PHILLIPS has also been hired to STEP 2's team as a Client Advocate for the Coronado house. She is currently studying Computer Programming and Spanish at TMCC and she plays for the Northern Nevada Quad Rugby Association. Liz leads an active life trying to juggle owning her own clothing/screen printing company while working for STEP 2 and being a Youth Leader at a local church.

GAYLENE FOUNTAIN has joined STEP 2's administrative team as an Executive Assistant to Tauni Peek. She was an Apartment Manager for four years and came to STEP 2 for a change in her work environment. Gaylene is a happy mother of an active 9 year-old boy and has a crazy dog named Dakota. In Gaylene's free time she likes to be outdoors either skating, playing on her quads, camping or swimming.

THE 14TH ANNUAL HOMES FOR THE HOLIDAYS



This year's 14th annual Homes for the Holidays fundraiser was enormously successful thanks to our sponsors, tour-goers, homeowners, ticket centers, lighthouse keepers, volunteers and various businesses that offered their assistance.

Tour-goer Feedback indicates that participants had a wonderful time visiting the six homes, which featured a variety of architectural design and remodels. At one home, guests gazed in awe over a saltwater pool and vineyard and took particular notice of an old bomb shelter that had been artfully converted into a wine cellar, while another contemporary home showcased over 9,000 square feet of European-inspired art and architecture. The homes showcased were certainly some of the finest, most unique homes in Reno.

We could not have accomplished our goals without the generous support of our community, so thank you to everyone who made this year's event a success. The funding acquired through Homes for the Holidays will help women who have children suffering from chemical addiction, poverty and domestic violence rebuild their lives.

A **huge thank you** to all of our Homes for the Holidays sponsors. Your commitment to the STEP 2 program and the community is supreme.

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The U.S. Marine Corps-Toys for Tots, The Cellar Wine Company,
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2006 TOUR HOMEOWNERS

This year's homes featured a magnificent array of interior décor and architectural design. A special thank you to these six homeowners who opened their hearts and privacy of their homes to make this event possible:

Jackie & Kevin Sheppard
Thomas & Kristen Sorensen
Sheldon Schenk & Carol Bond
Troy & Cindy Browning
Peter Wilday
Robert Weinhold

PREVIEW PARTY HOMEOWNER

Jackie & Kevin Sheppard

2006 LIGHTHOUSE KEEPERS

Joshua Barone
Mark and Monica Bruesewitz
Draper Grimm Family Foundation
Jennie Jacobs
Chrissy Lane
Monterey Development Group
Marjorie Swiatek
Norma Webster

TICKET CENTER LOCATIONS

Aqua Salon
Best Wishes
Boulevard
Custom Physical Therapy
Dickson Realty
Name Droppers
St. Ives Florist
The Cellar Wine Company
L'Uva Bella Wine Gallery

2006 HOMES FOR THE



Bruno, Edna, Joy and Chris Benna enjoying themselves in the newly remodeled Frost Lane home.



Lightning Williams, Alex Potter and Dan Potter auctioning off Labrador and Golden Retriever Puppies during Friday's lively auction.



STEP 2's former President Bill Bertelson hands over the throne to now President of the Board Cindy Potter at the Preview Party.



John Obradovich convincing Cindy Browning that she wants to win an auction item

HOLIDAYS HIGHLIGHTS



Dave Thompson, Ranson Webster, Rebecca Dickson, Norma Webster and Claudia Thompson grab the nearest table to chat before the auction begins.



Husband Troy sits with Chrissy Lane of IGT who proudly displays her Spirit of the Lighthouse Award for 2006. Chrissy was awarded for her outstanding support to the STEP 2 program.



Connie Wray from Alice 96.5 and STEP 2 CEO Diaz Dixon pose before going on stage to present awards.



STEP 2 Vice President Melissa Smith, STEP 2 Chief Clinical Officer Jenny Brenn and successful STEP 2 client Jennifer O'Brien take a moment to pose during the Preview Party.



Rebecca Dickson, Chip Bowlby, Leann Pinguelo and Klaus Grimm show off their party attire for Fridays Preview Party.



A BIG THANK YOU TO BILL & CONNIE WRAY OF ALICE 96.5

On November 20 & 21 Bill and Connie Wray hosted their Annual Alice Donation Drive to benefit STEP 2.

This donation drive proved to our staff and clients that we live in a considerate and generous community.

Thanks to Bill and Connie's continued support, this year's drive brought in more money, furniture, clothing, toys, highchairs, car seats, and cribs than any previous drive.

On behalf of STEP 2's staff, board members, women and children, thank you to Alice 96.5, Bill and Connie Wray and everyone in the community who contributed to the well being of our women and children.

Also, a special thank you to the Reviglio family for filling our Kings Row conference room to the brim with children's toys, clothing, car seats, cribs and high chairs! Your supportive energy gave our women the courage to prove they can live a productive and sober life while being a positive role model for their children

Alice @ 96.5



WISH LIST

Vacuums, dressers, bedding, living room chairs, couches, beds with mattresses and women's and children's summer clothing

Contact STEP 2's Administrative Assistant, Rosemary Boswell at 787-9411 if you can assist us by donating any of these items. All furniture and big items must be picked up by STEP 2's Maintenance Supervisor, Curt Dreher at 787-9411 x 207.

STEP 2 ACKNOWLEDGES RECENT GENEROUS CONTRIBUTIONS

Safe Harbor Way

(\$1,000 and over donors)

Jon and Sandra Bengston
Bruno and Edna Benna
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METHAMPHETAMINE SIGNS

Keep your eyes out for STEP 2 methamphetamine billboards in the Reno/Sparks area, generously donated by Blue Moon Advertising and Promotions. Of the 59 women in treatment at STEP 2, 51 describe methamphetamine as their primary drug.

The good news is that Methamphetamine and other drug addictions can be treated successfully using behavioral treatments, such as Motivational Enhancement and Motivational Interviewing-methods that STEP 2 employs. So keep your eyes open for our resourceful billboards, which illustrate the impact methamphetamine has on women and their children in the Northern Nevada community.



meth DESTROYS lives

STEP 2

reaching
out to women

help us restore lives

787.9411
www.step2reno.com

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CHANNEL 13 AIRING STEP 2 DVD

SNCAT and the City of Reno are currently airing a short video on the STEP 2 program. To request a copy or to find out when SNCAT will be airing the video, contact STEP 2's Marketing Coordinator, Tori Jauron, at 787-9411 x 226, or visit SNCAT's program scheduling page at www.sncat.org.

Also, starting in May, SNCAT and the City of Reno are teaming up to broadcast a reality series on the path of treatment and recovery for the women and their children in the STEP 2 program. This series will start in May and air throughout the remainder of the year.

MESSAGE OF HOPE

"The STEP 2 program has made it possible for me to live my life without hiding behind drugs. I had been in jail and lost everything – my family, my children and my home with everything I owned. Now that I have completed the program, which I might add, is the first thing I've ever finished in my entire life, my boys are back home with me, and I have an excellent job. Most importantly, I have the tools I need to keep me from falling back into my addiction. I want to thank you all for loving me until I could love myself and for caring about me when I felt that no one did. Thanks for everything."

Beth – A STEP 2 Client



THE VAGINA MONOLOGUES

Q: What Do The Vagina Monologues and STEP 2 Have in Common?

A: Both STEP 2 and The Vagina Monologues promote wellness and self-respect for women and young girls.

On February 15, 2007 The Vagina Monologues had its 2007 V-Day College Campaign, university students and Reno women hosted a performance of The Vagina Monologues, aiming to stop violence against females of all ages. Proceeds from the event benefited STEP 2 and thanks to Event Coordinator Mara Brody and The Vagina Monologues crew, the campaign raised over \$4,000 and brought in over 200 diapers.

The example set by those affiliated with the Vagina Monologues through their V-Day Campaign to stop violence by supporting organizations who promote anti-violence is extremely creative and thoughtful. Thanks to their effort, we are one step closer to promoting healthier lives for women in our community.



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STEP 2 is a 501(C) 3
non-profit organization.

GOLF TOURNAMENT JUNE 25TH AT SOMERSETT

Don't miss this year's annual charity golf tournament held **June 25th at Somerset**. Get your team of four together and sign-up. The cost is \$800 for a foursome.

Support STEP 2's critical mission and enjoy a great day of golf on Somerset's 7,252-yard, par-72 private course, featuring seven lakes, 400-foot-wide landing areas and five sets of tees per hole to accommodate every skill level.

This golfing event includes a cocktail party in the Somerset clubhouse where golfers can invite their significant other for a relaxing evening of awards and prizes.

Entry forms are available online at www.step2reno.org.
Entry deadline is June 20th.

Time is running out so enter your teams in the tournament today!
Contact Marketing Coordinator, Tori Jauron at (775) 787-9411 x226 or tjauron@step2reno.org.



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