

TREATMENT TIMES

Ironwood

February 6th 2007

Volume 1, Issue 1

A Typical day at Ironwood

By: Shelby

Farm house days— We start our day at the break of dawn, before the sun comes up. At six thirty we go out to the garage and do our workout for a half of an hour every other day or we partake in a yoga, pilates or boxing tape. We eat breakfast after our work out and then we do house and barn chores. After chores we do a project until twelve, when we eat lunch. On Tuesday and Thursdays after chores we do school work for the day. Activities after lunch depend on the day. If its

Monday, Thursday or Friday, we have riding, and on Tuesdays we have dog training. Other than that, we do school work or work on goals. Sometimes we go on a hike or a walk. We make sure to get dinner prepped at five. We sometimes have news letters meetings. At eight o'clock, we have journal/quiet time. At nine its bed time unless you are a level four, then you have the option of going to bed at nine thirty.

Frye days—We start our day around six thirty. We eat breakfast around seven thirty, then do house/bunk chores. The

residents work on a project until lunch, such as building fences, dog pens, and cleaning around the yard. After lunch we work on another project or go for a hike. We eat around five and do chores after that. We have free time at seven and then at eight we have journal/shower time. At nine we go to bed.

Contents:

- Ask Will
- Spirituality
- Art
- Dog training
- Horseback riding
- Declassified residents survival guide
- Editors note
- A typical day at Ironwood
- Resident of the month

Ask Will?

By: Will

Anything parents need to know about Ironwood and us kids. All you need to do is Ask Will! I'm here to answer all the questions. You can catch me checking in with everyone throughout the month and I will keep you posted. So keep the questions coming in!

1. What is a residents biggest fear about going home for the first time? Well I believe that the biggest fear of going home for the first time is having to follow the

contract that you have to sign off. Also seeing your friends and knowing you have to come back.

2. What is the favorite part of the day? And what is the least favorite part of the day? Well, the favorite part of the day for most is most likely getting to ride horses on their designated day. Some other favorite

parts of the day would be when we get to talk to our parents. The least favorite part of the day is when we work or do chores.

3. Well, Ali asked how I got my hair this color? I've been told that I got my red hair from my great grandfather on my fathers side of the family.
4. Libby asks, what was the best day you have had while you were here at Ironwood and what did you do that day? And I've got to say the best day I've ever had here at Ironwood was the day I came up to the house and I got level 3. My mother and brother were here and they got to see me come up to the farmhouse. Ali's best day was the day that she came out of the circle, and Danny's was when he got his level 3.

Horse Column By: Shelby

Riding is one of the many privileges of the farmhouse. There are seven horses: Justin, Copper, Lucky, Franky, Chance, Tonka, and Vivian the pregnant pony.

Everybody loves the horses and are all attached to at least one of them.

We are taught to ride if you don't already know how. Each lesson we can succeed in a different instruc-

tion like jumps, barrel racing, trotting and posting.

Ronanne, our riding instructor, comes 3 times a week, or more for our lessons. She teaches us a bunch of different things each day. Riding is great!



Art By: Danny

During our time at Ironwood we work hard and sometimes we work long but sometimes you have to sit, relax and let the creative juices flow. In order for this to happen the Level Fours are allowed once a week to go for a couple of hours to art class! Luckily, I have been here long enough to talk about the stuff we have been doing from the beginning. We so far have done a lot when it comes to art. From making paper mache creatures, which in-

involved molding a wire mesh skeleton frame into a creature that we identified with, to making plaster masks which involved molding the plaster to our faces! We have also learned pretty much all the aspects of drawing. Recently we did a project which involved superimposing a magazine picture with some of our creative work which looked awesome in the end. All of this was created I should say by our teacher: Miss Lesha who has taught art in schools and has illustrated a book.



Resident received a demerit for indulging in a Kanine treat.

Pencil drawing by Sameer

Who let the dogs out? By: Lindsay

Here at Ironwood we participate in dog training. It is fun, uplifting and is provided for the level 3 and level 4 residents.

Frances, a dog trainer, brings to the Ironwood farmhouse kids about 12 Labrador Retrievers and some Golden Retrievers for us to train. We train the dogs by teaching them to sit, stay, and heel. Heeling is when a dog walks on your left side no farther ahead of you than your left knee.

Dog training, or canine, as some like to call it, can be therapeutic for some and a learning experience for others.

Level Fours go off campus once a week with Frances and go to her house and train other dogs, for a more close up and personal experience.

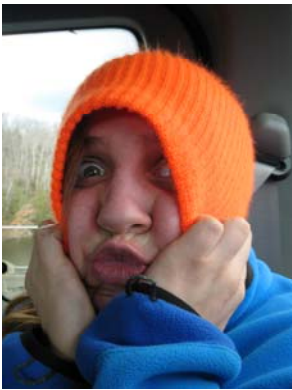
Chocolate, Black and Yellow are the types of "Lab" dogs we train. From names like Gracie to Chance and Kimber to Puppet, all of Frances' dogs are adorable and oh so loveable.



Treatment Times



The Cute Couple of Ironwood: Kellie & Chris



Ali demonstrating what a puffer fish looks like.



Lindsay demonstrating her many moods.



Go for Frye





Your New Roommates.



Sameer enjoying the bitter cold with no gloves.

February 2007

Sun

Mon

Tue

Wed

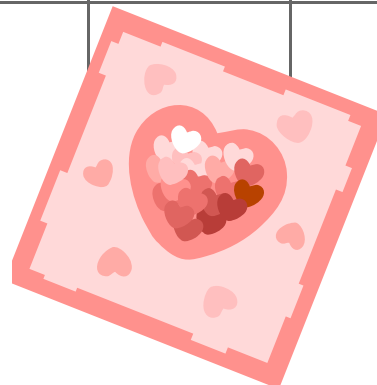
Thu

Fri

Sat

				1	2	3
4	5	6 <i>Happy Birthday Danny!</i>	7 <i>Happy Birthday Frances!</i>	8	9	10
11	12	13	14 <i>Happy Valentines Day!</i>	15	16 <i>The alpacas arrive.</i>	17
18	19	20 <i>Happy Birthday Shelly!</i>	21	22	23 <i>Parent Weekend</i>	24
25	26	27	28			

*"Love is patient.
Love is kind"*



Poetic License By: Ali

What to make of an ode or to make
one at all

For I sit here numb-less trying to think

Of the thousand times I watched
myself fall

The symbolic blood just drips in the
sink;

Then came in the mountains and
the rivers

The patch of dirt surrounded by the
rocks

My mind begins to unfold with
the past

I pray for my future to be like hers

While we stand together on the high
docks

Galloping a mile hoping life will last

Was there truth behind the love you
uttered?

I could have sworn you made it clear
to me

By the sea blue silent eyes you flut-
tered

Your daggers articulate mystery.

I can't stress enough how I yearn to
please

The raison d'être I landed here

The flash back of the mirror says it all

As I speculate with question at ease

When will my true reflection subsist
near?

Instead of this sense of falseness I
call

It's a friend within; silent but faith-
ful

That craves to escape the ongo-
ing piece

She's humble and kind with things
she may do

It's whilst the crowd comes, the true
self does cease

So, hither I come forth, plain as I am

Pleading for the very thing you
gave me

That morsel of hope and a sense of
ease

The feeling to somehow give a
damn

To someone, to you particularly

The End



Editors note By: Ali

Dear Readers,

When I was first asked to take on the demanding role of editor, I was so excited and honored, that it was the only priority on my mind for some time. As the days went on, chores took up more time than usual, as did school work; and the deadline for this newspaper was pending closer and closer. I would like to say that I had full confidence in everything that we had all been working so hard for, but with such little time and a not such a successful first meeting, I became worried. Suddenly, I watched the crew pull it together, and our articles combined formed what I knew was going to be a remarkable first edition to the newsletter we had planned on sending to all the parents, residents and staff.

What I found so humorous is that each column fits its own writer's ideas and personality as a whole. For example: The horse column was done by Shelby, an experienced equine rider and horse lover since, well, forever. And Danny: Danny wrote about our spirituality class and he happens to be doing tremendously well in that area. I asked Sameer to draw the cartoon skit because of his artistic and creative abilities. And who better to have take all the pictures for this but John, who happens to have tremendous experience with photography. I think by now you can understand that each column was assigned to each individual for a reason, and if it wasn't, it just worked out for the best. Though diminutive and brief, Treatment Times gives its readers all the knowledge necessary about Ironwood with a sense of humor and affiliation. I encourage all continue reading this newsletter and observe the changes that become of Ironwood as well as its residents. I also encourage feedback letters whether they are handwritten or emailed to Donna, and they will be posted in the next issues. Thanks for your time and support!

Editor in Chief,

Ali

Spirituality By: Danny

Howdy! My name is Danny and I will be guiding you through our spirituality class. Every Sunday we have to read an excerpt from the book The Power Of Myth By Joseph Campbell. This is about the similarities of myths from different cultures and what they mean. It gives people something to contemplate that is outside the box. The entire book is set up in an interview outline between Joseph Campbell and Bill Moyers. The class itself is in a discussion based learning format. We read the passages and then we

find something that sort of jumps out at us that we agree with. Then we discuss what the quote said and what we believe. The man that was kind enough to set this all up was Jay. He has a very strong background in teaching and oddly enough a spiritual background as well. He used to be a Trapist monk, which is a holy order of monks in the catholic church that is known before the late sixties to have a strict vow of silence.

"Sometimes thou turns into an it, and you don't know what the rela-

tionship is." - Joseph Campbell.

In this comment Joseph is talking about how the Native Americans were very appreciative to the animals and they revered and respected the animals. Calling them thou which is a term of respect and how society today has sort of lost that reverence and respect.

That's a wrap for now, look for more about our classes in upcoming news letters.

Declassified Residents Survival Guide By: Andrew

This section of the paper is here to describe the "do's" and the "don't's" of Ironwood. I will explain what the "do's" can lead to and the consequences of the "don't's". To start off, I will list a few of the "do's":

- Go to staff if you have a problem
- Make the most out of each therapy session
- Follow the rules in entirety

If you can do these few tasks, you

will definitely be off to a good start. If you go to staff, you are guaranteed to build a productive relationship. Therapy is a key factor for becoming a better, healthy, person again. It all depends on the amount of effort that you put in. Following the rules, well what more needs to be said about that? At times, it will be difficult to do so because distractions are all around us. For

some more then others, however, if you get involved, it will not be pretty for you. This brings us into the "don't's":

- Don't be inappropriate and keep everything "G" rated
- Don't flirt
- Telling war stories...**BIG** mistake.

As long as you do not follow these poor behaviors, you will be in the clear. In the beginning the temptation is tough, but as you get used to the rules and unfortunately the consequences you learn rather quickly. My best piece of advice is keep your eye on the prize and be patient. If that is what you choose to do you can never go wrong.

Resident of the month By: Libby

Lindsay is the resident of the month.

Level: 3

Hobbies: Riding Horses, eating and photography

Favorite bands: Underoath and Rascal Flatts

Favorite color: Turquoise

Volume 1, Issue 1

Favorite soda: Diet coke

Favorite thing to do here: Cook, talk, laugh

Accomplishments: Building a relationship with family, and having a successful home visit

Future hopes: Be in the Olympics for horseback riding, get married, and go to college

Favorite store: American Eagle

Favorite food(s): Black olives and chick peas

Favorite song: I Hope You Dance by Lee Ann Womack

Siblings: 2 brothers

Random Fact: Adopted

Idol: **mom**

Favorite holiday: New Years Eve