



The Treatment Times

What's New?

Its been a great couple of months here at Ironwood! A lot has been happening! In April residents enjoyed skiing and snowboarding at Sugarloaf Mountain. Also, we went to go see the Seadogs play at Headlock field! Adam graduated and the weather started to warm up for us! Brittany, Jeff and Madeline made it up to the farmhouse, and we began playing baseball on Sundays with Frye! Brittany also celebrated her 17th birthday! Bill and Brittany won staff and resident of the month for April, as well! May was also a great month for us! Sarah made it up to the farmhouse, as did Ed, Anderson and Tom. Kristy became our new Barn Manager, and we began lessons outside, as well as trail rides! Parent weekend was the 23-25, and everyone had a great time seeing their parents! Jackie, MJ, Nick and Dillyn all

graduated in May and Phil, James and Lauren were all promoted to Level four! Dillyn, Lauren and Sarah also had their high school graduation! We went on a three day camping and canoeing trip. It was a lot of fun! Molly and Ed were the staff and resident of the month of May,

also. Now that it is June, the weather has really been heating up! We have enjoyed a couple of great off campus hikes, gone to the park, golfing, Fort Knox, and more. We've also been out in the garden a lot! Matt, Chris, and Brent all made it up to the farmhouse! Lauren, Phil, and James all graduated, and Madeline, Brittany and Jake all made it to level four! We began a new Substance abuse group with Ezra and we welcomed Sunshine, the pig, Mac and Bruce, the horses,

and also said goodbye to Tony, Lucky, and Lightning. Brittany and Matt also graduated from high school. In the past couple of months we have welcomed Gail, Wendy, and Ezra to Ironwood Staff! All in all, it was a pretty exciting few months here at Ironwood!

Birthdays!

☺ *Brittany celebrated her 17th birthday here at Ironwood on April 30th, 2008!*



What's New?	1
Jake's Advice Column.	2
Ironwood Graduates	
Ironwood Animals Update!	3
Art, Art, Art!	4
Camping!	5
The Equine Corner.	6
Tom's Journey.	7
Cookin' in the Kitchen at the Farm!	8
Staff of the Month.	9
Resident of the Month.	12-13
Sports with Jeff.	14
Matt's Journey.	15
Editors Note!	16

Jake's Advice Column!

Question: What advice would you give to somebody who just got up to the farm house?

Answer: The Farmhouse expectations are the same as Frye, but with a little more freedom. Just keep doing what you're doing and don't get too comfortable.

Question: Jake, what advice do you have for me?

Answer: My advice is to stop and think before you act.

Question: What is the toughest part about being at the farmhouse?

Answer: I think the toughest aspect is that you have more responsibilities, and you've got to keep up with those while stepping up and doing good.

Question: How does one obtain a shirt of blue origin?

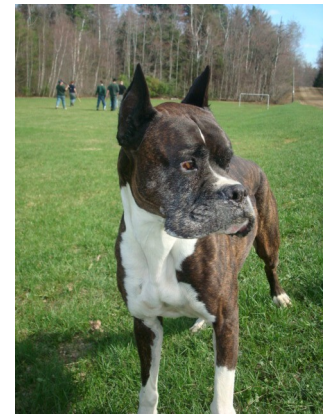
Answer: Start doing well with your behavior, therapy, and school, and if you keep that up, staff might soon give you a promotion sheet. Never get your hopes up though!



IRONWOOD GRADUATES!

Many residents graduated in the past couple of months here at Ironwood. We've seen Jackie, Dillyn, Nick, Adam, MJ, Lauren, and James go! But not without hope of a better home life for all! We miss you guys and know you are doing great things!





Ironwood Animal Update by Sarah!

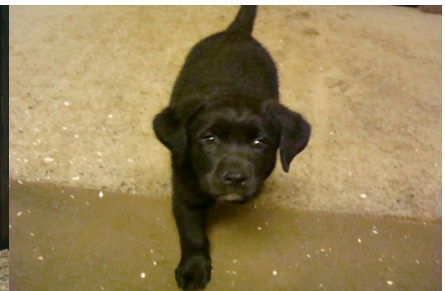
This has been a very eventful month for the animal world at Ironwood. In the past two weeks, alone we have received two new horses. Their names are Bruce and Macadamia (Mac for short)! Macadamia is a paint, and even though his name sounds a little girly, he is indeed a male horse. He came to us skinny and a little beat up, but it's nothing a little Ironwood TLC couldn't fix! Bruce is a different story! He is huge! His color is Mostly Grey with a little bit of white, and he will make a perfect addition to our lovely barn! These new additions came with their downsides, though. Three of

our horses were sent back to

"Our own staff, Brian Y. has become quite the pig whisperer"

their home in Florida for various reasons. Lightning, Tony and Lucky all said goodbye and went to retire in Florida. They will live out their lives as happy horses! We are expecting to receive at least one more horse, but as of now we are not sure when. Another new comer to this area is the Frye pig, Sunshine! Sunshine is a pot-belly pig. I personally, along with two other residents

picked her out. She is very skittish, and runs away regularly. Our own staff, Brian Y, has become quite the pig whisperer and saves the day regularly. This is some pig! The Al -Pacas are doing well, and enjoying life at the Farm house. Maggy still drools a lot, of course. Sparky is still skinny while Petunia is still not skinny. You can catch her sunbathing in the front yard. Lilly is, well, Lilly, and Jack is finally starting to warm up to people! We welcomed Remington the puppy to our home as well. All is great concerning animal life at Ironwood!

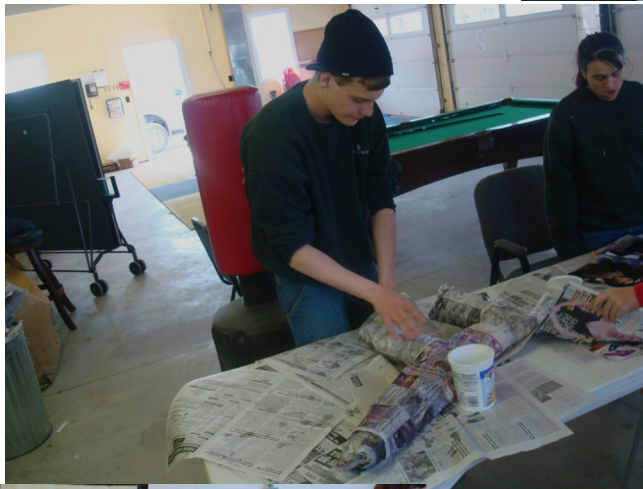


Art Art Art by Ed!

Here at the farm house, every Thursday is art day, with our teacher Lesia! We have been making many different art projects. First off is our venture in Mask making. After coating our faces in petroleum Jelly, another resident will layer paper Mache until our face has become a mask! After that, you get to design it any way you want. Another project we are doing is making giant 3D letters. We make the shape out of chicken wire, and mold it to our design. Then we paper Mache it. After that, we paint it. Even the farmhouse dog, Lilly, helped paint a letter! The letters will eventually circle the ga-



rage saying an inspirational quote, "Imagine a life where everything is possible." Also, every other week on Friday, we take a trip to Mud Club at Waterfall arts for pottery. There, we get to be artistic with clay!



Camping



The Equine Corner by Jake!

An Interview with our barn manager, Kristy!

Jake: When did you first begin working with horses?

Kristy: When? I was about four and we had a horse, and in the morning when my Dad would milk the cows he would put me on the back of the horse.

Jake: What is your favorite aspect of working with them?

Kristy: Probably the relationship you can build with a horse five times your size and the peacefulness of them.

Jake: How often do you ride?

Kristy: I try to ride four to five times a week but now with this job I ride more than that.

Jake: Do you own any other horses other than Paper?

Kristy: No.

Jake: Do you have a favorite horse in the barn?

Kristy: I'd have to say Paper, but I like Luke, too.

Jake: What is your favorite part about your job as barn manager?

Kristy: Getting to work with you guys and the horses, and the appreciation of hard work and building a relationship with a horse.

Jake: Do you ever get tired of trying to teach someone something on a horse that they just can't seem to get?

Kristy: No, because I've been there before and I know that once I say something and it clicks, then you'll have success, so I see it as more of a challenge to be able to teach that will help the individual rider learn.

Jake: What is the most difficult part of your job?

Kristy: Probably trying to motivate you guys for the importance of what you guys do in the Barn.

Jake: What is the craziest thing you've ever seen a horse do?

Kristy: I was putting a horse away and while the other horses reared up to strike me, the horse I was leading stepped in front of me and got hit in the neck. It taught me appreciation for what a horse was trying to tell me because he refused to get in for like fifteen minutes.

Jake: Have you ever been kicked by a horse? If so, can you rate the pain level on a scale of 1-10.

Kristy: I've been bitten and stepped on, but never kicked. On a scale of 1-10, being bitten was a 5, and being stepped on was probably an 8.

Jake: Do you think that last question was a little bit ridiculous?



Kristy: No.

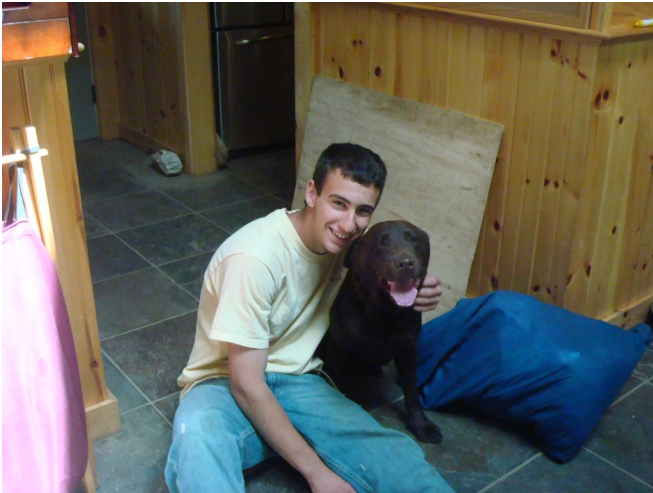
Jake: Can you tell I'm running out of ideas for questions?

Kristy: I can tell you're reading from a piece of paper with questions on it.

Jake: Last question, do you have any advice to new and old residents working in the barn?

Kristy: I would say you cannot truly appreciate working in the barn until you know why you're doing everything, and you don't see it as a chore.

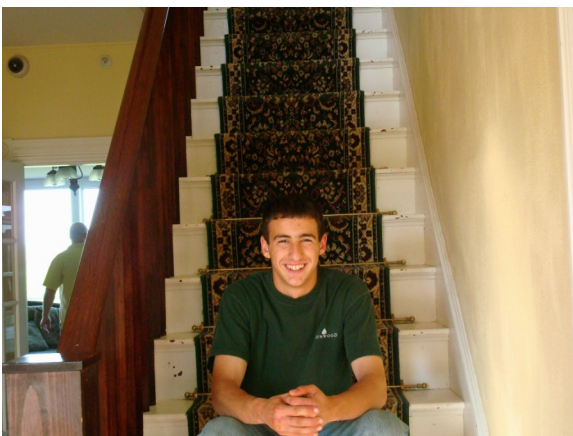
Tom's Journey to the Farmhouse!



When I first got to Ironwood I always thought about when I was going to make it up to the farmhouse. Finally that day came on May twenty sixth. I was given my sheet in the mail. When Bill was passing out mail to all of the boys I received an envelope with my name on the front. It was really weird because my name was the only thing on it, there was nothing else. At first I thought it was an email from one of my parents or something like that. But when I opened it up it was my promotion sheet. I was so happy I was finally going to be up at the farm.



I started working on my speech right away. I wanted to make sure I was ready to present on time. So I presented on Thursday afternoon around twelve. We had just gotten back from school and we started eating lunch. Brian S. came and told me to go to the Shrink Shack and bring my speech. As I walked into the Shrink Shack everyone's eyes were just turned towards me. I was nervous but I tried my best. When I was done they told me it was a good speech and to go back to lunch. After lunch Greg came over and said to pack my stuff to go to the Farm. Five minutes later I was walking up the path towards my new home! When I got up to the farm house I was greeted by many people who were cheering me on and congratulating me. As soon as I walked in I realized that I finally made it up and as my first meal we had pizza! I was so happy to be up at the farm.



Cookin' in the kitchen at the Farm by Brent!

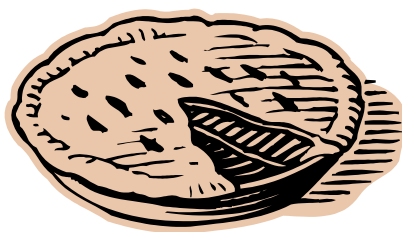


Well, food these days at the farmhouse is probably at its best. The food is almost as good as home. Sunday morning is something everyone still looks forward to after leaving Frye. This is due to the pancakes that are put before us. Week upon week the girls cook everyone their Sunday dose of breakfast. Throughout the week the meals continue to taste great. Wednesdays are when Bob comes to cook with us. While listening to his I-pod, Bob and a few of the residents prepare our dinner. In the previous week we have had BBQ Chicken, with baked veggies. Everyone at it and there was, like always, nothing left for leftovers the next day. Deserts are still pretty common here. It ranges from fudge to Pies. Which now I'm going to give you guys a recipe of my own...Peanut Butter Pie!

Brent's Famous Peanut Butter Pie Recipe!

Ingredients

- ☺ 1 Cup Peanut Butter
- ☺ 1/2 Cup Sugar
- ☺ 2 T. Vanilla Extract
- ☺ Cool Whip
- ☺ 1 Stick of Cream



First, Mix the Peanut Butter and the sugar in mixer until completely combined. Then add cream cheese and vanilla extract. Once Mixed, Add as much cool whip as needed to make the mixture fluffy and light. Put in Pie Crust (Oreo Pie Crust tastes really good with this!) and put in refrigerator to firm up.

April's Staff of the Month: Bill by Brittany!



Brittany: How long have you worked here at Ironwood?

Bill: Well, for about five and a half months.

Brit: How do you like it?

Bill: I love it!

Brit: What's your favorite part about working here?

Bill: Helping the kids learn life skills and how to build a lean-to.

Brit: Do you have a favorite memory here?

Bill: Hmm...carrying the huge trees out of the woods with the yellows.

Brit: What advice would you give to new impactors, if any?

Bill: Stick it out, it gets better!

Brit: What's your favorite color?

Bill: Yellow, because I'm color blind and I see it the best.

Brit: If you could change your name to anything, what would it be?

Bill: Zachary, because it's my son's name.

Brit: What is your biggest accomplishment in life so far?

Bill: Establishing a great family life for my kids.

Brit: What is your favorite movie?

Bill: The 13th warrior because there is a lot of action and the underdog wins!

Brit: Do you have a favorite animal here?

Bill: Maggie, because she's the only one I've got down there!

Brit: Pepsi or Coke?

Bill: Coke, of course. Coke rules.

Brit: If you could be any superhero, who would you be and why?

Bill: Batman, because he does great things without needing to be recognized for it.

Brit: What is your best personality trait and why?

Bill: I'm easygoing. It takes a lot to rattle me.

Brit: What is your most embarrassing moment here?

Bill: Hmm...Walking in on Tom in the bathroom, two seconds after Brent did the same thing.

Brit: How do you stalk an animal/catch ducks in a pond?

Bill: You stalk them! Put weeds on your head, float in, and grab them and pull them under water! You know how to do it! I taught you! (Directed at Chris.)

Brit: Anything else you would like to say to the public that would be quite bewildering?

Bill: What do I say to that? Um...how about a quote? Yesterday is history, tomorrow is a mystery, today is a gift, that's why it's called the present!

May's Staff of the Month: Molly by Anderson!



Anderson: How long have you worked here at Ironwood?

Molly: Four Months.

Anderson: What are your plans for your future?

Molly: I plan to start a family as well as go back to college for criminal justice and then further my education and become a officer.

Anderson: What has been your favorite experience here at Ironwood?

Molly: Getting to know residents and developing a rapport with them.

Anderson: How does it feel to get staff of the month?

Molly: It feels good to know that the residents look up to me in a positive way!

Anderson: How do you like working at Ironwood?

Molly: I enjoy working here because I feel I can make an impact on the residents life by assisting them in making better choices.

Anderson: What is your favorite baseball team?

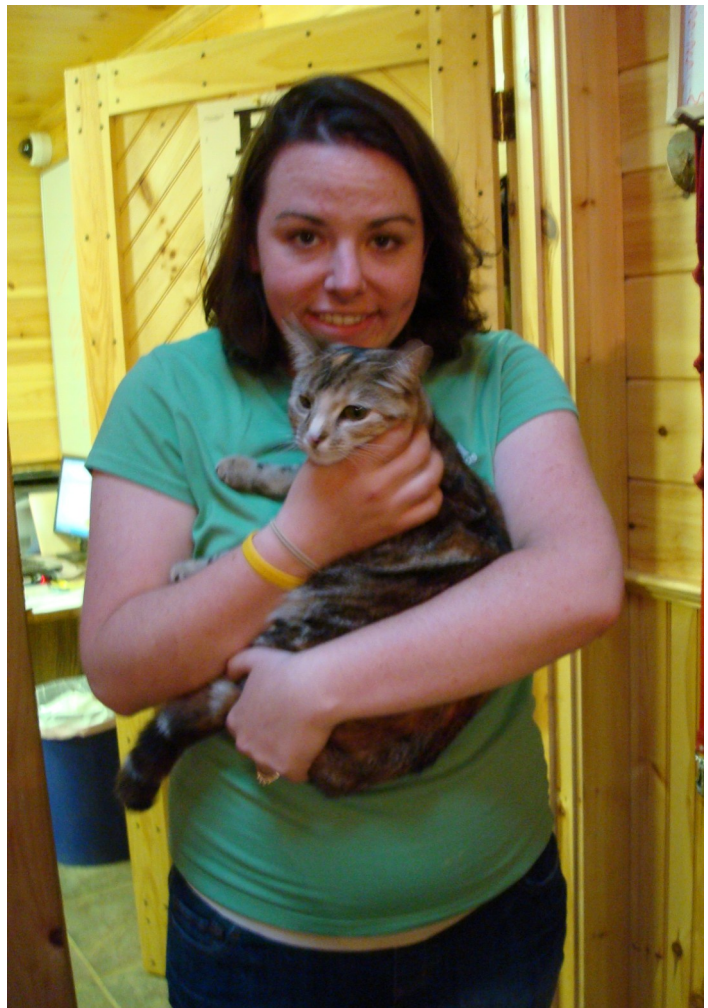
Molly: The Yankees!

Anderson: What is your biggest fear?

Molly: Spiders.

Anderson: What is your favorite animal?

Molly: Zebra!



May's Resident of the Month: Ed by Chris!



Chris: Where are you from?

Ed: Cleveland Hts. Ohio.

Chris: How long have you been here?

Ed: Just over three months.

Chris: What kind of animal are you most like?

Ed: A great white shark!

Chris: What is your best personality trait?

Ed: My sense of Humor.

Chris: What has been your biggest challenge here?

Ed: Getting over my nicotine addiction, and my Monster addiction.

Chris: What has been the easiest thing for you to accomplish here?

Ed: Being respectful.

Chris: What state do you want to live in when you grow up?

Ed: Anything except Maine and Florida.

Chris: Who is the most inspiring person in the world to you and why?

Ed: My brother because he was at a horrible point in his life and yet corrected it.

Chris: What is your favorite accent and why?

Ed: Australian because Brittany said so.

Chris: How do you define your feelings about your family at the current moment here at Ironwood?

Ed: I love them and appreciate all they have done for me.

Chris: How do you like being here?

Ed: It's pretty fresh.

Chris: If you could change one thing about your past, what would it be?

Ed: I wish I had taken school more seriously.

Chris: Do you think coming here has changed anything about you?

Ed: Definitely. I'm a whole new person.

Chris: Who is the best interviewer at Ironwood?

Ed: That's a toughie...It's probably Chris but a close second is Lilly the Dog.

April's Resident of the Month: Brittany by Chris!

Chris: Where are you from?

Brittany: New Hope, PA.

Chris: How long have you been here?

Brit: Five Months.

Chris: What kind of animal are you most like?

Brit: A White Finch, as said by Chris.

Chris: What is your best personality trait?

Brit: I'm a very honest person.

Chris: What was your biggest challenge here?

Brit: Overcoming my low self-esteem.

Chris: What was the easiest thing for you to accomplish here?

Brit: Being cooperative.

Chris: What state are you going to live in when you grow up and why?

Brit: PA for the next year or two, until cosmetology school ends, then maybe New York.

Chris: Who is the most inspiring person in the world to you?

Brit: My father, because he has been with me through everything.

Chris: What is your favorite accent and why?

Brit: My Australian because it's neat, I guess.

Chris: How do you define your feelings toward your family at this current moment here at Ironwood?

Brit: I love them with all my heart.

Chris: How do you like being here?

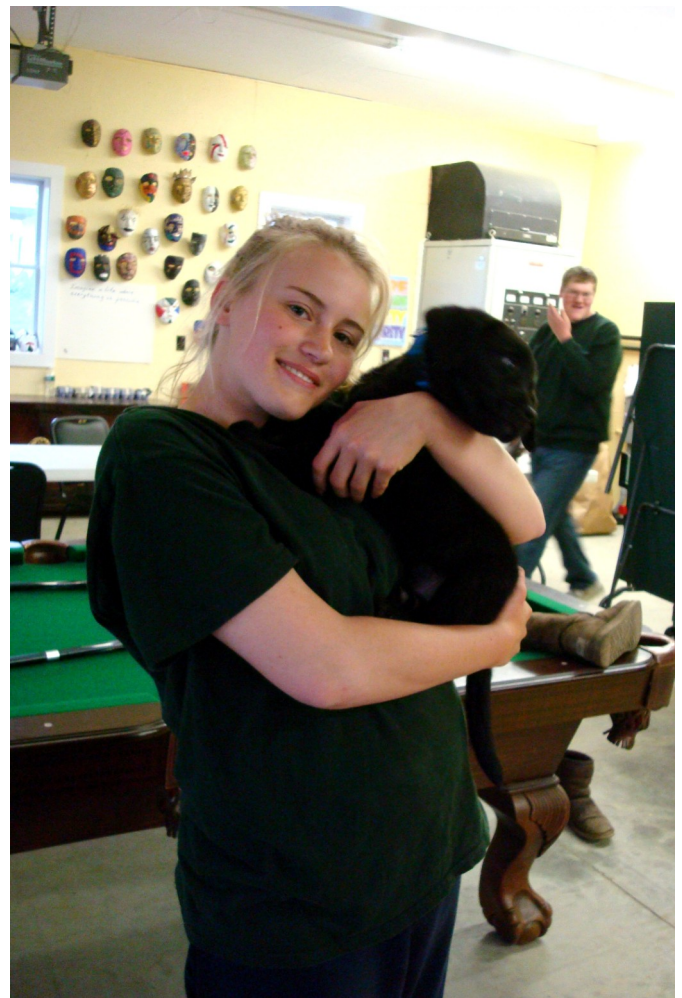
Brit: It will be hard to leave. You do get attached to people and staff here.

Chris: If you could change one thing about your past, what would it be?

Brit: My choice of friends.

Chris: If you could give a "Shout out" to anyone back home, who would it be and why?

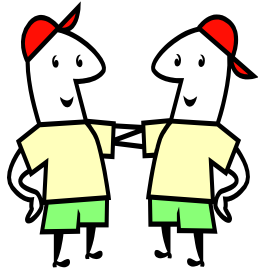
Brit: My best friend Andrew because he is a really good support and someone I've known for a while.



Ironwood Sports Breakdown with Jeff!



Here at the farm house, sports can be considered an every day activity. Unless the weather is bad or we have something very pressing to do, we can count on going outside and playing football, baseball, kickball, or some other outstanding activity.



On occasion we also go on fieldtrips for some more exciting fun. We have been to Sugarloaf ski resort multiple times, golf courses, parks and basketball courts. Physical activity is taken seriously here at Ironwood, and thank God for that because our stay would not be half as enjoyable without it.

In the summer, we play in the soccer field, and in winter we usually go play in the indoor arena.

I guess one of the biggest sports you would find here would be Horseback riding. We go on trail rides and everybody gets a lesson once a week. By the time kids leave here most of them are quite skilled in riding.



Matt's Journey to the Farmhouse!

As a resident at Ironwood, the first thing I experienced (just like every other resident who has come and gone in the past) was the Frye Lodge. Roughly three months ago, being dropped off in the dark at its front steps, I thought I'd look forward to the day I finally left it. Looking back on my time there, I realize now that I definitely still wanted to leave, but at the same time, I have fond memories of the time I spent in the first half of the program.

As an orange, one doesn't typically think of their experience at Ironwood in the long term, only in the present. I was no different. As I progressed, however, I began to look towards Yellow, and as I reached level two, I began to look even further in time: to the farm house. By the time I had gotten Yellow, parent weekend was just over three weeks away. My goal, then, was to be at the farm for parent weekend and be allowed to leave the campus with my parents. I worked hard, discussed my goals in therapy, and thought I was well on my way to being Green for parent weekend. Unfortunately, parent weekend came and went, and still Yellow was I. Every week thereafter, I waited. Every Thursday rolled by, and each time I found myself hoping with all I had in me that this next Monday would be the day, that someone would hand me my promotion sheet and I'd finally be ready to leave. Week after week I convinced myself that there was good reason for the delay, that I could always keep working harder, and that by the time I finally walked up the graduation trail, It would feel like

no time had passed at all. Although it took longer than I'd hoped, that Monday finally came, and finally I had a promotion sheet in hand. Immediately that night I began to write and rewrite my speech. Now that I think about it, it must have been read by every staff member at least twice. Eventually Thursday came; I presented, and was told to pack up my things. All that waiting, and finally I was able to pack all of my worldly possessions into a laundry bag, and head up the trail. As soon as I walked through the wooden "archway" leading out of Frye and up to the Farm House, I realized I had been right: I felt like no time had passed at all. As I walked up the trail, hauling a bag that was infinitely heavier than

I'd anticipated, I thought over all of the work and hardships I'd experienced at Frye, and knew that every day of grief (and every day of Impact, for that matter) was entirely worth it. The culminating moment was when I reached the end of the trail: the "backyard" of the Farm House opened up in front of me, the horse pastures, barn, and the back deck, and I immediately heard an eruption of voices and saw a swaying mass of green and blue arms beckoning me up towards the yard. Finally, I thought to myself, I'm here.



Editors Note!

Making the Treatment Times was a lot of fun. At times it got pretty stressful, but in the end, I'm really glad that I got the opportunity to put it all together. I want to thank everyone for their contributions, it was a huge help, and it's made this issue something we can all be proud of!



About the Editor!

- ☺ Hi, I'm Madeline, I'm 15 years old and currently a level four!
- ☺ My favorite color is green!
- ☺ My favorite food is a tie between peanut butter and macaroni and cheese!
- ☺ I have been at Ironwood for a little over five months, now.
- ☺ My favorite animal here is Petunia. There is no competition.
- ☺ I like to write, and I want to become an elementary school teacher/author when I get older!