

Treatment Times

MARCH / APRIL

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WHAT'S NEW!!! By Fiona



What's new Scooby Doo?!

Currently, there is a lot of fun stuff going on up at the farmhouse. We have started planting vegetables and flowers for our garden, which we plan on harvesting and cooking once the time comes. This means that we will be able to cut down on the amount of food we buy, since we will be eating what we grow.

Also, Steph has just turned 19 over this last parent weekend, making her the first 19 year old resident at Ironwood!

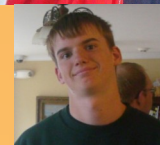
Along with this awesome news, Sam and Trevor are currently both in Red,

and Alex and Ian have been accepted to Full Sail University.

Over all, it seems as though things are going well, and everyone is really happy!



Ironwood Animals by Ryan

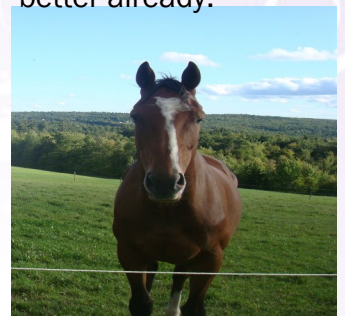


When it comes to animals at Ironwood there is al-



ways some news. Over the winter, we received Lacey and Jitterbug, a mini-mule and a mini-donkey, and they have both adapted to the Ironwood life very well. Sunshine, our potbelly pig, is healthy, and seems to have fully recovered from a hip injury she suffered in the winter. Tonka, one of Ironwood's horses, recently suffered an injury in his

foot, but he is well on the way to recovery, and seems to be doing better already.



Miranda's Journey to the Farmhouse

This hike has definitely been a rough one, that's for sure. Not only the graduation trail, but the one that I have taken both mentally and emotionally. I started out as a defiant, rude, and negative person. I was simply not myself. Ironwood has really helped me start to turn my life around. I have learned how to control my emotions and the way that I act. It's funny because I came here kicking and screaming! I was mad when I was on impact those three days!

However, I did realize so much. In the time that I have spent at Frye I have learned how to respect and trust others, along with being able to trust myself. After all my hard work, I finally got my promotion papers for the farmhouse on May 4th. I was so excited. Maryanna (a Frye staff) told me that she needed me to go and check her oil



"Ironwood has really helped me start to turn my life around."



so I agreed to go help. I followed her to her car, and when she popped the hood, there they were! I was speechless.

I prepared a speech to present with as soon as I could. I gave my presentation that Thursday, but unfortunately I had to rewrite my speech and present the following Monday. I did really well, and so my journey started. Maryanna came up to me right before dinner and told me to pack my bags. I was so excited! I immediately packed all my stuff and headed up the graduation trail. the whole way up, all I could think about was the changes that I have made. I was smiling like never before. Everybody was cheering for me, and as I made it to the top of the hill, I finally saw it..... The FARMHOUSE!

I am really enjoying my time up here, and I love my new home.

MIRANDA.



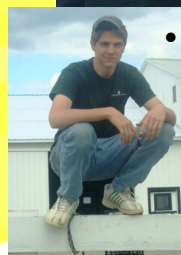
Random Facts About People

PAGE 3

By Sam

- Alyssa once caught a sandshark while she was deep-sea fishing.
 - Nick does not know how to swim, but he is an expert at the doggie paddle.
- Mark as written an entire orchestral piece on his own for fun.
 - Fiona can climb trees just like a monkey.
- Lars was born in Italy, and came over to the US when he was ten.
 - Alex has 11 cats at home.
- Miranda ate a raw deer heart after going hunting.

- Ian has written over 40 songs.
- Marissa broke her arm when she was three.



- Jules once lit and carried around the Olympic torch, which had been used several years ago in the Winter Olympics

MUSIC GROUP

By IAN

The music group at Ironwood is something that seems to have grown in popularity over the past three parent weekends. While down at Frye, Lisa would host music group by gathering everybody together, and having the musicians play fun and popular songs together, while everybody else would participate by either singing, or playing the maracas or tambourine. The first music group that was held for the parents was over the parent weekend in January, and then again in March. Over this past Parent Weekend in May, the farmhouse held a music group in which the group played such favorite songs as “Stand By Me”, and “My Girl”, by the Temptations, “Lean On Me” by Bill Withers, “Wonderwall” by Oasis, “Jack and Diane” by John Mellencamp, “Drive” by Incubus, “3 Little Birds” by Bob Marley, and “In the Jungle”, which is from

the Lion King movie. All who participated had an awesome time, and the crowd’s response was proof that the effort we all put in was work well paid off.



Staff Of the Month COLLETTE!

Interview by Blair.



Collette is one of the night staff at the Farmhouse. We get to see her three nights a week, and most of the time, we get to spend a little time with her talking, joking around, or having free time with her.

Q: How long have you worked at Ironwood?

A: Since October 27th, 2008, so about seven months.

Q: What is your favorite part of working here?

A: I love spending time with all the residents... and playing kickball outside.



Q: How do you feel that you were voted "staff of the month"?

A: I feel really privileged to have been picked this month.

Q: Do you have another job aside from working at Ironwood?

A: Yes, I work as a cosmetologist on the weekends.

Q: What is your favorite meal?

A: Lobster is the best!

Q: What is your favorite kind of pet?

A: I would love to have a tea-cup Terrier puppy.

Recent Weather

BY CALE A.

From March to April, we have seen a very big change in the weather. The fields and trees have gone from being covered in inches of snow and frost, to being covered in green, gold, and all other assortments of color. It almost seems as though the transition was overnight. One of the most awesome benefits in the change of seasons is that we get to go outside much more,



and instead of sledding and tobogganing, we have started playing baseball, or going rafting on the weekends or for Sunday activity. On top of that... its GRILLING SEASON!!!



With Alex W.

Advice Column

PAGE 5

Q- Dear advice-giver, what would you say is the best way to put yourself back on your feet after going down to Frye, or getting into a bad situa-

A-I think that the best way to do this is to dust yourself off, be honest to yourself, and look at it as something that you learned from. For me, looking forward instead of backward was the best thing that worked for me. In a bad situation the easiest way to do that would be to completely be honest, even though you may still have repercussions. They might not be as bad and even then you can look at that and feel good about making the better decision. Ultimately it helps boost you forward.

Q-What is a good way to stay positive?

A-Think positive thoughts! I know that some people may find it impossible, but it isn't, once you get the feel of it. Think about good times, bright futures, family, unicorns, or anything that can make you happy. For myself, I do my best to stay positive in a negative situation. I think, "What can I get out of this", or I think about my family and how awesome it's going to feel to graduate.

Q-How do you get to be a Level 4?

A- This is a simple and straight forward answer to the question, be consistent. The more you work on things, the more staff, therapists, and your fellow peers will notice. If it doesn't come to you right away, don't get discouraged. practice what you preach. The staff here are looking for us not only to be leaders, but to lead by example. stay positive, bounce back with some new thunder after you have fallen. Apart from that, it is important to have well-rounded communication skills and patience, along with the ability to interact with your peers.



Field Trips

BY ANDY

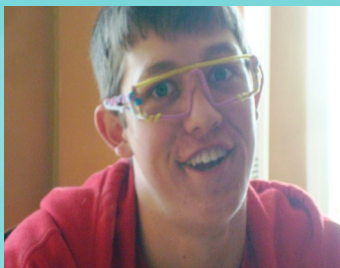


Now that the weather is getting nicer, the farmhouse residents have been going on more field trips than in the winter. Over the past three weeks, we all went on a big rafting trip with North Country Whitewater

Rafting Outfitters. The trip was awesome (even though the water was a little cold) and everyone really seemed to have had an awesome time. Even Erin and Chris (both farmhouse staff) decided to slip on the wetsuits and join us all on our whitewater adventure. Along with the rafting trip, we all went on a field trip to the local golf driving range,

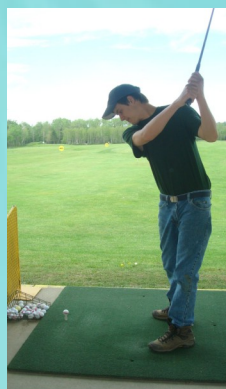


where the residents all got to experience what it is like to golf like pros. Overall, we have been having a great time, and due to the nice weather, there are several more field trips being planned for the near future!



BY TREVOR

The weather has been sunny and warm, with a chance of smiles, and we have all been taking advantage of it as much as we can. every Sunday, we have been able to get outside and play sports like baseball, football, kickball, and basketball with the locals. Every one has been enjoying the activities, and the parents better watch out, because their



sons and daughters are getting more and more professional as we speak. Overall, we've been able to get out almost every weekend and enjoy the weather as we play whatever sports we can!

Nick's Journey

When I got here at Ironwood on January 3rd, I didn't have a care in the world. My life was based on partying with my friends, and I pretty much had no relationship with my parents whatsoever. While on impact, I came to the conclusion that I wanted to change. I realized that I had to change. That was the easy part however. I spent the following four months correcting the behaviors that got me to the point I was at.



when I came to Ironwood.

When I got my papers I was sooo happy. It seemed so unreal, but it really was happening.

When I presented the following Thursday, I was really nervous, but all went well, and by that evening, I was hiking up to the graduation trail, on my way to the Farm.



JJ'S Journey

When I got to Ironwood, there was not that much in the world that I really cared about. I felt as though there was no motivation for me to move forward. I heard about the farmhouse from other residents, but I didn't really care. I started my journey at Frye when I met Sam (aka Harold) Morris. After about a month of being down at Frye with Sam, he gave me the motivation to see that there was room to change in my life. Also, Sam was going up to the farmhouse, and after seeing him go up, I knew that it was possible for me to do the same. I worked my hardest to set a good example for others to follow. After being consistent and sticking to my goals, I was told on my 70th day that I would be going up to the farmhouse.



I hadn't gotten my papers, so I was confused, but Lisa looked at me, smiled and said "Grab your stuff, you're going to the farm". I was in complete disbelief, however, I knew I had worked hard, and I felt that I earned it. I rushed to get all my goals signed off, and by 7:00, I was heading up the graduation trail. On the way up, my bag ripped, and some stuff fell out, probably due to the fact that someone put a large rock in the bottom of my bag as a joke. Soon after I started, I heard everyone screaming my name, and I was in the horse field when I saw a light shining on me. It was Jules, coming down to greet me. He said he would be my farmhouse mentor, and so my journey at the farm began.

Resident of The Month

Q: How are you this lovely morning?

A: Uhm, I am pretty good

Q: Let's get down to business, What has been the most challenging thing to overcome here?

A: Let's see...Probably just being away from home all together.

Q: Why do you think you were picked as resident of the month?

A: Uhm. Hahaha... Because I'm cool hip and happenin'

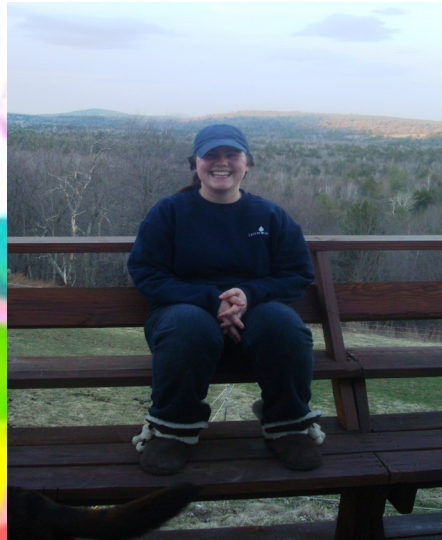
Q: Is it hard being 19 at Ironwood?

A: Nope, not really.

Q: What is your favorite activity to do here?

A: I love riding the horses

-Steph- INTERVIEW BY ALEX



Q: Any plans for when you graduate?

A: school , college, working,

Q: so how do you think your whole ironwood stay has been overall?

A: It exceeded my expectations. Alright I have to go.... BYEEEEEEEE!

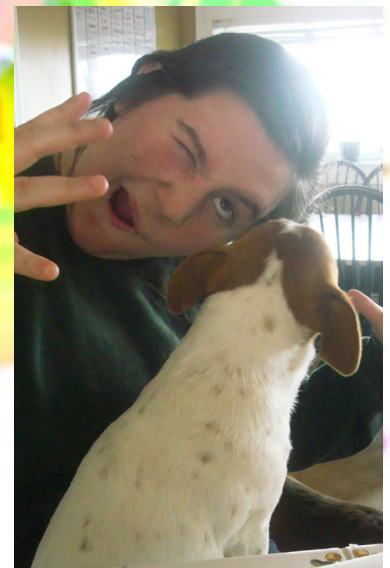
Q: What is your ultimate dream?

A: I don't really have a big dream.

Q: What's your favorite color?

A: Red

Q: Can you please do your "captain crunch" face?



(The Captain Crunch face)

Resident Of The Month

-Sam- INTERVIEW BY STEPH

Q: What is your favorite color and why?

A: I don't have one because I don't discriminate against any colors.

Q: What is your middle name, and do you like it?

A: It's Joseph, and I do like it.

Q: Who is your favorite horse at Ironwood?

A: Peanut is, because he is jacked and tan.

Q: What is your favorite memory of Ironwood?

A: Favorite memory... oh man... I would have to say that it would be my epic adventure with Trevor and Adam.



Q: What kind of adventure was it?

A: I couldn't even begin to explain if I tried.

Q: What are you currently working on for the rest of your stay at Ironwood?

A: helping all the residents at Ironwood out.

Q: What effect would you like to leave on Ironwood?

A: I want to raise the expectations for all future Peer Leaders and Level 4's.



The Maple Syrup Season

BY MARISSA



Maple sap is a liquid made of mostly water, with a small amount of natural sugars. Along with this, the maple sap contains vitamins, amino acids, phenolic compounds, minerals, and organic acids. To collect maple sap, a tap must be attached to the maple tree. The sap drips from the tap into a bucket which is hung underneath.

All through the month of March, Ironwood residents collected the sap and the sap was then boiled down in several huge vats in the Sugar Shack, in order to make the maple syrup that we use on our pancakes every



Sunday. Throughout the boiling process, it requires forty gallons of maple sap to produce one gallon of maple syrup. This is because the sap is about 97% water, while maple syrup contains no more than a third water.

Although the process of making the syrup was lengthy and exhausting, the end result was awesome, and now we have more syrup than we can even eat!

Alyssa's Journey

My journey to the farmhouse started February 18, 2009. While I was down at Frye, I worked really hard on changing myself, and on bettering the relationship with my family. I worked consistently hard to get my green and move up to the farmhouse. One of the most important things I had to work on was taking the program one day at a time. Now that I am up at the farmhouse and I have been here long enough to get the hang



of things I have been pushing myself to really come out of my shell. I am especially enjoying the "home" atmosphere here, and the activities that we do. I have a feel-

ing that I am going to do really well here, and I am going to stay persistent on working to find out who I really am.



TREATMENT TIMES

New Staff -Bridgett-

INTERVIEW BY HILLARY

Hillary: How do you like being an ironwood staff?

Bridgett: I enjoy it.

Hillary: Is there anything in particular you like about it?

Bridgett: I like working with the residents, I like getting to know the individuals and seeing the progression

Hillary: What is your least favorite part about working at ironwood?

Bridgett: Black Flies

Hillary: What is your favorite part?

Bridgett: The wonderful food and the good environment and the fact that no day is the same.

Hillary: Where did you work before here?

Bridgett: At a television production company in Nashville.



Hillary: Where are you from originally?

Bridgett: I'm originally from around here actually. From 12-18 I lived in Morrill.

Hillary: Had you heard of ironwood before?

Bridgett: I heard about it from another staff member but before that, no.

Hillary: Do you have any hobbies?

Bridgett: I do. I hike a lot, kayak, photography, and I read.

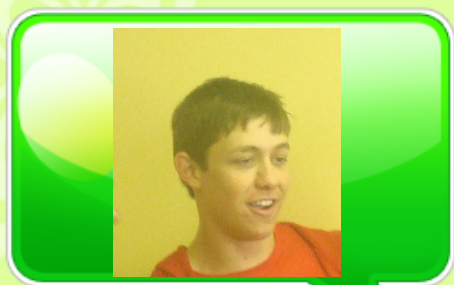


Cuisine Corner

WITH LARS



As for recent news in the kitchen, the farmhouse residents are still blessed by Bob's visits on Wednesdays. Bob is a chef that comes in and helps the resident cook exquisite meals. Along with Bob night, Adam, Hillary, Lars, JJ, Ryan, and Fiona all had their ethnic nights.



BIRTHDAYS!

BY JULES

Here at Ironwood, many kids grow a year older during their stay. Mark turned 16 on February 5th, and Trevor and Joey both celebrated their 18th birthdays here, now making them adults. Ian also turned 17 over parent weekend, along with Steph, who turned 19 and Marissa turned 16 in March. Every resident's birthday is celebrated with an awesome cake, and an array of good times and laughs.



Many of the kids love art and can't wait for that moment when everyone is sitting in the farmhouse on a peaceful Thursday afternoon, and the door opens and you hear Lesia scream "I'm HERE!"

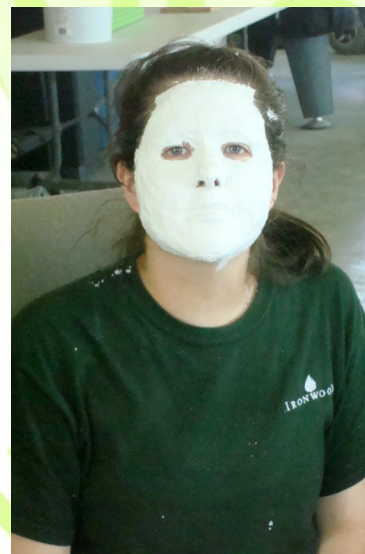
the reality of the world." She says. "Whenever I draw or paint, I really get into it and tend to forget about everything around me."

"I like to draw" says Trevor. "I popped out of the womb with a pencil in my hand and I've been doing it ever since." Most of the kids go to Trevor for advice or help when they have questions about drawing.

Alex states that she "lives for art." and is actually going to Full Sail to get her Bachelors of Science in graphic design. "Art is the embodiment of my soul. It is a release from



In recent art classes, farmhouse residents have been working on pictures of tulips for Mothers Day and decorated eggs, prepared by Lesia, for Easter. Alex has erased her work of art on the mural and is planning to redo it. Due to the fact that the farmhouse is rapidly growing in size, there is going to be many new residents who are eager to contribute to the mural.



BY MARK S.

TREATMENT TIMES

IRONWOOD GRADUATES!!!



Adam H. recently graduated on May 18th, the Monday after Parent Weekend. He will be returning to Georgia with his family, and his newly acquired horse.

Matt H. also graduated within the past few weeks, and after a long stay at Ironwood, he is off back to Florida to live with his family.



After 8 months, Kelsey, 17, didn't just graduate, but she did so as a peer leader. Currently, Kelsey will be returning with her family to live in Orlando, Florida.

SAM'S BUFFALO CHICKEN WRAPS

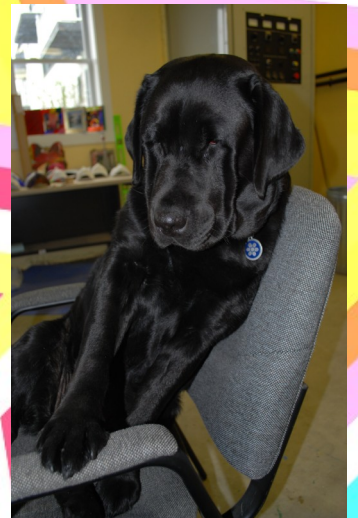
INGREDIENTS

- 1 1/2 Pounds (about 12) Chicken Strips.
- 1/3 Cup All-purpose flour.
- 1 teaspoon salt.
- 1/2 teaspoon black pepper.
- vegetable oil.
- 3 tablespoons butter.
- 2 tablespoons red wine vinegar.
- 2 tablespoons hot pepper sauce. (to taste, preferably more)



1. Cut each strip into 2 pieces, mix on a plate.
2. Mix together flour, salt and black pepper.
3. Coat the chicken with the flour mixture, shake off excess, and set aside.
4. Pour vegetable oil into a deep fryer or heavy pot.
5. Cook chicken over medium heat to 375°F, until golden brown and cooked throughout; about 10 minutes.
6. In a small saucepan, combine the chicken with the butter, vinegar, and hot pepper sauce.
7. Serve and toss with seasoning. Serve hot with Creamy Blue Cheese dressing, and wraps, along with lettuce and sautéed peppers.

PICTURES!!!



PICTURES!!!



MEET THE EDITOR

-Lars-

My name is Lars, and I am Bayville, New Jersey. I have been at Ironwood for 7 Months now, and I am currently a Level 4 resident. some of my hobbies include playing guitar, bass, drums, and writing.

I think that one of the toughest things about completing the newsletter was definitely the fact that it is easy to get discouraged over little things, but in the



long run, I feel as though everything really came together well, and everybody helped out by putting a lot of effort into their articles. The most fun part about putting it all together was probably that I got to pick and choose all the pictures that went to the articles. Everything turned out to be a lot of fun, and the overall product is extremely rewarding.