



# THE Cedar Spectrum

DECEMBER 2010

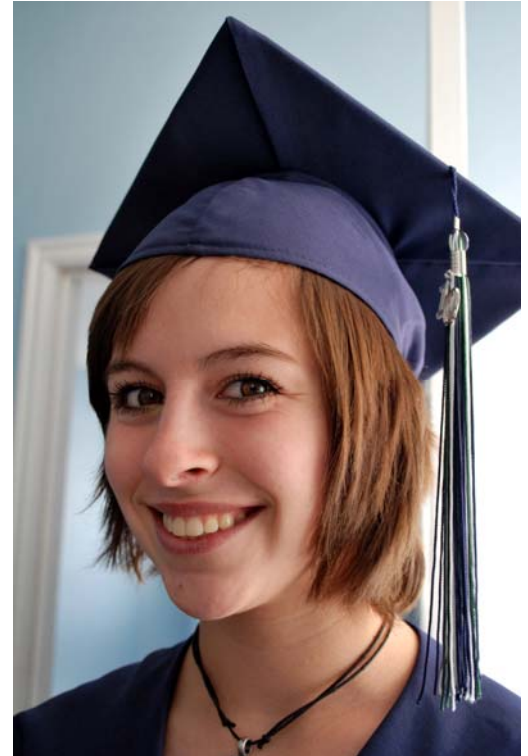
## EARLY GRADUATION

By Nicolette, Cedar Ridge Academy  
Early Graduate

I personally could never see the day that I was in a cap and gown, being able to say that I am done with grade school. I mean, I'm practically a college student (when I apply) with a life ahead of me, as opposed to barely whizzing by in school, addicted to drugs with a terrible relationship with everyone. It's actually really awesome to be having this experience at age seventeen. I'm graduating a whole eight months ahead of my class, which has been my goal since I got here at Cedar Ridge. It seemed like such a great thing to be able to say, "Yeah, I graduated high school early, no big deal."

It's incredibly relaxing to be done, yet at the same time not at all. I guess it's because I feel like I should be doing school and like there's something missing... you know? School has been such a habitual thing for me for about thirteen years. Hey, on the bright side I have free time on my hands to help people with school, help out the teachers and spend some quality time with myself.

A high school graduation is something that I wouldn't give up the world for, because it's one of the biggest accomplishments you might ever experience.



*"Nicolette, I am so proud of you for graduating high school. Before you left (for Cedar Ridge), I was concerned about you being dead the next day, and now you're alive through high school."*

*— Paulette, Nicolette's mother speaking at her graduation*

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## THANKSGIVING ON CAMPUS

By Lauren

On Thanksgiving the campus got to sleep-in for an extra hour. Throughout the day we ate mashed potatoes, ham, stuffing, turkey, sweet gravy, candied yams, milk, eggnog, rolls, yogurt, strawberries, blueberries and pie. What could get better than all-you-can-eat in your own kitchen! We all watched the Macy's Thanksgiving Day parade, and then before lunch we all called our parents. The rest of the day the girls watched the movies *Eat, Prey, Love, Disturbia; Elf;* and *Stomp the Yard*. The boys watched football, *Meet the Fockers, The Karate Kid,* and played basketball.

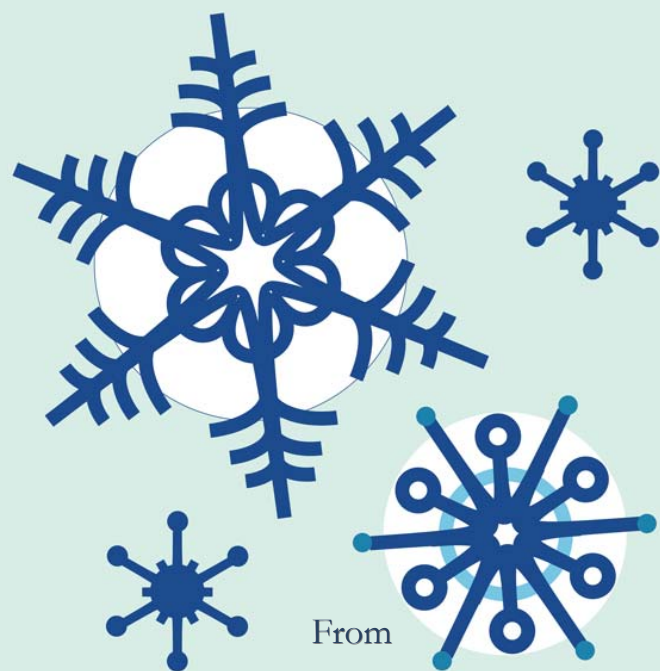
## THE SPECTRUM IS BACK!

The Cedar Spectrum has returned to production. Please let us know if you would like to receive a paper or digital copy each month. This newsletter is fully complimentary, and we'd love to share it with you!

Email: [STAFF@CEDARRIDGE.NET](mailto:STAFF@CEDARRIDGE.NET)  
Phone: 435-353-4498

Or mail:  
Cedar Ridge Academy  
4270 W. 5625 N.  
ROOSEVELT, UTAH 84066

## Happy Holidays



From  
The Staff at Cedar Ridge Academy

## CEDAR RIDGE ACADEMY'S TREE FOR AUCTION

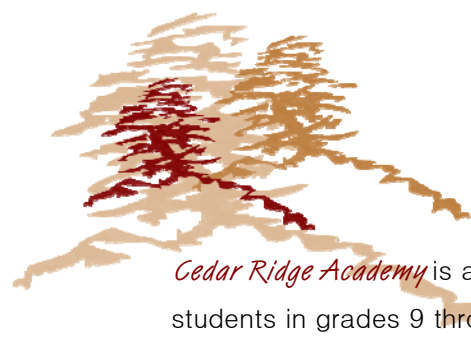
By Kat, Student Council President

Cedar Ridge students on level 700 and above got the privilege to decorate a Christmas tree that would later be put up for auction. The money earned in turn was donated to the Family Support Center in Roosevelt.

Decorating the tree was really fun. We chose a candy theme and loaded up the tree. It had a taffy garland, nerds boxes, fake candy and many other things. I personally love Christmas so I loved decorating the tree. It was a fun activity and a good way to spend my Friday night. I liked the fact that the money would be donated and going to a good cause. The other night the high level girls went on an activity and found out the Roosevelt Movie Theatre purchased our tree and proudly displayed it in the theater lobby.



Brendan arranges the branches on the tree in preparation for the ornaments the students made. The theme of the tree was 'Candy.'



## Now Enrolling!

Cedar Ridge Academy is a transitional coed boarding school now accepting applications for students in grades 9 through 12 who are seeking a structured, supportive, and flexible opportunity for credit recovery at a college preparatory curriculum level. Founded by the owners of Cedar Ridge Therapeutic School, Cedar Ridge Academy is an academic option in the continuum of care for teenagers and their families.

Please contact Sean Haggerty, Dean of Admissions, at 435-353-4498 ext. 117, or [admissions@cedaridge.net](mailto:admissions@cedaridge.net).

[WWW.CEDARRIDGEACADEMY.NET](http://WWW.CEDARRIDGEACADEMY.NET)

Cedar Ridge Academy admits students of any race, religion, sexual orientation, or national or ethnic origin to all rights, privileges, programs, and activities generally accorded or made available to students at the school. It does not discriminate on the basis of race, color, religion, sexual orientation, or national or ethnic origin in administration of its educational policies, scholarship, athletic and other school-administered programs.



Students gather next to the tree they decorated to donate to a local auction. The proceeds from the sale of the tree were donated to the Family Support Center.

## SMALL MIRACLES

*By Nico, Karat Team Captain*

On November 6, 2010, a group from the karate team and Sensei Rob went to Salt Lake City, Utah, for a tournament hosted by Sensei Amadou Niang. This was a friendly family tournament, not very competitive at all, so I wasn't expecting much out of it, and I ended up having the most intense experience of my life.

I competed with four other girls who were all from different dojos. As we started introducing ourselves, I heard one of the girl's voices as very deep and raspy as though she'd been smoking for fifty years. Since she was only thirteen, it was clear that she hadn't been a smoker, so I assumed she was sick. Me, being myself and all, asked her about her voice.

Tia Clock had been born with a trachea the diameter of a penny, and was only able to speak out of one of her vocal chords—her right one. This caused Tia's harsh voice and the difficult time that she had breathing. Each breath she took sounded painful, yet to her it was an every second occurrence. She has been through several tracheotomies, and is about to go through another large surgery in the spring. Tia was premature, which contributed to this condition, and was also one of a set of twins, a girl and a boy. Tia and I talked for a long time. We talked while we waited to compete, and in between competing, she explained to me her life at home, her struggles with her twins, how her voice has affected her life, and my personal experience here at Cedar Ridge.

Nothing really hit me until after we had all competed, and I saw her talking to Sensei Rob. She hadn't place at all, but still had a positive attitude. Her story was extremely powerful to me, and had affected me in many ways. I sat down and told her how much it meant to me, and how much it had impacted me. I told her that it didn't matter that she didn't get a first, second, or third place trophy, because in my eyes she got first just for putting in all of her effort. Through everything she has been through, she has continued to stay strong and confident with herself. It was

the complete opposite to me, since I have been very insecure the majority of my life, and I had it way better off than Tia. I couldn't hold in my tears because of how much compassion I felt towards her. She started crying as well, which meant a lot to me. It meant that what I was saying was also making a difference to her.

## SLC KARATE TOURNAMENT

*By Nisty, Karate Team Member*

On Saturday, November 6, 2010, four of Cedar Ridge's lucky karate students got to compete at Sensei Amadou Niang's karate tournament in Salt Lake City, Utah. At 5:30 a.m. we woke up, got ready for our exciting day and were on the road with Sensei Rob Nielson by 6:00 a.m. After three hours, we arrived in the great Salt Lake, and the first thing we did was get ice cream. Once we devoured our sweet snack, we were ready to sign up for the tournament and start our waiting.

At the tournament, Nicolette, brown belt, performed the kata Bosai Dai, which she nailed. She competed against the lovely Jamie. Jamie (orange belt at the time) did the kata Heian Sondan, which she OWNED! Being in

This whole experience showed me how strong people can be, how much compassion I have, and how fortunate I am. Tia has impacted me very much, and I cannot wait to see her again in my future.



the same division, they also competed with kumite as well. The end result was Nicolette with a trophy with third place in kumite and a whopping first in kata. As for Jamie, she earned an accomplishing second place trophy in kumite. Meanwhile, Garth (green belt) was in his own male division kicking butt leaving him with second place in both kumite and kata. As for me, Nisty (yellow belt at the time), I gained the courage to compete in both kata and kumite.

With Sensei Rob supporting the students throughout the whole day, they managed to have fun and leave the tournament very proud. It was a great day for us all and ended with a surprising dinner of pizza at Costco.



## KYU EXAMS

Students tested on November 12 for their next KYU level in karate. Here is the group after receiving their certificates and new belts, flanked by Sensei Christine and Sensei Rob.



## THE BULLETIN BOARD

### How Quickly We Forget

*There are witches on the border  
From where they must be gone,  
they sing, come to us sisters,  
to dance with the dawn.*

*They sing about the taste of rain,  
the stroke of meadow breeze;  
they sing of whispering love,  
through all the ancient trees.*

*No matter what I'm taught of God,  
nor what the preacher may say,  
I am still an elf child of earth,  
lost in yesterday.*

*Kelsey*

# CEDAR RIDGE ACADEMY HELPS MAKE STARS



Porter works with his reading buddy on her reading comprehension and speed in an effort to help her read at grade level.

By Porter and Noah, STAR Reading Tutors

Here at Cedar Ridge Academy we have recently been going to Roosevelt Middle School participating in a program called STAR Reading. Basically, a select group of kids have chosen to help middle school students in Roosevelt to become better at reading. This has been a very good experience for quite a few students, including Marilyn, Noah, Porter, Morgan, Nicolette, Nisty, Shelby, and Rafael.

To get into more detail, I will take you through the steps of what we do with the kids while helping them read. First, we meet up with our reading buddies and start out by reading several pages in a book that they choose. Then we stop and go through what they read and ask them what they got out of it. We ask them basic questions like, "Who is the main character?" and "Where does this take place?" Then we ask them to choose a few words that they don't understand and we write them on a flashcard and go over them. At the end they read off a paper with 100 random words and we time them to see how many words per minute they can read. That pretty much sums

up what we do with our reading buddies.

Overall, the STAR Reading program is an awesome opportunity for us to spend time with kids and actually help them out. Also, it is

just fun to get off campus and have time to talk and hang out in a more relaxed environment.



The STAR Reading tutors of Cedar Ridge Academy Boarding School.

# LOCAL HALLOWEEN

By Aly, Cedar Ridge Academy Junior

This past seminar was probably the one that I had the most fun with. The student council and a few of the other high levels put together goody-bags for the parents. The kitchen staff also put together a meal full of creepy-crawly goodness, such as bat wings (chicken wings), meat and bones (pork), brains (curly noodles) and fingers (carrots with almonds).

The local elementary school threw a little carnival that a few of the students and parents attended. There was an Adam's Family Maze, a cake walk, and many other fun games. At eight o'clock there was the Neola Trunk-or-Treat. Local's brought candy and everybody walked through the halls in their costumes.

Once the carnival ended, a couple of students, Kat and Nico, represented the student council and helped with clean-up.

Trick-or-Treat!



Aly, Kat, and Nicolette show off the fish they caught at Neola Elementary's Halloween Carnival. After the festivities, Kat and Nicolette stayed to help clean up.

# PUTTING THE X-FACTOR IN PE



The conditioning PE class: Morgan, Jamie, Nico, Nisty, Kelsey, Rafi, and Seth. (Missing is Ryan, who works out hard with us.)

By Christine Haggerty, Dean of Academics

It has long been a value of Cedar Ridge Academy to foster the physical fitness and talents of our students. Our tradition has

focused on Shotokan karate, a physically and mentally intensive form of martial art.

To offer variety for our boarding school students, we also have two days each week when students participate in their choice of physical education classes. We offer basketball, weights, conditioning, and volleyball.

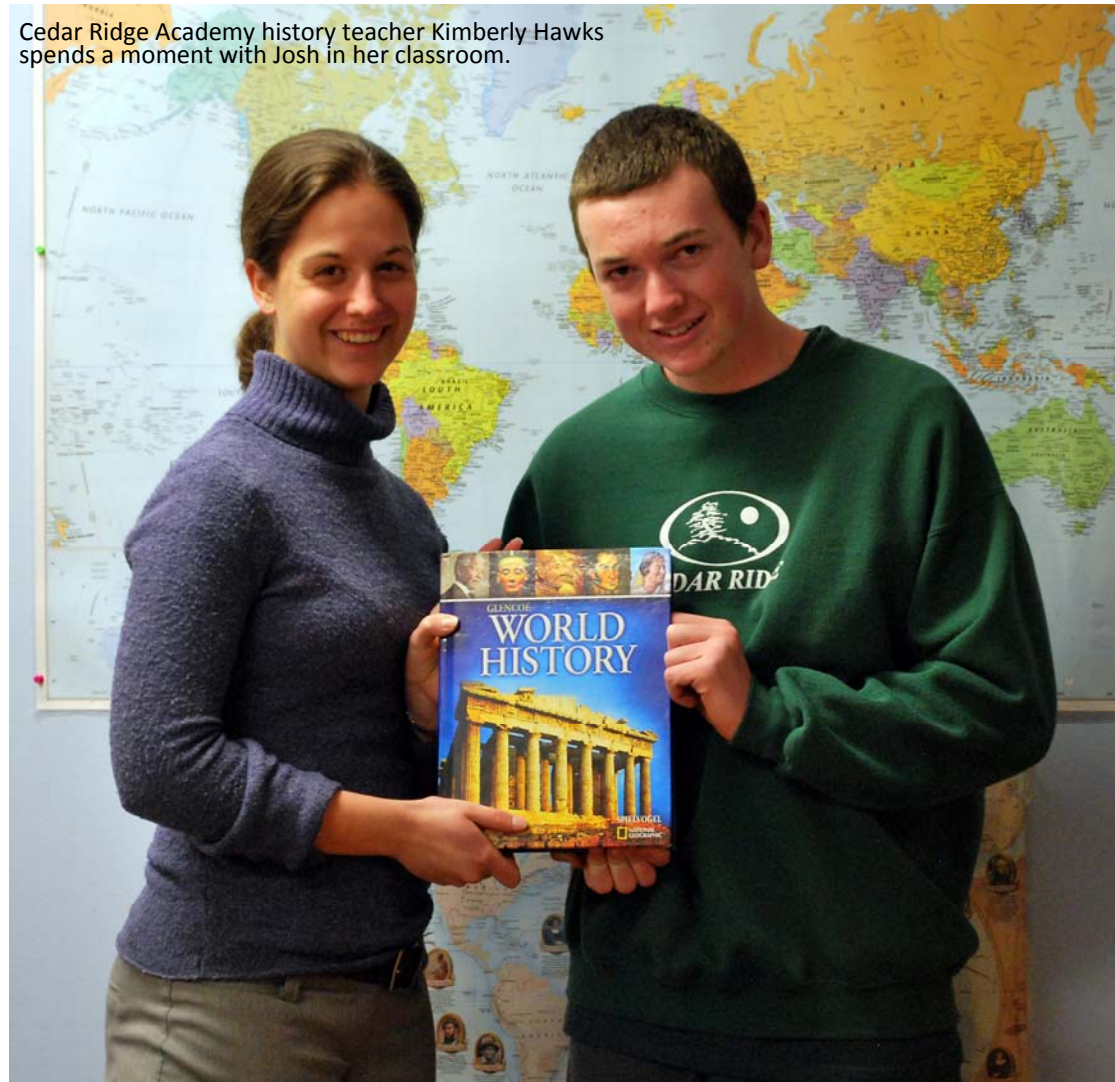
I personally work with the conditioning class. We do a combination of P90X workouts and other total body intensive circuit training workouts. I have a personal competition going with the weights class to see who gets the most 'ripped,' but mainly I enjoy mentoring a value of taking care of oneself in the students I work with.

It's also a bonding experience when you're telling each other to keep going when multiple body parts burn from the effort and sweat drips into your eyes. We give each other high fives or knuckles, and look at ourselves as a sort of club.

We belong.



# CEDAR RIDGE ACADEMY STAFF SPOTLIGHT



Cedar Ridge Academy history teacher Kimberly Hawks spends a moment with Josh in her classroom.

By Josh, Cedar Ridge Academy Senior

**R**ecently, I interviewed the newest teacher at Cedar Ridge Academy, Kimberly Hawks. She took the place of our previous social studies teacher Eric Carlson. For about a month, they were working side by side so that she could adjust and learn the material in the various courses and now she is teaching us completely on her own.

**J: So, Kimberly, How long have you been working here at Cedar Ridge?**

K: My first day was June 28, 2010. I guess a little over four months then.

**J: How do you like it so far?**

K: It's fun. It was hard to get used to in the beginning because it is way different than anywhere else I have taught at before.

**J: That's cool you like it. What is your favorite part about working here?**

K: It would probably have to be how I get to

work one on one with students. I enjoy watching students go from the point of struggling and having no clue what I am talking about to when the light bulb comes on in their head and they understand the material.

**J: There must be some things that you don't like, too. If you could change one thing about Cedar Ridge what would it be?**

K: (Pauses) The first that comes to mind is more time for direct instructions. There are different skills that are learned from direct instructions that kids don't learn while just going through the course's syllabus. I believe that having the different styles of learning available more frequently would help students out a lot.

**J: What did you do before Cedar Ridge?**

K: I went to Brigham Young University

(BYU) in Utah to get my Bachelor of Arts degree and was student teaching at Pleasant Grove High School for about four months.

**J: Did you always want to be a teacher?**

K: Actually, yes. Ever since I was a little kid I have wanted to. I even remember how, when I was five years old, I used a chalkboard my mom gave me to "teach" to my stuffed animals (laughs).

**J: Wow! Okay, enough about teaching, what kinds of stuff do you enjoy outside of work?**

K: I enjoy reading and watching TV shows like *NCIS* and *Grey's Anatomy*. I also enjoy knitting things like blankets, scarves, and purses, but that is usually while I am watching TV.

**J: If you could go anywhere in the world, where would it be and why?**

K: I would go to London or on a tour of Europe because I have never been out of the country. I don't even have a passport (laughs).

**J: That's very surprising! Currently, do you have any plans for the future?**

K: Yeah. When my husband finishes up getting his business degree, we are moving somewhere out of state so he can get his chiropractic degree because there are no chiropractic schools in Utah. This will be in like 3-4 years though; it's nothing that's going to happen anytime soon.

**J: I assume you still plan on teaching and will just find another job at a high school?**

K: I don't really know. Maybe. If not teaching, than I will probably be a stay-at-home mom.

**J: Well, I wish you the best of luck. Unfortunately, we are out of time. It was very interesting learning more about you, Kimberly. Make sure you look for this interview in the next issue of *The Cedar Spectrum!* I'll try to pull some strings and see what I can do about getting you on the cover page (laughs).**

K: Sounds good to me!

**J: Alright, thanks a lot for your time.**

K: No problem, it was fun. I look forward to the next issue!



# CEDAR RIDGE REVISITED

Perusing through some of our older *Spectrums*, I came across several articles that resonated with the timelessness of the experience of emotional growth, from both parents and from students. I will occasionally reprint some of these articles to remind us of the universal human—and parent and child—experience. *Christine*

Originally published in *The Cedar Spectrum*, Volume VI, Issue 5 in May of 2004, this article is about a student's overall experience at Cedar Ridge Therapeutic School.

By Dr. S

**T**he thing I love most about myself is my ability to show emotion. This week is an emotional time; the chapter is closing and I am moving on to my next step in life—home.

The past eighteen months have been strenuously satisfying, and have had the most impact in my life. They have been sad and happy, they have been stressful and relaxed, they have been every contrast imaginable; but what is most valuable to me falls into a category of one word—change. My stay at Cedar Ridge could have consisted of fewer mistakes that would seem unappealing to a newcomer or outsider, like dropping levels, detrimental coalitions, and shame, but it is these poor choices/feelings and times of struggling tremendously that I owe my success to. My perceptions of the world have changed.

I have gone through four essential stages throughout my program. The first being the hurried stage; feeling like I need to hurry and do everything fast because that way 'nobody will realize I am not good enough.' This did not last long; I quickly crashed and burned. It is a common conception that moving fast through the program is the best thing to do, but eating a steak that looks done on the outside, although still raw in the inside can get you very sick. Ironically, that stage ended the fastest, although it seemed longer than the other stages. I wasn't ready for the freedoms I had received, I abused them and then it backfired.

The second stage I went through was one of working the program for others: my parents, therapist, staff, and friends. I was not working for myself. This was actually one of the longest stages of my program. I was worried about getting home, and what was going on there. I wasn't working on myself or

on keeping my mind at Cedar Ridge. I believed the only way to get home, where my mind was at the time, and to make my parents happy, was to work the program and act as a perfect son. Not only was this unrealistic, it would have been more harmful to me than anything if it had worked out how I wanted it to. I wouldn't have used any of the skills I was taught, and there would have been no change. I was still half-way out of the first stage while fighting the second at the same time.

That stage came to an abrupt end after dropping from level 800 and getting a home visit canceled due to my lack of motivation in being open or challenging myself. Working the program for others did not work out, primarily because of the lack of connection within myself—mainly my emotional side. After that, the real me started to creep out; though I was very angry and irrational at the time, I spoke my mind and refrained from holding back. I started to let go, accept, and be completely honest with what I was feeling inside, even if it would earn me a consequence. Sometimes this is needed, and for me it was. If you've been to a seminar with Rob, you will know about his talk of the 'J curve'—basically when you start something new, you fall to a lower level of progress before you start to climb up immensely in it again. I began to blame others for my faults, and I didn't let it out appropriately. It was necessary for the time to just feel sorry for myself, realizing that it was the most immature thing I could do, and that it would not get me anywhere I desired to go. I had previously hid out my whole time at Cedar Ridge, and never had the apprehension that I would truly not be rescued anymore. I realized that if I wanted to live a respectable

life, I needed to change.

Stage four was that tremendous ascension in success I was discussing earlier. After letting everything out I started this brisk climb in my program that continues to be a very real/open lifestyle. It consists of: being myself, being able to acknowledge that I am going to struggle, and that I have faults. I have reached level 900 by living this lifestyle, which is one of the greatest accomplishments in my life. Never did I picture myself as being a leader in anything positive. When I truly started believing that I had to live a genuine life here to live a successful one at home, was when I took control of my life. Everything else just seemed to fall into place: leadership, relationships, school, level 900, and a black belt.

It has been a vast journey and I haven't even come close to reaching my final destination. I have my whole life ahead of me and I will never forget how I changed at Cedar Ridge. I brought out the good in myself, and purged the old. I have to thank my staff and friends for always being there to listen and support me. I learned something from every person I have met or interacted with at Cedar Ridge. Thank you Cedar Ridge for refining the great character I am; I will miss you all. This next stage is yet another change that will help me grow even stronger as an individual. If you retain one thing about me and my program, remember that to succeed you must risk failure, or better yet, fail. Goodbye Everyone!



# BASKETBALL

Boys practice moving the ball around during PE in the gym at Cedar Ridge Academy.



the only boy in the entire league who could dunk a basketball, but in the end we came up short 1-11.

Did the boys like it? Yes. Did the boys grow? Yes—in many ways the boys grew as individuals and as a team.

So what's the difference thirteen years later?

Well, for starters, I hope I'm a better coach after thirteen years. As with any craft, I expect I have gotten better year after year. We have an indoor basketball court now, and the boys spend much more of their free time practicing than in years past. We also have a reputation and undefeated title to defend, albeit the first one in fourteen years.

And we have a coach who has learned to climb inside a struggling boy's mind, and give him hope in moments of desperation.

Whether or not the winning streak continues, I am happy and proud to spend another year on the court with the Cedar Ridge basketball team.



By Wes Nielson, Dean of Students and Boys Basketball Coach

**B**asketball season is almost here, and so I ask myself, "How do I follow up a perfect season?" A record of 14-0 is no easy feat. Currently there are about twenty-five boys on campus and of those twenty-five, about fifteen have expressed an interest in playing basketball this season. Of those fifteen, about five are currently eligible..... Some think I have an entire school to pull from to put together a basketball team. Well, I wish that was the case.

The truth is that many game nights we leave most of our talent behind. Of the five to ten boys I do manage to put together, it's rare that any of them have had any history playing basketball. So how is it we have gotten better

year after year? How is it we went undefeated last year? The truth is I wish I knew, I wish I understood beyond a shadow of a doubt what was different between our first season 1-11, and last season 14-0.

In retrospect, thirteen years ago maybe should have been our best year. The boys in that group were very dedicated. They shoveled off the snow that covered our outdoor basketball court more times than not so that we could practice. Imagine the dedication those boys must have had. Imagine layup drills in 20 degree weather. It would seem that that would inspire the character of a winner, and at the time I thought it would. After all, we did have Kenny on the team, and that year he was



# VOLLEYBALL



Shelby bumps to her team in volleyball practice in the Cedar Ridge Academy gym.

By Shelby, Volleyball Team Member

**I**t's the beginning of volleyball season. We're out on the court. You can feel the tension rising. Hearts are beating faster and faster. Palms are sweaty. The ball is served. No one moves. The ball hits the floor. ACE!

Let's fast forward to November. We're out on the court. The ball is served. Bump! Set! Spike! We get a point.

At the beginning of volleyball, the team was very tense at our games. We hardly made the effort to go for the ball. Our score would be under ten, while the other team had the game with twenty-five points. Now our team is calm and ready for the ball to come to us. We put out effort and when we don't win, we fall shortly behind. The team has come a long way. We work together as a team to do our best and have fun. Although we do not always win, we are still able to make the best of the times we have. Mindfulness has become a huge part of our success. Calling the ball and acknowledging where our teammates are have been struggles that we continuously work to overcome. As the season goes on, our team will only learn to increase our success by mindfulness, communication, skill, and hard work.



# WRITE FOR US

**T**he *Cedar Spectrum* has had a culture for many years of students, staff, alumni, and families sharing their experiences with each other through this newsletter. After being put away for a year, the newsletter is back!

Please share your news and experiences with us. We particularly would like to hear from our alumni and parents to pass on your wisdom to the new generation.

**SEND WRITING AND PICTURES TO:**

**CHRISTINE@CEDARRIDGE.NET**

**OR MAIL TO**

**CEDAR RIDGE ACADEMY**

**ATTN. THE CEDAR SPECTRUM**

**4270 W. 5625 N.**

**ROOSEVELT, UTAH 84066**

# CALENDAR

## December 2010

Hanukah	Dec. 2-9
ACT for Seniors	Dec. 11
Travel Day to SLC International Airport	Dec. 21
Travel Day returning from SLC International Airport	Dec. 30
Christmas Holiday (school and office closed)	Dec. 24

## January 2011

New Year's Eve Holiday (school and office closed)	Dec. 31
New Year's Day	Jan. 1
Student Council Shop Clean-up	Jan. 15
Human Rights Day	Jan. 17
NATSAP Conference	Jan. 27-29
Boys Basketball Season Begins	TBA

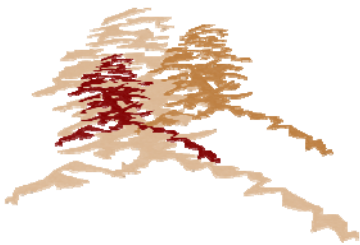
# QUOTES

*Pain is temporary.  
Quitting is permanent.*

*—Lance Armstrong*

*Age wrinkles the body.  
Quitting wrinkles the  
soul.*

*—Douglas MacArthur*



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