



# THE Cedar Spectrum

JANUARY 2011

## MY JOURNEY

By Kat, Graduate

Kat graduated from both Cedar Ridge Therapeutic School with highest honors, and early from high school at Cedar Ridge Academy.

**W**hen thinking about my experience at Cedar Ridge Academy, it's almost inevitable to feel overwhelmed. Cedar Ridge helped me regain control of my life and find the person I knew I could be. There have been struggles, battles, moments of defeat and pure hopelessness, but also there have been times of happiness, joy, and confidence.

Before enrollment at 'The Ridge,' the word 'lost' would have been an understatement when describing me. I had lost myself in many ways. I had vanished into the world of addiction and the depression that comes along with it. Getting high and being with my friends or boyfriend were my main worries in life. I no longer knew who I was and what I liked. I had morphed into this girl who only knew what other people wanted and followed their influence to avoid being alone. However, in reality that's exactly what I was—alone. I didn't want the help being offered to me by my parents, so they took the action that was needed.

I attended a wilderness program for three months, but to be honest, I didn't get much out of it. I knew I would be put into a boarding school afterwards, so I didn't put in much effort. I came to Cedar Ridge with the mindset that I could get by with not doing much, but I quickly realized that would not be the case. I had the assumption that I would still be able to get drugs here, whether it be by other people checking their meds and giving it to me, or by sneaking off campus and meeting up with people. But fortunately, that plan was also foiled. My first weeks at Cedar Ridge were tough. I didn't know anyone, the girls used terms I wasn't familiar with nor cared to understand, and no one fed into my behaviors. I hadn't felt that alone, ever. It was uncomfortable, scary, and lonely. I was insecure and kept to myself, but it was quickly brought to my attention that I was avoiding.

At the time I thought, *What the hell? I'm not avoiding. I'm being good.* But if ignoring all feelings and not talking to anyone is avoiding, then that's exactly what I was doing. I didn't want people to know how I despised myself (as if it wasn't obvious), or that I thought I was a lost cause. Thankfully, though, my home manager, Darline, saw right through my act.

She could see the pain I was hiding behind my tough girl act and pushed me to confront my  
*Continued page 2*



Kat in her graduation cap and gown in December.

*"I love myself now  
and I can say that  
without hesitation,  
I see the beautiful  
girl I am."*

*—Kat*

### CEDAR RIDGE INSIDE:

My Journey	1
A Mother's Journey	4
Karate Team Training	6
The Bulletin Board	7
Jake's Graduation	8
Art Show	8
Cedar Spectrum Revisited	9
Physical Program	10
Holidays on Campus	11
Write for Us	11
Calendar	12



## MY JOURNEY, CONT.

fears. This is where the struggles began. Admitting that I hated myself was one thing, but working to love myself—that was asking too much of me. I didn't understand why my self-loathing mattered; I was just going to go home and go back to drugs. But after many long nights of yelling and crying, I finally cracked and admitted the truth.

I want more for myself. I want to be happy. I could no longer go along with the pretense that I enjoyed feeling inadequate. I truly wanted to feel good about myself, feel loved, and feel beautiful. But in reality, I didn't think that was plausible. It's hard to describe the feeling of dreaming big but at the same time being convinced it'll never happen. But then again, what did I have to lose.

The road to happiness and self-love was long. If I were to call it anything, I would use the word *journey* because that's exactly what it was. I would reach a point where I thought I had everything, would either lose it, or push myself even farther to realize that there was more out there. By this time I had made it to the first voted trust level, 600 and was doing barely enough to fly under the radar.

Eventually the girls and staff started asking me when I would vote up for 700. I replied with the answer of "a few months" every time. 700 was intimidating. It meant I was open and honest, looking at my problems and working through them, and being direct. There's no way someone with no self-esteem could accomplish those requirements. I knew if I committed to working for my next level, it would take a lot of hard work.

And it did. I spent many nights forced to look in the mirror and repeatedly say, "I love myself," until it seemed convincing, which it rarely did. I had to begin being assertive, which aside from loving myself, was one of my biggest monsters to conquer. Asserting myself meant possibly facing rejection, or even worse—being alone. I felt stuck for a really long time. Here I am at this place where I'm supposed to be helping myself but they expect me to put myself out there and probably feel alone. I would much rather compromise my beliefs and myself in order to obtain acceptance from my peers. It was a struggle when I finally made the decision to try it. I either came off as too weak or too abrasive, and I would get discouraged when I did not

immediately find the balance. I talked to the girls about feeling not good enough but still felt like no one understood. Then at what seemed like the perfect time, I was introduced to *The Feeling Good Book*.

*The Feeling Good Book* is categorized as a self-help book. It is filled with cognitive therapy techniques, quizzes, and true-life examples. A good portion of the book focuses on depression and the rest of it helps you target negative thinking patterns and helps you work through them. This book was like the answer to my prayers. It showed me that I wasn't alone; other people felt the same hopelessness I did, and even better it gave me ways to work through those helpless feelings. Once I practiced the activities it recommended, I noticed a difference in myself. It was like the light bulb finally turned on.

A month after receiving *The Feeling Good Book*, I earned level 700. I felt proud, happy, and even confident. I was doing well in the home, being more assertive, and moving forward in the therapy world. At this point in time, my therapist Rob Nielson started preaching mindfulness to me. Mindfulness

meant being aware of my thoughts, body, feelings, and so many other things. I felt overwhelmed when talking about being more aware. How was I supposed to do all of those things at once? I couldn't do that. But that was my problem. Instead of being mindful of how I felt, I judged it; I soon learned how much more enjoyable life is when mindful. I began meditating nightly, doing frequent stress checks, and just taking things slow. I enjoyed not feeling anxious all the time. I still had my struggles with assertiveness, but I was getting better at it. I was beginning to feel ready for my next level.

The theme of level 800 is 'internalizing change.' Mindfulness helped me strengthen my confidence and along with it came more love for myself. I was more of a leader, a positive influence, and enjoyed helping the other girls. It was like the roles had changed. I was no longer the new girl who knew nothing about herself. I had done my homework, read books, done therapy assignments, and it was all paying off. I voted up for 800, achieved it, and felt great about myself. Things were coming together.

But just like everything else, 800 had its struggles. I knew I deserved my level and that I had earned it but there was still the voice in the back of my head telling me I wasn't good enough; that I couldn't maintain the success. This was my fear of success and fear of not good enough coming in. I had the skills to work through this irrationality, but it was still hard. I was able to overcome the self-defeating thoughts and the doubt that was ingrained in me for years and proved myself wrong. I worked and became a strong 800. I was a powerful leader in the home, a role model, and was able to handle most of my issues on my own.

However, I did hit a bump in the road while on an off campus activity and was put on behavioral level probation (BLP). BLP is where after two weeks of being placed on it, you have to re-vote up for the level you are currently on. That was a reality check that I needed. I realized that I have to maintain mindfulness and stay true to myself otherwise it's easy to lose sight of what I really want. After surviving BLP I voted up for level 900 - the highest level in the program. 900 meant a lot to me. It meant that I was getting close to being ready for home, and truly had a handle on my life.

I received the news that I would not find out if I got my level until two weeks later after I returned from my first home pass. In the

moment it was discouraging, but after looking at the big picture, I understood why the therapists and staff made that decision. Most 900's had already been on a home pass and showed they could handle themselves at home for a short period of time. A week later I went on my home pass, did well, returned and achieved level 900. From then to now I have seen tremendous growth in myself.

I now see the courageous person I am. I hold my failures and successes at the same level of importance and am confident. I look at who I was a year and a half ago and who I am now, and I'm shocked at the growth. I no longer walk with my head down, I stand proud

and tall with a smile on my face. I say what I think, give feedback, and am myself. I'm no longer afraid to dance and sing around the house because I've accepted that's the type of personality I have. I no longer crave drugs or have the desire to use them. I've made the decision to remain sober and pursue my dreams. I know what I want in life and I'm going to achieve the goals I've set. I love myself now and I can say

that with out hesitation. I see the beautiful girl I am. I'm no longer ashamed when looking in the mirror. I see a stunning, healthy young woman who has immense potential. I have a pure energy and do what I love and love what I do. I've come a long way.

It's been a journey. I had many struggles and even more moments of triumph. I know the next stage of my life will have its moments, but I'm ready.



Kat on the Cedar Ridge campus during a senior photo shoot.



## Now Enrolling!

*Cedar Ridge Academy* is a transitional coed boarding school currently 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, it accords or makes available all rights, privileges, programs, and activities 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.



# A MOTHER'S JOURNEY

By Judy, Kat's mother and Cedar Ridge parental graduate

My journey isn't one I asked for, or ever thought I would have, but regardless it is one that I have made and have come out stronger for it. I wouldn't call our family dynamics ideal, as I had known for a long time that we were just limping along. However, I still believed as a family we were doing okay. My youngest daughter Kathryn is the one who put me on my journey. At the age of 15 ½ we learned through a phone call from a friend's mom that Kathryn was doing drugs. At this my whole world started to crumble because I had always thought of Kathryn as the more level-headed, confident, self-assured, and more self-disciplined of my kids. Looking back now, I realize I saw Kathryn struggling when she first started high school and saw the changes in her emotions and behavior. I attributed this to being in a new bigger school environment, and her needing to find her way. I also thought she was just experiencing the trials and tribulation every teenager goes through. As Kathryn continued to pull away from the family and especially me I continued to shrug off that nagging feeling and thought of it as Kathryn exercising her desire to become more independent.

My husband and I came down hard on Kathryn when we learned of her drug use and immediately got her into a treatment program through our medical provider. For nine weeks Kathryn attended weekly addiction group meetings as well as individual sessions with a therapist because Kathryn had admitted to depression. As a requirement my husband and I attended a weekly parent group meeting to learn ways to best help Kathryn to stay sober. At home the leash had been shortened and Kathryn didn't have much freedom. For the next five months Kathryn started to do better in school, her grades improved, she communicated more openly with us so we started to give her the opportunity to not have us so watchful and our hopes were that she would continue to gain our trust.

Well, that didn't last long. Kathryn failed one of her 'pee' tests for drugs and alcohol. I was in shock when her therapist told me that she tested positive for pot. As the shock wore off and the anger set in, my thoughts became *How dare she...* I wasn't about to lose my daughter to drugs and the realization that I had to step it up and do something had me terrified. I reached out to my husband, but he was just as bewildered, confused, and hurt as I

was. The therapist told me at this point there wasn't much more she could do for Kathryn because Kathryn had refused to continue with therapy. The therapist did offer to start seeing my husband and me for counseling, and we jumped on the opportunity. We realized that as a couple we had stopped communicating and were moving further apart. Through our weekly sessions with the therapist and taking some suggested classes, my husband and I started to communicate and support one another.

During this time Kathryn morphed into a complete stranger. She was keeping company with sketchy friends, had a total disregard to any type of authority, was confrontational at every turn with us and was very astute in her ability to lie. Things progressively got worse with Kathryn running away for four days. Kathryn's sister came home from college when she heard that Kathryn had run away and spent all her time calling and talking to everyone in Kathryn's cell phone contact list. With Jenna's help we were able to find out where Kathryn was, only to have had her move on just before her dad got there. How was I feeling at this point? Terrified, angry, unable to sleep, feeling like I was losing it all comes to mind. The police were working with us in trying to locate Kathryn and their suggestion was for us to take away everything from her room, which we did. Kathryn returned on her own and pronounced that she ran away to show us that she no longer needed us and from this point on she would be taking control of her life and calling the shots. *Like hell she would* was my response. Needless to say, our home was now in turmoil as we desperately tried to enforce boundaries and limits. Things did not get better and I soon realized that we had hit a brick wall with Kathryn. I knew she needed more help than we could give or get for her and I started to talk to my husband about needing to send her away to some kind of struggling teen program.

So my search for help started with the internet only to feel overwhelmed with all the camps, wilderness programs, boarding schools, and therapeutic boarding schools to choose from. Someone my husband knew gave us the name of an educational consultant. Do we or don't we? My husband and I were so confused. Kathryn threatened to hurt herself, which jolted me into action. While Kathryn was being held for observation, the doctor made the recommendation to work with an

Educational Consultant and in her opinion Kathryn would end up at some point at a therapeutic school. So now the whirlwind of meetings with the Bodin Educational Group took place since we were in what is called 'crisis mode' and with time no longer on our side, we had to make a decision.

Deciding to send Kathryn off across the country to Second Nature's wilderness program and then on to Cedar Ridge Academy was the hardest thing we ever had to do. Sending her off, we experienced feelings of fear, helplessness and desperation. But with the fact that we no longer had control over Kathryn, nor did she have control over herself, there didn't seem to be any other plausible solution. Kathryn was in Second Nature's wilderness program for twelve weeks and in that time we saw her letters go from pure hatred for what we did to starting to take some ownership of her actions. We were fortunate in the therapist that Kathryn had been assigned to. Diana kept chipping away at the walls Kathryn had thrown up as protection, and through hard work got Kathryn to start taking accountability and ownership for her role in all of this. At the same time my husband and I would have weekly therapy calls with Diana where she would ream us good! As painful as it was to hear, Diana held my husband and me accountable which required us to face our own past mistakes. It meant accepting criticism, getting past denial, putting aside glib excuses, and guilt. I realized we were going to have to re-learn communication and parenting skills along with how to set and stick with firm boundaries. The more I read the books being recommended and practiced what the therapists were telling us, I noticed that our parenting got more consistent as we continued to work on our parenting flaws. "Parenting is a work in progress" is something Diana would tell us frequently.

The next hurdle was finding the right therapeutic boarding school where Kathryn could continue her treatment. My husband and I visited three schools that were recommended by the Educational Consultant based on how Kathryn was managing her time in wilderness. Cedar Ridge Academy in Roosevelt, Utah was one of the places we toured. Cedar Ridge Academy, or better know by the kids as CRA, was the first place we visited and immediately we were struck by

the intense "family" feel of the school. We got the standard tour but what CRA did differently was to have us sit with the girls for lunch and to be able to talk to them without someone from administration coaching their answers. The girls were friendly and brutally honest with their stories of why they were there. The candidness, the warmth in which we were treated and talking to one of the therapist is what sold us. After talking to therapist and founder of the school Rob Nielsen, my husband said, "Hell, Rob could get me to open up and talk about anything,"—this being from a guy whom we had asked for years to seek therapy for his depression.

Kathryn arrived at CRA not fully buying into the whole treatment plan, and she continued to only offer out emotionally what she was comfortable with. We had weekly therapy calls with Kathryn and these calls were not without her trying to manipulate us at times, but her therapist was quick to call her on it and we continued to learn what not to "buy into." As Kathryn learned the lingo, collected and implemented the therapeutic tools that were available for her, she started the slow and often complicated dance of re-discovering herself. While she encountered many struggles of self-doubt, not-good-enough, fear of failure and success, there was one obstacle that was the hardest for her to get past. The biggest demon for Kathryn was learning to 'love' herself. As Kathryn began to fully embrace the CRA program and working it to its fullest potential, we as her parents could hear the changes in her during our weekly phone calls. The

calls began to take on a different nature as the flow of conversation came more easily and Kathryn's eagerness to tell us her accomplishments grew. We survived all of her home passes by letting her know up front the expectations and my husband and I maintaining a united front. My husband and I continue with our couple's therapy for the support it provides.

Reflecting on where we were then to where we are now brings about mixed emotions. I no longer have the feelings of sheer hopelessness. Where tears once freely flowed from sadness and despair, they now flow from many moments of happiness and feeling at peace. The support and prayers from friends have given me so much strength and there are people who have touched our lives in many ways. These people being Diana, who still continues to give her support and thoughts, and the many Cedar Ridge staff we have bonded with over the last eighteen months. These individuals feel like members of our family.

We are on the last leg of this journey as we

proudly await Kathryn's upcoming graduation from the therapeutic program not only as the highest level on campus, but also her high school graduation. Kathryn as she so eloquently wrote in an essay, "I now see the courageous person I am. I hold my failures and successes at the same importance and am confident. I no longer walk with my head down, I stand proud and tall with a smile on my face. I love myself now and I can say that without hesitation. I have had many struggles and even more moments of triumph."

What makes me as her mom so proud? It's her decision and commitment to remain sober and pursue her dreams. Kathryn has taken the initiative to get re-established with her therapist here and has already sought out and sat in on some support groups. I look forward to the next chapter of Kathryn's life, and while I acknowledge there will still be challenges I feel as a family we are better prepared to face these challenges together.



Kat's family at Cedar Ridge in December for Kat's double graduation: Daryl, Kat, Judy, and Jenna.





# KARATE TEAM IN TRAINING

By Christine Haggerty, Dean of Academics and Karate Team Coach

The Cedar Ridge Shotokan Black Belt Challenge Karate Team has started training for our 2011 tournament schedule.

A team of seven members and two alternates train on Sundays in addition to our weekly training schedule of karate on Mondays, Wednesdays, and Fridays. The team training on Sundays places more emphasis on the strategies and rules of competition, to supplement the basic forms and partner practice the students get in the weekday classes.

Students on the karate team train to compete in two categories when they attend a tournament. The first category is kata, which is a choreographed set of moves designed by some previous karate master that all students in the discipline learn and perform. If you attend a tournament, you will see several of the competitors in any given division perform the same kata. In kata, the student who performs with the best form and timing, the most power, and the most technical accuracy wins. Obviously, different judges see different things from different angles, so a winner is essentially determined by a group vote.

The second category of competition is kumite, in which the students spar an opponent for points.

Different tournaments score kumite differently. When we attend the Ozawa Cup in Las Vegas, most of our students will compete in matches in which the winner is the competitor to score two half-points, such as a punch to the body, or a single full point, such as a round kick to the face. The other version of scoring kumite is the version that we will see at the Rocky Mountain Championships and the Utah State Championships. It is a version designed by the

World Karate Federation in which techniques are worth one, two, or three points, and matches last for eight points and require more endurance (on the part of the participants and the referees).

In either type of match, the expectations for a scoring technique are the same. Whether a punch or a kick, a scoring kumite technique must qualify in several areas, including: accurate and legal target, intent, control, distance, and continuation of the drawhand. Parents, coaches, and competitors can



research kata and kumite rules on the USA National Karate Federation site at [www.usankf.org](http://www.usankf.org).

One of my jobs as the team coach is to get the team members prepared for all of the etiquette required at a tournament, and also let them get used to someone giving them instructions and yelling (a little) at them in Japanese karate terms. On my part, it's kind of fun to stand there waving my hands around in

signals, and barking out short Japanese syllables.

Led by Team Captain Nicolette, first degree brown belt, the team has also been practicing a choreographed creative demonstration that shows the application of karate techniques. Our creative bunkai (application) looks something like Jackie Chan colliding with Sigmund Freud, and we hope to show it off to some of the local schools to excite interest in traditional karate.

One focus of the Team is to develop a social group around a healthy activity. The students on the team train hard, and so they get to play, too. Early in February, we will travel to Salt Lake City to train with Sensei Amadou Niang of International Budokan Shotokan Karate, a fifth degree black belt. After training, we will hit a Chinese buffet and then head to Energy Solutions Arena to watch the Utah Jazz play the Oklahoma City Thunder.

Cedar Ridge Shotokan appreciates the parental and community support that allows the team to travel and compete. I love showing off our students—both in and out of the ring. Our students are a source of pride that fuels my passion for the discipline of Shotokan.

Reference sites:  
[www.imakarate.com](http://www.imakarate.com)  
[www.utahshotokankarate.com](http://www.utahshotokankarate.com)  
[www.ozawa-tournament.com](http://www.ozawa-tournament.com)  
[www.jeppersonkaratedojos.com](http://www.jeppersonkaratedojos.com)



# THE BULLETIN BOARD

## *The Journey* by Shirley Page

*The journey is cold and gloomy. I feel afraid and alone. I don't know where I am, only where I have been. Panic sets in so strong I can taste the adrenalin. Eventually it all becomes too much. I begin to shut down. I forget the fear, though the loneliness takes up a residence in the back of my heart. I step walking. I can't go any farther. Not the way it has been. Not the way it is.*

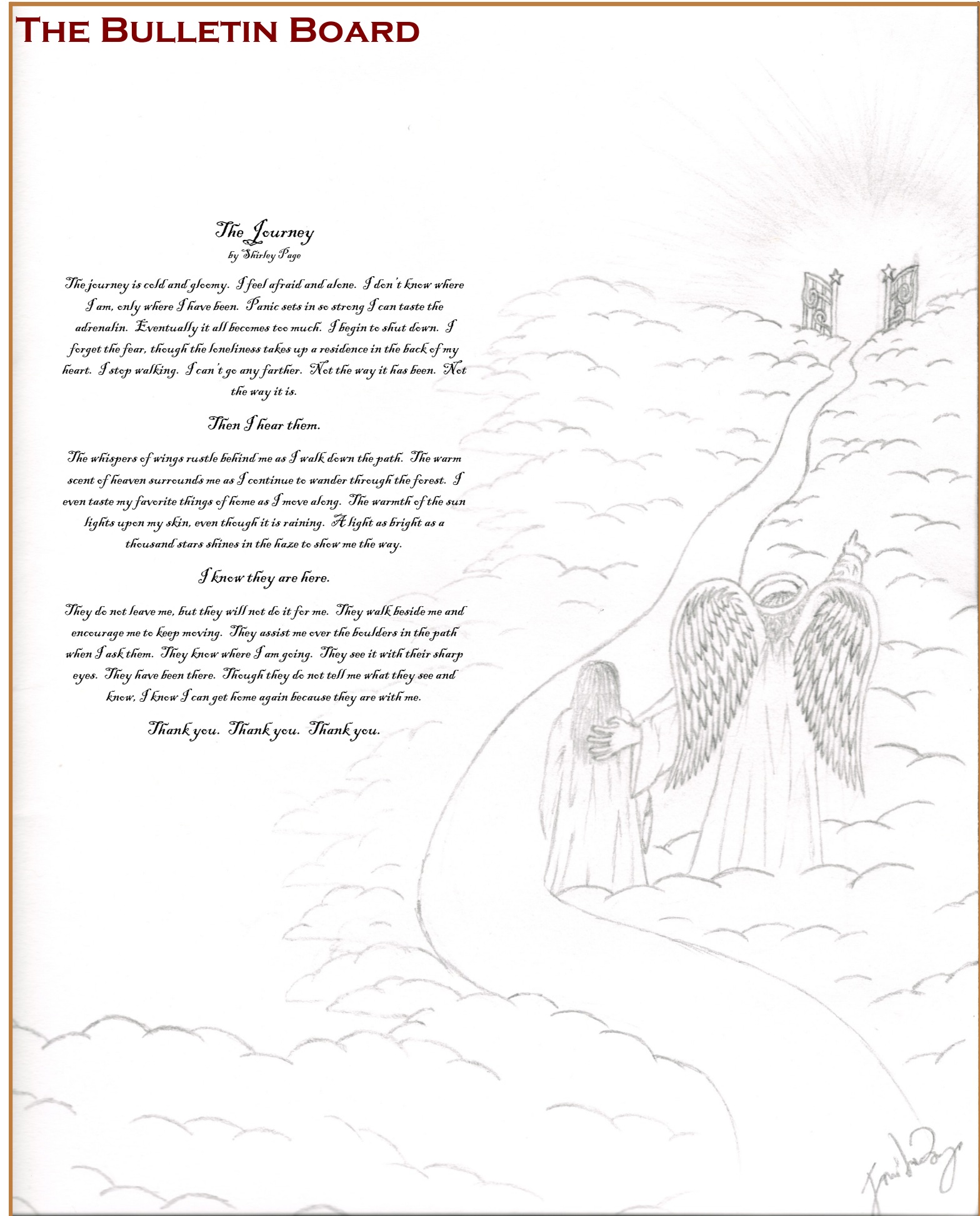
### *Then I hear them.*

*The whispers of wings rustle behind me as I walk down the path. The warm scent of heaven surrounds me as I continue to wander through the forest. I even taste my favorite things of home as I move along. The warmth of the sun lights upon my skin, even though it is raining. A light as bright as a thousand stars shines in the haze to show me the way.*

### *I know they are here.*

*They do not leave me, but they will not do it for me. They walk beside me and encourage me to keep moving. They assist me over the boulders in the path when I ask them. They know where I am going. They see it with their sharp eyes. They have been there. Though they do not tell me what they see and know, I know I can get home again because they are with me.*

*Thank you. Thank you. Thank you.*





## BOARDING SCHOOL GRADUATE



By *Christine Haggerty,*  
*Dean of Academics*

Cedar Ridge Academy had a graduation on December 23 for Jake, who graduated from high school a semester early.

Jake's graduation was a small celebration since many of the students were already gone for the holidays, but he still had some close friends, his mom, and the teachers and staff who had a part in helping Jake finish his high school work.

We enjoyed seeing Jake in his cap and gown, and we enjoyed eating the cake that the cafeteria made in his honor. What we also enjoyed was the opportunity to celebrate Jake's success and express our support and pride in what he accomplished—something we felt Jake needed to hear and take to heart.



## CEDAR RIDGE ACADEMY IN THE ARTS



Cedar Ridge Academy faculty and students gather in a small room of Roots Café in Roosevelt, Utah, where guidance counselor and art teacher Jim Munford and student Nisty Sharp hosted an open house art show. Mike Caudle, English teacher and art club coach, also hosted an art show at the Café in November, during which he sold some of his art pieces.

## 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 VIII, Issue 6 in June of 2005, this article is about a student's overall experience at Cedar Ridge Therapeutic School.

By *Chef*

Cedar Ridge has been my home away from home for the past fifteen months. When I first came here, I was determined to get my parents to come and take me home. I tried everything that I could think of to get my parents to pull me from the program. I told my transports that if I was here for three months then I would run away and never come back. I thought that I was the coolest guy in the world at that time.

The funny thing was that I was all talk and was too scared to do anything. That is when I realized that I was just wasting my time. And wasting everyone else's efforts to help me. It was a long journey to get to where I am at now.

When I was first here, I didn't want to work my program. I tried to do anything to make people mad so I could look tough and cool. I was a big negative attention seeker who would say disrespectful things to my peers and to my staff to get laughs. Along with negative attention seeking was coalitioning. I was in a coalition with three other students, and when the day was done, we would all go to bed and start bad-mouthing people, singing, telling war stories, and fighting. We were all out for each other's acceptance.

After about one to two months, another student and I went and told [a staff] about what was going on. In the end, ten total people were sleeping on the floor and there were three people on a safety level. From here, I realized that this wasn't how I wanted to spend the rest of my twelve to eighteen months at Cedar Ridge.

I got 600 after being here for three

months. When I first understood the levels and all that stuff, I told everyone that I was never going to get 700 and it would be impossible for me to get 800. That's when I came to a fork in my road, and I had to make a choice about what I wanted to do with my program. I could do just enough to get by and stay on 600, or I could really push myself to get 700.

I was pushing myself to get 700, and when I voted up and didn't get it, I let my negative belief of 700 'never being achievable' get to me. I stopped working for 700 and started to really think that I was a failure. After a week of being negative and not caring, I dropped to

*"It was a long journey to get where I am now...I know that the more struggles that I have, the more successful and the stronger I will become in the future."*

500. That was the best thing that happened to me because I understood that I could get 700 and 800 and that I was just holding myself back. I got 600 back, and then I had the same choices that I had before and I decided to kick it into gear and be real with others.

I voted up for 700 and got it. I was happy and proud of myself for that. Right after I got 700, I knew that it was time for me to keep on going. I was very worried that I was never going to reach 800. I think I was telling myself that to scare myself and quit. It was time for the biggest hurdle I have ever had to get over.

After a month on 700 I voted up for 800 for the first time, and I didn't get it. I had a lot of

impulses to give up and throw everything away, but I didn't. I kept on truckin'. It took me a good two months and four tries to get 800. I finally did it and I wanted to let everyone know. I walked around with a big smile on my face. I enjoyed finally being able to tell staff what I was doing and not have to ask them to go and do something.

At that point in my program, my self-confidence and my motivation were at their peak. Since I have been on 800, I have been doing more work on my relationships with my dad, my mama, and my sisters.

My journey on 800 has been far from perfect. I have had to deal with my unconfidence with confronting my friends in issues and my choices of what I am going to do when I go home. Some of the choices that I have to make when I go home are mainly about what kind of friends I am going to put myself around. Right now I have had to set a lot of boundaries with my friends and tell people that I don't want to be around them for my well-being.

Looking back on my life at home before Cedar Ridge and up to this day, I know that the more struggles that I have, the more successful and the stronger I will become in the future because of what I have been through and what I have learned here at Cedar Ridge.

When I leave it will be the start of my new life.





## CEDAR RIDGE ACADEMY'S PHYSICAL PROGRAM

The weight training class gathers around a classic bench and bar. Staff from both the therapeutic school and the boarding school actively cultivate physical fitness in the students.



By *Swift*, student enrolled in basketball and weights

At Cedar Ridge Academy, the students have a variety of physical activities to choose from to help keep them active and healthy. The students can choose from karate as well as a number of other sports which include basketball, volleyball, and softball. Also, students can choose to participate in P90X, a conditioning workout, as well as weight lifting. Any of these physical activities chosen by a student will help them on their way to becoming a healthier and more active person.

Karate, which is taught by Rob Nielson, program owner and therapist, occurs three days out of the week on Mondays, Wednesdays, and Fridays. Karate is proven to be the best physical activity for the developing brain since it activates nine out of the ten neuro linguistic neurons. Karate also has a positive effect on ADD/ADHD and nonverbal learning issues. Overall, karate is a very beneficial and healthy activity to participate in.

Basketball is the most popular sport here among the students at Cedar Ridge. It is led by veteran coach and therapist, Wes Nielson. Wes has been coaching for about thirteen years now and his experience as a coach has only

improved. Last season, his team went undefeated and won the league. This year, there are big expectations to match last season's championship. As for the activity itself, basketball is played four days out of the week, Tuesday, Thursday, Friday and Sunday. And yet the boys still tend to find extra playing time from day to day.

Volleyball is another available sport for the girls to participate in. During the volleyball season, girls who are eligible can join and play on the team which competes in town. They are coached by Christine Haggerty, one of the beloved teachers and co-owners of the program. The volleyball PE is led by Brent Crane, another therapist here at Cedar Ridge. Each Tuesday and Thursday, the girls play volleyball from 10:30 to 12:00. Volleyball is a great sport to play.

Softball is the sport that a majority of students tend to participate in. If students are eligible, then they are able to go on softball trips, some of which are overnight. Students have a lot of fun playing softball and it is a good way to get out and enjoy the spring sunshine.

P90X! The best way to get in shape and have your muscles ripped after a month! P90X

is led by Christine, one of the hardcore participants in the strength training and conditioning workout. Students who choose to participate in P90X work out twice a week on Tuesdays and Thursdays from 9:00 to 10:30. It is the perfect workout for those who are trying to get stronger and look great.

The last physical activity that students can choose from is weight lifting with Wes. Just like all of the other PEs, it is on Tuesdays and Thursdays from 10:30 to 12:00. Weight lifting is held up at Rob's shed, a huge airplane hangar where there are weight machines, dumbbells and free weights to choose from. The workout style is up to the students since it is just like going to a public gym. They can choose to work out hard, or casually lift weights—it's all up to them.

Becoming healthy at Cedar Ridge isn't just about therapy; it is about staying physically active, too. Whether it is martial arts or sports, exercise is a big part of developing a strong and fit character. Physical education is mandatory for all students, but it eventually becomes not just a requirement of the program, but something fun and enjoyable.

Being involved in the activities here will help students remain active when they leave and continue living a healthy lifestyle.



## HOLIDAYS ON CAMPUS



The girls' home waits in front of the tree to open presents on Christmas Day.

tree and opened our gifts while staff took our pictures. Then we enjoyed the cinnamon rolls and hot chocolate, and relaxed and watched movies. Around noon the girls' home got to make phone calls to our families and wish them Merry Christmas.

Even though I did not look forward to staying at Cedar Ridge

By *Senna*, Girls' Home Student

When I found out that I was staying at Cedar Ridge for Christmas I was upset that I was not going to be with my family. After a few days, I began to get excited because I saw all of my gifts under the tree

and I found out that we get cinnamon rolls for Christmas breakfast.

When Christmas Day finally came, I looked forward to all the activities we had ahead of us. In the morning the girls' home sat around the

for the holidays I did appreciate the fact that I was able to spend the day with my friends and that this year I am more happy than last.



## WRITE FOR US

The *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

## January 2011

New Year's Eve Holiday (school and office closed)	Dec. 31
New Year's Day	Jan. 1
Boys Basketball Season Begins	Jan. 10
Student Council Shop Clean-up	Jan. 16
Human Rights Day (school and office closed)	Jan. 17
NATSAP Conference	Jan. 27-29

## February 2011

Karate Team Training in SLC	Feb. 5
Valentine's Day	Feb. 14
President's Day (school and office closed)	Feb. 21

## March 2011

Parent Workshops	Mar. 3-4
Cedar Ridge Academy Blood Drive	Mar. 3

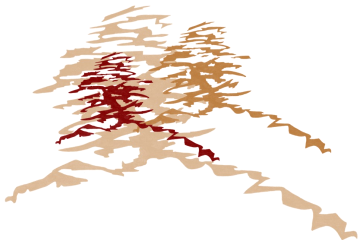
# QUOTES

*There can be no happiness if  
the things we believe in are  
different from the things we  
do.*

*—Freya Stark, English Explorer*

*Courage is resistance to fear,  
master of fear—not absence  
of fear.*

*—Mark Twain*



**CEDAR RIDGE ACADEMY**  
**4270 W. 5625 N.**  
**ROOSEVELT, UTAH 84066**