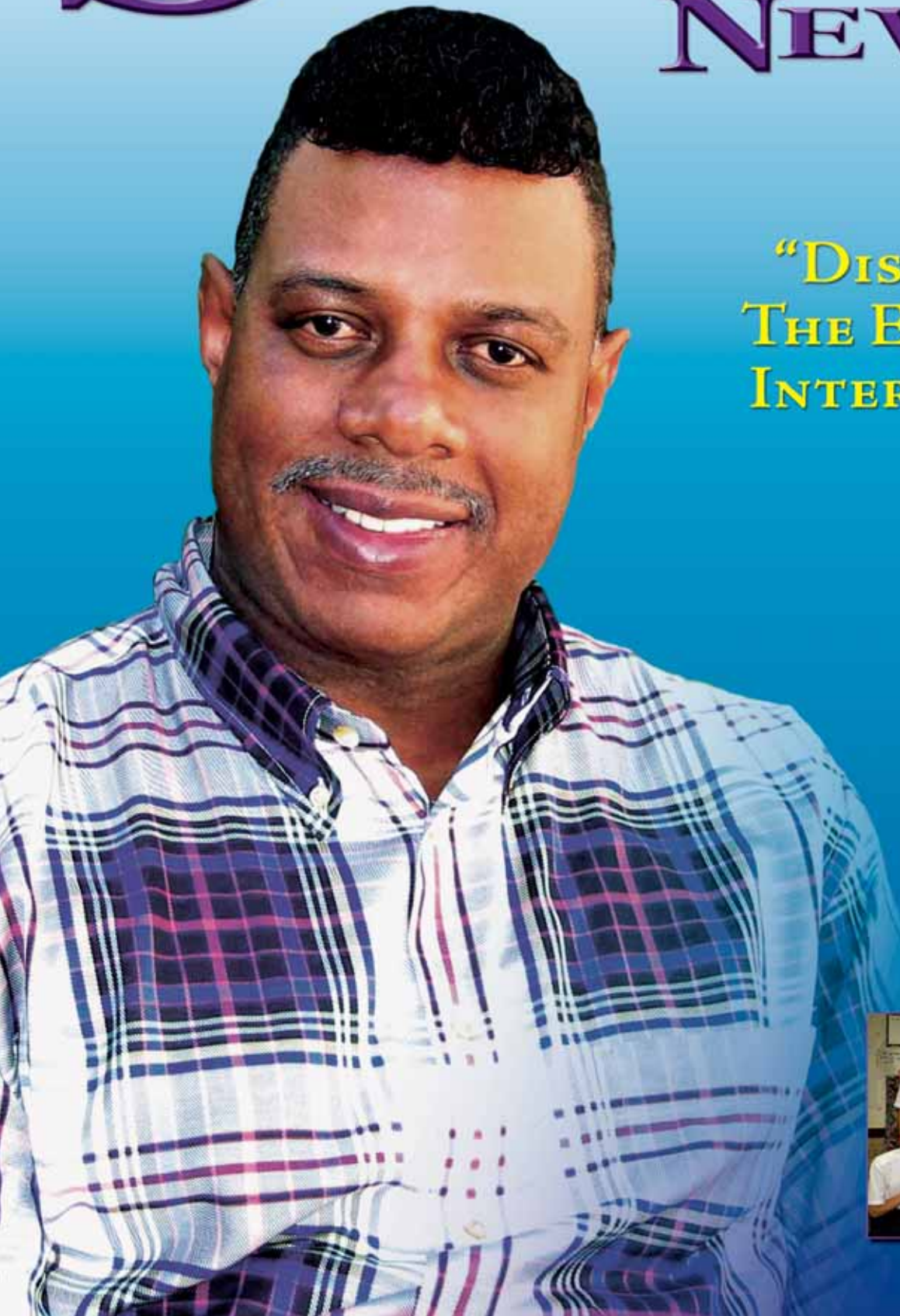


PARENT SUPPORT NEWS

MARCH 2005



**"DISCOVERY"
THE ESSENTIAL
INTERRUPTION**



PATHWAYS TO EXCELLENCE

On a trip to the mountains, I learned a very important lesson about life and the importance of wise decision-making. I was hiking a new trail that was not clearly marked but a trusted friend had given me directions and I was confident that I could make the summit and return before dark. Although the path was steep, the trip started out well enough and the trail was easy to follow, but not far into my journey I came to a fork in the path. Both paths appeared to be going in roughly the same direction; however one path seemed to be going slightly downhill while the other continued upward. Tired of climbing I chose the easier of the two and continued on without much thought. I continued on the trail and at each fork the paths leading upward became more and more difficult. Eventually I realized that I couldn't see the summit anymore and that I didn't have enough time to get there even if I could find a way. I spent the rest of the afternoon and much of the evening, just trying to get back to my campsite. I finally managed to get back to camp, tired and exhausted. The next day I was able to see the areas I had traveled in the dark the night before. I realized just how dangerous the position I had been in although at the time I was unaware of the risks I was taking.

A couple of weeks later I went back to the mountain determined to make the summit. When I came to the first fork in the trail I was committed to taking the most direct path to my goal regardless of how difficult it appeared. The trail was difficult and I stumbled occasionally but eventually I reached the top of the mountain. The view was everything it was said to be and as I looked over the number of hardships I had overcome I felt an enormous sense of pride and accomplishment.

As I work with adolescents I find that many of them are struggling to learn the same lesson I learned on that mountain. They make a bad decision and rather than dealing with it at the first opportunity they choose to once again take the easy road and with each bad decision they move farther and farther from their goal until they have lost sight of it completely. Without a goal clearly in sight they wander aimlessly, sometimes into extremely dangerous situations and many never make it back. I am fortunate to have learned this lesson at a young age and that I now have the opportunity to pass on what I have learned to the students of Darrington Academy as they learn to navigate the pathways of their lives. We hope that by teaching them to know where they are going and why, stay focused on their goals, and remember that the easiest roads usually end up at the bottom of the mountain that they will have the confidence and strength to choose to walk the "pathways to excellence".

Richard Darrington
Darrington Academy Director

MY PARENTS DID DISCOVERY!

It makes me glad to know that my mom wants to work with this program and learn all she can. It shows me that she supports me in completing this program and that she will work with me. She now realizes how much this program can teach and help kids. Before she went through Discovery she thought this place was just a boarding school but now she realizes it is so much more and has so much to offer kids and parents. I think she also understands more of where I'm coming from which makes me happy to know. We can both work together more easily because of that. It was fun to see my mom change so much after she got out of Discovery. She has a better mindset on this program and wants us to grow and learn together. I look forward to talking to her now about what she has gone through and how we can make our relationship better. Discovery does so much for kids and their parents.



Ann Thornton
Enrolled Darrington Academy

While I was home, I had no respect for my mother's fiancé. I was unable to accept the fact that he has been made a figure in my life. I have problems with trust, and I wouldn't let myself get close to him. Since I've been here, we have started building a relationship. His name is Drew, and he took the opportunity to join my mom during her turn for Discovery. That made me realize a great deal of how much he truly does love me. I don't have a father and his dedication to my program really made me appreciate him. Since he has gone to Discovery I recently started calling him my father. Not to replace my biological dad, but because he is my role model. He accepted me as his priority and it shows. Within the last three years I don't remember seeing him cry once. Although I heard how Discovery broke him down. That seminar in my eyes really brought his true self out to me. Now that both my parents went to Discovery, I am anxious to go through my own journey and what it can teach me. I have changed as a person. Learning all I can while here at Darrington. Then the seminars push you that much stronger to become your inner self. I went through Orientation and came out dazed of what it taught me. Now I am fully ready to join in with my mom on what her experience was. I know now that I will come out learning more about myself than I could have ever imagined.



Shatasha Roberts
Enrolled Darrington Academy

My mom has graduated Discovery and is soon to go through Focus. That really shows me that she is committed to our relationship and she is doing her part in her program. I feel almost as if she can truly understand what I am going through and she can relate to me in so many different ways now that she has graduated Discovery. It is an awesome feeling to know that your parents go through the same seminars and deal with the same issues as you. I have learned so many different things from my mom that has taken me really far in my program. I have so many different things in common with my mom that I learn more about day after day. Her graduating Discovery motivates me, and it shows me that she is actually spending her time wisely. To know that she can get in front of other parents and express her feelings and true emotions makes me proud to be her daughter. Now that she has come out of Discovery, it is really easy for me to communicate with her. I continue to learn more and more different things about my mom all the time. I am really anxious to see how she reacts when she graduates Focus.



Sarah Alter
Enrolled Darrington Academy

Before I came to the program I honestly believed that my father did not love me and could care less about what happened to me. I was extremely surprised at his interest in the program, and his dedication that came after he went through Discovery. I was amazed at the fact that he took time off of work and out of his life to go through something he didn't have to. It helped me to begin to realize how much he does love me, and how much he does care, and most of all, how dedicated he is to my life. Since Discovery my father and I have been able to go from a relationship of "I hate you" to a prosperous new beginning. I understand where he's coming from better and he understands more of what my life has become and where my life is going with help from Darrington Academy. My father and I are able to communicate on a more open and personal level, which has greatly helped me in my program. Most of all it has helped me in my program and it has helped him to be more committed to the program, this meaning committed to my life. Now my father realizes how to help push me forward and he supports me one hundred percent. I can't wait for my father to go through Focus!!!



Virenia Wells
Enrolled Darrington Academy

MY JOURNEY HOME

Amanda Hodgson was December 2004's Honored Graduate and presented this speech.

My name is Amanda Hodgson and I began my journey of rediscovery when my mother placed me in Casa by the Sea on September 4, 2003.

Fifteen months ago, I would not have been able to stand in front of all of you today because I was dead. My definition of death does not stop with the physical aspect, but I believe that death can come emotionally, mentally, and spiritually as well. I was dead in those three ways, and I was working my way down to the end. Through drugs, drinking, and blatant disregard, and disrespect to my parents and their wishes, I was creating a life that is becoming more common with teenagers and a life that I am sure many of us can relate to. I had no joy or pride in myself, and I remember my mother telling me that when she looked into my eyes she saw nothing; as if she could no longer see life in me at all. I had no passion for life and I was self-destructing until my mother made a stand for my life.

The day I walked through the red gates of Casa was the day that my life was saved. It did take me a little time to realize that this was an opportunity of a lifetime, though. Just like any teen that enters the program, I was manipulating, guilt tripping, and making threats to try and get home. It did not work. I began the process of healing after entering and graduating Discovery on September 11th. What a powerful day! I was beginning to understand who I was and what I had to offer. Every seminar after that led to more realization, confidence, and gratitude. I was finally beginning to reconnect with myself and with my family. My eyes were beginning to have that glow in them again, and I was watching all those around me begin to brighten as well. It was so amazing.

Then, the thing we wished for when any of us first entered the program, and later we feared, when we recognized the value of the program happened. Casa by the Sea was shut down on September 11th, exactly one year after I graduated my first seminar. I was completely devastated and frightened to leave. I had just completed PC II the month before and I was just at the beginning of

internalizing all the tools to prepare myself to go home. I did not feel ready and feared home. I began to look all around me those last hours at Casa and I saw everything that had helped to create who I was and I wanted to embrace it, not loose it. This was the place that had given so many other students and me secured environments, so we could heal, grow, and learn. These staff members were the ones who held the standards and gave us advice and support from their own lives. The peers



that surrounded us gave insight and relationships that were pure and working. I could not believe that I was being stripped of all of this when I really needed it the most. But then I had an epiphany as I watched some of the best people that I have ever known pack up and leave. I realized that we were not losing all of it because it was within ourselves; it has always been in our hearts and we have always had what it takes to succeed. Every one of us has always had it and always will. So, I left Casa with confidence and pride. But my program was not over.

Just when I thought that I was ready to start a new beginning in my life at home, the opportunity for me to come to Darrington Academy and complete the program along with graduating high school arose, and my parents and I took it. Transferring from an enormous facility like Casa to Darrington was not as easy as I had expected, but I have learned just as much in the past three months at Darrington as I did throughout my stay at Casa. Being in such a small facility the relationships that I created not only with my peers, but also with staff, were exceptionally powerful and so meaningful. I was also given an opportunity to see how much I could impact others in their programs, even by simply listening or giving my knowledge.

This program has not changed who we are, but has only helped us to rediscover ourselves and has given us the tools to deal with life. We hold the power in our own hands to create what we want for ourselves whether it is working or non-working. I am walking away having taken every opportunity to make my life successful and happy. Even though we are the ones who really made the steps to change ourselves, we had committed supporters

who encouraged us along our journey. We have all truly been blessed with amazing support from staff members, peers, family representatives, program directors, and most importantly our parents. I would like to personally thank Dace, Darrington, and Luke for always believing in me and opening up their arms and hearts to help me see my potential in life. Our staff and peers for assisting me through my struggles and tears and being there to rejoice with me through my accomplishments. More importantly, I would like to thank my mother and Mike for never giving up on me. Without them and their decision to save my life, I would not be standing with you all today. Without all the support none of us would be sitting here today, so I would like for you to all look around and find those people who were your support throughout the hard times and helped to create who you are. Maybe they are family reps and staff members. Maybe they were peers or leaders. I am sure most of them are your parents. If some of them are not here please take a second to get them in your mind and acknowledge them because without all of them we would not be as successful as we are. However, there is one person I believe we should be acknowledging and that is ourselves. We have always been told that this program was up to us and that we can make whatever we want out of it, and that is what we have done. Be proud of yourself and all that you have achieved and show confidence, appreciation, and faith. We will all leave here with our heads held high because we know we can make a difference and we know what we are capable of. Now that I have acquired confidence, strength, and knowledge, as I look into other people's eyes I can see the same misery and death as my mother had once seen in mine, but as I look around this room and into all of your eyes, I see life. Congratulations for all your accomplishments, completion of the program, graduating high school, and making the choice to live.

**Amanda Hodgson
Graduated Casa By The Sea/Darrington Academy**



December 2004 Graduating Class

SWEET RELIEF FROM ACADEMY AT IVY RIDGE

You and I have seen the images of horror plastered on our television screens. The loss of innocence and humanity has been carved in our



over the world responded in overwhelming fashion to the need of so many suffering humans. The selfless acts of generosity did not go unheeded as your altruistic sons and daughters of Ivy Ridge pledged to help those in need. Unlike you and me, the student body had absolutely no prior knowledge of the natural disaster. While we sat in disbelief from the images on the nightly news, your children sat protected as they spent their time administering their own lives and addressing issues closer to their own homes. But on the day that they discovered the events surrounding the traumatic accident, a throng of students beseeched the staff asking what could be done to help those in need. Moved by the students' heartfelt concern for the victims of this incredible natural disaster, calls were made and help was on the way. Over 2,000 kits for personal grooming would be sent to the people of the ailing region.



consciousness as homeless dirty-faced boys and empty-bellied girls cry for their vanished mommies. We have witnessed the countless number of guilt-ridden mothers thrashing in anguish, wailing for their lost and defenseless babies. Grown men have been seen bawling in broad daylight, pleading to the Almighty for a reason for this madness. The citizens have been left wondering how this could be, as they stand in the smashed and shattered remnants of their once quiet seaside communities. Incredulous villagers have wandered through the wreckage, the carnage that once was the haven where they had lived, loved, laughed, labored and now have lost. Hundreds of thousands have needlessly perished as Mother Nature has left her indelible mark.



I spoke with several of the students as they assembled the emergency kits and was touched by the sincerity of their saddened reactions, their generosity of spirit, and their drive to make a difference in a sometimes

As destructive as the tsunami was, I witnessed a second powerful wave hit the lifeless, battered seaside communities. Tons of non-perishable goods



cold and unresponsive world. Anish P. shared the Academy's sentiment when he said, "It's good because we are helping out. They lost everything and we're trying to get them back on their feet. I'm just glad I can do whatever I can to help." On a similar note, Michelle F. stated, "This project unites the facility. It feels good to do something for those in need, you know, that we're looking out for others, instead of ourselves." I smiled with pride as I listened to their beliefs forming into words. Caroline L. concluded with this thought, "Even though we're small, we can still make a difference."

Christopher Bubniak
Assistant to the Director of Family Communication
Academy at Ivy Ridge

LESSONS LEARNED

Last week, my family (Imagine) participated in a walk-a-thon. I'm proud of my girls for exceeding their goal of raising \$3,500 for the American Red Cross. As a family, we raised over \$6,700. Most importantly, I'm proud of the spirit I saw on the field as we walked. I saw my girls support each other and work as a team. When one faltered, someone was there to assist them. If we saw someone sitting it out, we grabbed them as we walked by and walked beside them. As one's energy level decreased, the encouragement they received increased. They really put their heart and soul into it. Although we did something amazing for the American Red Cross and the victims of the tsunami, let us not forget the little lessons we learned along the way:

- It feels good to give to the community and do something good for my health.--Renee Anderson
- I'm thankful for what I have and once I push myself, I can do anything.--Celina Anzardo
- It feels good to do things for people who don't have as much as I do.--Emily Danis
- I can help others in a working way when I stop thinking of myself and start thinking of others.--Meagan Gill
- I learned not to give up on myself, and when I do something out of pure goodness, it comes back to me.-- Nina Greco
- I can do anything I put my mind to and it's great to break my old habit of giving up on myself.--Christina Gunther
- It feels good to give from my heart without expecting something in return.--Steffanie Hanglitter
- You never know when things could be taken away; I learned to live life to the fullest.--Olivia Holmquist
- It feels good to help people.--Kirstin Last
- I can do anything I put my mind to and when I have support, it's more fun and easier to accomplish things.--Stephanie LePree
- It feels good not to give up.--Summer Long
- I learned that it feels good to contribute to others and giving is its own reward.--Autumn Mainer
- It feels really good to keep going and not give up; it feels great to know I'm working to earn something for others.--Helen Mills
- I take a lot for granted and I realize there are people in the world who have a lot less than I do.--Amelia Mottel
- It feels good to accomplish my goals and put someone else's NEEDS above my WANTS.--Lauren Munday
- Hard work pays off and what I originally see as a negative can turn into a positive.--Nicole Mutnan
- It feels good to give from the heart and give of my own free will. I shouldn't take things for granted at home.--Jalyn Phelps
- I need to appreciate the little things, it feels good to give with the right motives, and I can accomplish anything I put my mind to.--Kiela Roussin
- It feels good not to give up on myself like I usually do and it feels good to finish what I started.--Kristin Ruckart
- No matter the distance, I can reach out to others. Knowing that I'm helping others makes me feel better about myself.--Leah Schliedermann
- I can make a difference in the world and the benefits for others will endure.--Emily Stiller
- Service isn't about selfish gain; it's about helping others.--Latasha Whittington
- By helping others, I'm also helping myself.--Carlyn Wuckovich



WHAT I LEARNED

When I first heard that we were having a walk-a-thon for the tsunami relief effort, I just thought, "Oh, that will be fun; a day to get out of the same old schedule." Then I found out how much was pledged on my behalf...my dad ended up getting \$17 for every lap that I did, plus a \$1,600 flat donation.

Our family watched some videos that the staff had recorded about the tsunami in Asia and when I saw that, I was heartbroken. I know how it feels to lose a loved one, and just to think that some of those people lost their entire families; that was overwhelming.

A friend and I started the walk, and we did not stop walking until the end. We ended up walking 57 laps. Even though by the end of the day, I was so sore I could barely walk and had blisters all over my feet, I was still very proud of the hard work that I had done for those people who lost all they had.

From participating in the Tsunami Relief Walk-a-thon I learned that the phrase "never give up" really does mean the world, because I never gave up once through the whole walk-a-thon and I put my all into it, and the outcome was amazing. I am proud to say that through all of my hard work, I earned over \$2,500! God bless the tsunami relief.

Kayla Montgomery
Enrolled Carolina Springs Academy

STEP BY STEP

Although Asia is on the other side of the world, our staff and students found a way to assist the tsunami relief effort. Working with a suggestion made by one of our parents, we organized a walk-a-thon to raise money for the American Red Cross. Our staff and students walked on January 28th. The wintry weather did not deter us nor dampen our spirits. Nothing could sway us from the commitment we made to help in this effort.

Our boys walked during the morning hours while the girls were in school. Their energy level was high. Several of them tossed a football or a frisbee back and forth while they walked their laps. At one point, they lined up on one side of our track to leapfrog their way down the field. The boys had several opportunities to call it quits. When asked if they wanted to stop, they refused to quit.



The girls walked in the afternoon. Before we got started, each family gathered around their family rep for a quick pep talk. Shouts of excitement could be heard reverberating through the open field. As we walked, we cheered each other on and lent support. After all, the more laps we walked, the more money we would raise! One student in the Imagine family was sponsored at \$17 per lap. I reminded my girls to support her throughout the afternoon. One dedicated upper level chose to walk 57 laps with this student to show her support.

By the end of the day, the parts that weren't numb from the cold were sore from the physical activity. We all left the field with a sense of pride and accomplishment and the fuzzy, warm feeling one gets when they give for the sake of giving. As Leo Tolstoy once said, "The sole meaning of life is to serve humanity." And that we did.

Tara Hall
Carolina Springs Academy Family Rep

DISCOVERY EXPERIENCE

When I first came into the program, I was very closed off and I just wanted to be back at home. I faked my way up to Achievement Status, then I got mail from my mom telling me about her Discovery experience. Since I still had not even been through Orientation, I thought that my mom was just becoming programized and that she was feeding into all the "lies" of the program. It wasn't until after I graduated Discovery, I realized that wasn't what it was at all. The letters from my mom telling me how great her Discovery experience was, was not a challenge for me to compete with her, it was not a spiteful letter of her telling me she's better, it was her trying to pass on all the great lessons she learned to me. To finally realize what it meant to be truly open, to finally see what it was like to be truly in touch with my magical child, to no longer feel the burden of past experiences holding me back, it was everything she had told me it would be, and more. It was a drastic change from how I used to act like I was listening to her, to me actually showing her that I was learning from her and from the experiences she's provided me with. The most amazing thing that I have gotten out of Discovery was not the realization that my parents and I could actually have a healthy relationship, but that all the anger I said that I had towards other people, was actually anger that I felt towards myself. All I had to do to get rid of that anger was forgive myself for what I had done, then I could go on with my life and live much healthier and much happier. Discovery wasn't just a seminar for those two lessons though, it was a turning point in my life where I realized that I could truly do whatever it is I dreamed of doing. That it is me who chooses what happens to me, and no one else. To show my respect towards my parents who supported me and the facilitators who pushed me, I have passed on the lessons that I learned to people who come stumbling on the same path of life that I was on, and I make a new path to follow. If it weren't for those who saw the potential in me, my life would be shattered. If it weren't for the people who did everything in their power to support me, I would be lost. If it weren't for Discovery, I would have never discovered who I really could be.

Zane Ard
Enrolled Midwest Academy

I FOUND MY MAGICAL CHILD

After going through Discovery last month I learned so much about myself and got so much out of it. It was truly amazing. I felt like I was reborn and that I could finally be the real me without being so afraid of judgements placed on me. Whenever I think back to those moments I feel like I'm floating in some sort of dream land, it was just an awesome experience altogether. I realized it feels so much better when you open up to people your deepest darkest secrets rather than bottle them up for so long. Then knowing after some of the things



I went through, that they were still there in that room and cared and they were still willing to hug me just made me feel remarkable. It is so amazing words cannot even describe the way I felt in that room. I felt like I belonged and I found my magical child again and she was there the whole time she had just been waiting so patiently and I was so blind not to see her. She has had her arms open waiting for me and in Discovery is when I rediscovered her. I got out a lot of my frustrations and issues by dealing and going through certain processes. Overall the whole seminar is just breath taking and I loved every minute of it and wouldn't trade it for anything. Everytime I relive my Discovery experience my eyes tear up but not because I am sad. They are tears of joy and I just get this smile on my face thinking about it and the people who were in there with me. It still feels like it was just yesterday and it has already been six weeks! I feel I really put my all into it and for once I wasn't holding back even in front of the large group. I overcame many fears and stepped out of my comfort zone a lot. It felt good to be me, and I loved being me. I believed myself when I said my contract and I meant it. I just wish I could stay in that seminar forever and never have to come back and face reality. Then you realize you can make it that way all the time you just have to use the tools you learned in the seminars outside the seminars. Now I just got to make it through Focus and I can't wait for that from the things I've heard and just my experience from the first day.

Megan Palace
Enrolled Midwest Academy

IT CHANGED MY OUTLOOK

What I had learned in Discovery when I graduated four months ago was that I was not the stupid, goth girl. I was a pure, beautiful and radiant young woman. I was not a loser, a loner, or a stoner. I was actually someone. I never thought that I would amount to anything but look at me, I am Advanced Status, I am working, I am almost done with High School, and I have been here for seven months. I think that I have grown a lot since Discovery. I think that Discovery was a great learning experience for me. I think that Discovery is a seminar people would definitely benefit from. I learned that I am neither right nor wrong. I have learned things are either unsatisfactory or satisfactory. The processes were very emotional. I had many favorites and I felt that I became a huge leader in the seminar. I learned about my grudges and I met my magical child for the first time for real. I have held on to her since. I have learned to get rid of guilt and shame. I have learned how far integrity can get you and how you can benefit from it. Also, that there are no accidents in life and that everything happens for a reason. With the grudges I learned that anger is a secondary emotion and that there is a lot underneath it. Like for me I was angry because I wasn't proud of myself for the things I achieved. Also, that the guilt hammer was my best friend. The accountability formula will let me sum it up into a few words. "It changed my outlook on things." I felt totally different when I came out of Discovery. I wish that I could go through it again and again and again.

Kelsey Colleran
Enrolled Midwest Academy



THE IMPORTANCE OF SEMINARS

I often sit back and reflect on all the changes that have taken place in my life the past year. It all began when our daughter, Jammie, was seriously reaching out for help. She hated herself, school, and home. Basically she hated life. She kept telling me that she just needed to get away. By the grace of God I found out about Midwest Academy and she was enrolled on December 26, 2003. Before she left, she looked at me and told me that I needed to get happy. It really blew me away because in my mind I felt that by her going away that I would automatically become happy. Boy, was I in for a big surprise.

In February of 2004, I attended my first seminar in Chicago. I basically went to Discovery to fulfill my obligation to Jammie's program. I was going to do everything I needed to do to help her. I came out of Discovery feeling good about myself, but Jammie's words kept coming back to me – you need to get happy - and I knew I wasn't there. I went to Focus in March, but

the difference this time is that I went for myself and not for my daughter. I can so vividly remember the exact moment during that seminar when I wanted to shout it to the world that I AM HAPPY and that I DESERVE TO BE HAPPY. Focus literally changed my life and my outlook on life. I could not wait to tell Jammie the news and to give her the hug that she so much deserved and longed for.

Since Focus, I have attended three Keys, PCI, and have staffed a Focus. Each experience has only enhanced my life. My communication with my family and with others has greatly improved. I am so much more relaxed. I am enjoying all those things that I use to take for granted. I love life and I am going to live it to the fullest. I believe so much in MWA and in Premier Seminars.

There are still some struggles, as I feel there always will be. I now have some excellent tools and a wonderful support system to see me through them. Everyday I tell myself that there are NO ACCIDENTS and I truly believe that. I am looking forward to continuing on with my program and with my seminars so that one day soon Jammie and I will be able to have the life that we both so much want.

Shelle Sandboth
 Daughter Jammie Sandboth
 Enrolled Midwest Academy



CONFIDENCE

Discovery for me was so incredibly awesome; there aren't even words to describe what Discovery was like and how awesome it was. I have never felt the way that I did in Discovery ever in my life, it was just so amazing. I honestly just wish that I could have stayed in that seminar forever.

When I first went into Discovery I feared that I wouldn't make it and that I was going to let the guys run me and take my power away from me like I did back home.

Discovery really opened my eyes and what amazed me the most was how much people could see right through me. Things that I didn't even know or realize. I think that's what helped me the most. I realized that I can't hide things because people can see the pain and the hurt right through you, and

by them noticing that and bringing it to my attention, it was my sign of saying that it's time to just let it all out and not let anything hold me back. From that point I became strong with myself with being open and willing to let my pain all out. With that I learned that the more that I try to hide things, the more pain it brings, by pushing it down deeper and allowing my emotions to get numb, and that is a big pattern for me, to just continually push things down deeper and deeper, and then when it comes down to expressing and letting my emotions out, I literally just explode. The more and more I started to realize in that seminar the more I wanted to learn, I'm not really sure how to explain it. Now that I found my magical child, it feels so good to be the real me again. I can actually say that I am the real Alex because back home, I was the Alex with a mask on, I was hiding the real Alex behind all of the choices I chose to make.

I have stayed strong with myself and confident within myself, that is something I created in Discovery the most, was confidence.

Alex Torres
 Enrolled Midwest Academy



SECOND TIME AROUND

I was lucky enough to have the chance to go through Discovery twice. Even though when I first got into Discovery I didn't want to be there and I was closed off to the idea. The first time I went into Discovery I skated by and did very little work within myself, which ended up catching up to me when I was level 5 Honor Status. It caught me because of the choices that I was making and due to that I had to face some consequences. I ended up dropping down to level one, zero points and my family representative said that I had to go to Discovery for my second time.

I am happy that I had the chance to go through Discovery again because I put out my full effort and dealt with a lot of my personal issues. My parents also went through Discovery after my first time through which at first upset me. I was afraid that they would be completely programized and not be open to my ideas. It ended up to be the complete opposite than what I had thought it would be. Yeah, we had a little trouble and still have things that we need to work out, but we are open with each other and we listen to what the other is saying.

Ever since my last Discovery experience I have been working hard and picking myself back up off the bottom. I am now a level 5 going to PC II in a week and I am really looking forward to seeing my parents and working out more issues with them.

Discovery has really helped me be my real self and open to other people's ideas and wanting the best for myself. It also helped that my parents went through the seminar with me because it showed me their support and it showed me that they are willing to work on our relationship from their side.

Adam Cashion
 Enrolled Midwest Academy



"DISCOVERY" THE ESSENTIAL INTERRUPTION

The historical premise of any truly successful personal effectiveness process is that "awareness precedes meaningful choice." In the absence of awareness, there is no access to creative and abundant choice. Expansion of choice is most certainly the platform from which we can begin the experience of true transformation in our lives. The Discovery Seminar capitalizes on this point by challenging participants to "interrupt" their thinking and embrace a wider range of options in dealing with every significant relationship. It is in this endeavor that Discovery holds true to its name by getting us to realize the "shadow we cast" in these relationships, namely that of our family.

Discovery was created to serve as the initial pivot point for family members entering the program. It is an educational process designed to get everyone's attention to take an examination of conscience in light of a potential tragedy. Discovery is the essential interruption in getting the family to realize that a "wake-up call" has been rendered by a teen now at risk. A critical aspect of the educational element within Discovery is to get us to now understand that the ENTIRE FAMILY is now at risk as a result of this trauma.

Discovery is clearly the entrée in terms of beginning to work YOUR PROGRAM. In essence, the "easy" work is already done. The teen is now in a school, safe and has begun their journey toward transformation. The hard part is initialized in Discovery and continues on into Focus and beyond. Fundamentally, it comes down to doing diligence to stay the course of the program through URGENCY and COMMITMENT TO ACTION. You simply cannot demand something of your teens you are not willing

to endeavor on your own accord. There exists a fundamental credibility issue and the teen will not take their program seriously. Perhaps one of the most critical parts of the Discovery process is that it allows us to get conscious of ourselves in areas where we have previously been oblivious or resistant to change. We begin to identify individual behavioral patterns



and even long-term generational issues which tend to sabotage relationships within the family system. Moreover, we learn how we are individually sabotaging our relationship with ourselves.

It goes without saying that the power of the Discovery Seminar lies within the fundamental principles or tenants of the program that are continually espoused during the process. These are not meant to be merely intellectual constructs or lofty philosophical rhetoric. To the contrary, they are meant to be the active and daily applicable regimen of a whole and healthy family. Notable principles revolve around the following: honesty, trust, respect, accountability, responsibility, integrity, feedback, leadership, peer challenge, risk-taking and vulnerability, just to name a

few. The essential meaning of these terms have been severely distorted, misconstrued and misunderstood in our culture. Discovery is the essential interruption which allows us to learn their true meaning and know the effect of consistently incorporating these values into our daily living. So many graduates of our programs have asked me, "How would you encapsulate the overall values of the seminars?" My response is simple and easy... ACCOUNTABILITY. This is clearly the point upon which everything else we teach is founded. Accountability directly points to the ability to account for the choices I have made, but more importantly, AM MAKING. "What choices can I make in the moment of NOW to impact my direction and overall results?" Without this consciousness, nothing we do in any of our seminars makes any sense. The ability to CHOOSE moment-to-moment is the one power we all have to shape our destiny and transform the quality of our lives. It is non-negotiable.

The Discovery journey for many begins with a precedent of pain, chaos and seemingly endless drama, yet quickly becomes a prescription for transformation and personal freedom. What is your vision for re-creating a whole and healthy family? It begins with your vision for a whole and healthy YOU. The lessons of this powerful endeavor are but a beginning to the wealth of choices you will experience over time. The message is, stay the course, no matter what it takes. Your journey through Discovery, Focus, Keys and beyond will most surely reflect the pivotal point in your legacy with your family and others.

Duane Smotherman
Senior Facilitator
Front Cover

BEING ON THE SAME PAGE

How many of you have ever had a bad back? If you are one of these people, you know the impact that it has on your entire physical system. This is why it is imperative that you, the adults associated with the teens in the schools attend Discovery and all of the Premier seminars. The purpose of this seminar journey is to assist in creating a whole and healthy family SYSTEM. One knows in the bad back analogy that the whole body needs to be involved in the healing, not just the back. That both the teen and parents (and other family members such as siblings, grandparents) are on the same page when the teen

graduates is such a strength of what Premier provides. Certainly you do not want your teen to come home the same as they left; neither do they want to return to the same environment



that they left.

Discovery not only provides tools for you to utilize when together again with your teen, but more importantly gives you concepts and tools that can assist you in your life - today, tomorrow and forever. The seminar is about you as a part of the whole family system. Many parents (as well as all family members involved) on this journey forward - being involved with all the seminars, with staffing, with support groups and with KEYS families – come to realize that what now feels like a trauma or tragedy is really a gift to cherish. What can happen in families as a result of this journey is precious.

Carol Clark
Senior Facilitator

UPCOMING SEMINAR DATES

DISCOVERY

NEWARK	April 8-10
CHICAGO	April 29-May 1
SAN DIEGO	April 1-3
ATLANTA	March 18-20
DALLAS	April 9-11
BAY AREA	April 1-3
SEATTLE	April 22-24

FOCUS

NEWARK	March 31-April 2
CHICAGO	April 7-10
SAN DIEGO	May 12-15
ATLANTA	May 5-8
DALLAS	May 19-22
BAY AREA	May 19-22
SEATTLE	April 7-10

KEYS TO SUCCESS

NEWARK	May 21-22
CHICAGO	March 12-13
SAN DIEGO	May 14-15
ATLANTA	April 9-10
DALLAS	April 16-17
BAY AREA	March 30-May 1
SEATTLE	May 21-22

REGISTRATION REQUIRED FOR ALL SEMINARS.

PLEASE VISIT YOUR SCHOOL'S WEB SITE FOR REGISTRATION INFORMATION.

DO NOT MAKE AIRLINE RESERVATIONS UNTIL CONFIRMED BY YOUR SCHOOL

Do not show up at the training expecting to be allowed to enter without registering.

YOU MUST FIRST REGISTER.

LAST DAY OF THE SEMINAR ENDS AT 7:00 PM.

PLEASE SCHEDULE FLIGHT ARRANGEMENTS ACCORDINGLY.

ONLY FEAR CAN STOP ME THE RANCH

A student recently asked me what it's like to run a school like Spring Creek Lodge Academy. It's a lot like being on a roller coaster. There are so many ups and downs, even on a daily basis. My experience is that staying with it is the main thing. Eighty percent of everything I try will be a success, but I have to try. Often, people just don't show up to succeed. There's nothing in the world worse than losing by default. Showing up and staying with the roller coaster feels almost spiritual to me. And the thing that really keeps me hanging on through the whole ride is remembering everything I've learned from the kids.



beauty right now, in the present. Nothing comes easy, but for me, that's the value of achievement. Hope becomes like a mother, guiding me along. Hope means recognizing and believing in love.

Love is what allows me to make the really tough decisions. Because I love, I have the strength to allow others to grow rather than protecting and hiding them. I can allow them, and myself, the chance to learn and grow. I'm able to stand for what we can do, not just what's easy. It's what allows us to have compassion.

Compassion is a first response; it becomes a rule to live by, and it ensures that my decisions are made on the basis of what those around me need, not what I want. It means doing the right thing, straight from the heart.

When I nurture those qualities - hope, love, and compassion, and make them a part of all my interactions with students and staff, everything around me goes back to my original intention. It keeps everything more focused. There's a sense of openness and an expectation of success. Even when there are disagreements, I can reach past the negative. Our communication then is marked with respect and honesty. Our daily operations reflect the integrity of our relationships.

Everything I've ever accomplished working with students looked much different in real life than it did in my expectations. The best outcomes happen when I have to really stretch. Again, it's all about showing up. I

watch the hard work the kids do every day, and I realize again that when things look their hardest is when I should stick it out the most. Only fear can stop me.

Students come to SCLA filled with anger. They're angry with themselves, and they feel no hope. They're closed, and paralyzed by fear. That's not really who they are, though. We can see through their past failures to the heart of who they are, and reach toward that. Then miracles happen.

When kids are very young, they believe so much in their own power that they get back on their feet no matter how many times they fall. That's the only way they can learn to walk. They are so sure of their own goodness that, even if they see things that are vulgar, disrespectful, or unfair, they are pure and positive.

The kids who graduate from Spring Creek Lodge Academy are brave: they've gotten back the understanding that only fear can conquer those qualities of hope, love, and compassion.

They've learned to maintain purity in their intentions and in the way they work. In the same way, no matter how hard my work becomes, I go back to those qualities to guide me in my decisions and my work.

Hope is what allows me to see the beauty in the deep cold of winter; because I know spring comes in its time. I recognize the



Deputies Cameron Pullan, Jay Kay & Chaffin Pullan

Chaffin Pullan
Assistant Director
Spring Creek Lodge Academy

My name is Stephen Waite and I have been in the program for a total of 20 months. I entered Cross Creek on April 13, 2003. I transferred to Spring Creek Lodge Academy 30 days after I turned 18. Then I ended up coming out to the 18 year old ranch. During the transfer here I made the commitment to my parents and myself to graduate the program. I knew that graduation of the program would be beneficial to me in the long run.

The ranch has been an awesome experience for me and I recommend it for anyone turning 18 to try it. I have built so many awesome relationships with the staff and students. My relationship with my family is awesome as well. The experiences that I've had at the ranch have taught me how to deal with issues as they arise and to work out problems rationally. The group out here has been real supportive and has always given me the chance to gain support and share when I am down. I will really miss the support here. Some other things that I've gained from the ranch are the work experience and labor techniques, which will really aid me in upcoming jobs.

Spring Creek Lodge Academy has also given me the opportunity to get back on track with school. We have an independent study course where you work at your own pace and have to meet a certain requirement. This has really helped me in catching up on my school.

The seminars have really helped me realize and deal with a lot of the issues I had within myself. After graduating all of the seminars it aided me with the tools that I needed to deal with everyday life. Also when I got to staff seminars it gave me the ability to help others and to give back as well. I am very thankful for the program, it has helped me so much and it has saved my life. It has given me the opportunity to be sober and to get my life back on track. Without the program I do not know where I would be today.

I am very proud of the work I have done here. I graduated PCIII on December 18, 2004. It has been a long journey but it is worth it.

Stephen Waite
Graduated Spring Creek Lodge Academy

DISCOVERY FOR ME

Discovery is a very powerful seminar. It helped me so much in my outlook on life. The people you meet, the processes you do, the songs you hear, and how attached I became with the facilitator, warmed my heart and changed what love meant to me forever.



Before I came to Majestic Ranch, I vaguely knew about seminars. My sister went to Spring Creek and my parents were committed and working their program.

After I successfully graduated Discovery, I was so amazed by what my parents went through. It made me realize how strong they really were as parents. I felt so loved and taken care of because they went through Discovery for me and for themselves.

Discovery taught me to love myself, and taught my parents and myself to love each other with a love that is stronger than ever before.

Erynne Paltenghe
Enrolled Majestic Ranch Academy

When I first arrived at Majestic Ranch I was a shy, chubby girl. A few weeks later, I went to Discovery and WOW!!! I started out shy, but Ms. Lou welcomed me and made me feel comfortable.



By the last day of the seminar, my true colors were shining through and I finally realized what my mom meant when she said how great Discovery had been.

I have been able to apply what I learned in Discovery and have finally made a real change in my life. After being here for 14 months, you would think I had no hope left, but I tell you that I have more hope now than I have ever had. Discovery was a huge eye opener for me... it always will be. I am thankful that I had those 3 days to help me along my way.

Ashanay Riddick
Enrolled Majestic Ranch Academy

Looking back on my first Discovery, I realize how much I slid by. I can honestly say that it was my second one that really stands out. To me Discovery is like drivers ed, it is a practice ground. I learned about things like my magical child and accountability, but it is up to me whether or not I apply it! Discovery was a place for me to practice the innocence, purity, and self-confidence that I want in my life. It makes me



feel great knowing that I got the chance and eye opener that most teens don't get. I also received the contract I live by: I am a caring, honest, beautiful, trustworthy young woman! At home I never really finished anything that I started so graduating Discovery was a big first for me. It feels great knowing that I am able to work through all aspects of my life and program.

Another supporting feeling is knowing that I am not the only one in my family doing the work. My parents and little brother have attended Discovery, and are continuing to work their contract values. I can honestly say that when I truly started working was after the seminars. Now as a level 5 (Honors Status) I realize that if my parents had not had the opportunity to attend Discovery, our family would not be where we are now. This is not only my program, it is our program. For you parents not attending the seminars, I expect your child most likely won't start working until you do. Lead by example for your kids. They will feel more supported, and sooner or later, they will be close to home like me!

Nicole Rawson
Enrolled Majestic Ranch Academy



When my parents went to Discovery it showed me that they were supportive of me. It also showed me that they are committed to helping our family grow. Discovery helped me with finding myself and to learn more about me. It helped me find my self-enhancing beliefs and get rid of my self-limiting beliefs. It has helped me boost my confidence and self-esteem.

I am glad I got the chance to go to Discovery and begin to be an honest, respectful, powerful young woman

Rachel Zoch
Enrolled Majestic Ranch Academy

I GRADUATED!

Yes, I graduated! I had the music, the ceremony, the hugs, and the tears. These all mean a lot to me, but when it comes down to it, it's my skills that get me through things.

When I left the Ranch, I wasn't perfect, however much I strived to be. Yes, I am a perfectionist. It is hard to let go of the habits and other things that you have lived with for so long. When I left the Ranch I still had the same problems as when I came. The truth of the matter is, your problems never leave. The only thing that changes is how you choose to deal with your problems.

I choose to channel my perfectionism through helping others at school. I also organize my time so that I am not so worried about getting things done. I believe this can be done with just about every "problem" that I have. Since I have been home I have had some emotional meltdowns but I am still standing strong. Change itself is all up to me, just as it is up to you. All in all I can honestly say that I am happy with the changes I have made for myself. I would like to thank all of my staff at Majestic Ranch for showing me some alternate paths for my problems, and helping me work through them, and teaching me to respect authority.

Thomas Frankel Graduated Majestic Ranch Academy

SELF-LOVE

You don't have anything unless you have self-love. It seems like it would be the easiest thing to get since each one of us has control over one's self and what we do. But for me, it is something I struggle with every day.

I can remember being a little girl who was full of passion for life. Even when I was teased in elementary school, I still did not change who I was. I still knew that I was the coolest kid this side AND the other side of the Mississippi! I remember my old year-books from elementary school; all the kids I didn't like had an X over their pictures. I drew a big circle around mine!



Somewhere in my life, my self-limiting beliefs took over and that love for myself seemed to vanish. When that happened, my life began to go down hill. I constantly sought attention and sympathy from others in order to compensate for my lack of self-worth in middle school. I began to cut on myself and look for love from boys who really didn't care about me. In high school I started dressing in all black and isolating myself. I even attempted suicide when I was 15 years old out of the extreme hatred I had built up towards myself.

Now that I am at Cross Creek, I have learned that I am not a bad person regardless of what I do or have done in the past. I have learned that all my self-limiting beliefs are just a bunch of lies I tell myself. And through my hard work, I have greatly raised my self-esteem compared to where it was when I first got here. I have a contract with my magical child now. Sometimes it is really difficult to even say it, let alone believe it. The false conviction of my past, that it is wrong to love myself, still creates an emotional battle for me.

Even though I cannot truly say that I love myself now, I know that I don't hate myself anymore like I used to. I have come to see that when I feed my self-enhancing beliefs and live the words of my purpose and contract, everything in my life just seems to fall into place. This is why I believe that self-love is the most important thing in life. Some people think it is material possessions, such as a big house or a nice car or a lot of money. But all of these things are worthless if you don't love the person who has them.

If you were to ask me one thing I would like to have achieved upon my graduation from Cross Creek, I would tell you that I want a true sense of love for myself that never changes despite my successes or mistakes. This dream is something I work towards every day, one day at a time.

"I Am A Beautiful, Pure, Lovable, and Powerful Young Woman"

Nikki L. Selik
Enrolled Cross Creek Programs

WHAT'S THE BIG DEAL!

"Wow! I never ever thought I would be able to say this, and I am so proud of myself for it. I am now a Focus Graduate!" That is how my letter home recently began. I never liked seminars much before. However, a little while ago I went into Focus with the attitude of "oh, I'll just graduate and get it over with". I wasn't too excited or even ready to work.



Boy, was I in for a reality check! I started opening up and seeing what I could do with my Focus experience, and I am so thankful that I got the opportunity to go. My Focus seminar was so much fun, and it was my favorite seminar so far. So, Seminars – what's the big deal? Your life is the big deal! If I hadn't gone, I would still be in my negative image.

The big deal about seminars is that once you use them and are real in them, you will learn so much. The greatest thing I learned in seminar is to love myself. Seminars – a big deal!

Caitlin Denison
Enrolled Cross Creek Programs

Q: "What Could I possibly gain from a seminar?"
A: "If you let it, seminars can lead the way to self love."

Q: "What do you do in there?"

A: "It is a surprise! You get to create your own experience with every process that you do."

Q: "How can this change my life?"

A: "The seminar does not change your life. It gives you knowledge and wisdom to make changes for the better."



These are three of the million questions that I had before going through a seminar. A lot of fears and mind chatter was going on. In my book "Dangerous Wonder" the author says: "Jump first, Fear later!" And that is the truth about seminars. For the most part seminars are not fun. They challenge you. Once you dive in, it is a whole new outlook on life and how you see yourself.

I am a good example of a girl who found herself after eleven years of searching. Finding my anger, sadness and loneliness was one of the hardest things for me to do but I did it. By doing that and letting go of all that baggage I can love myself for who I am. I am a pure, beautiful and worthwhile young woman. My purpose is to learn and grow by learning from my mistakes and being myself and I choose to LIVE!

Jacki Bombardo
Enrolled Cross Creek Programs

BEING EIGHTEEN



I arrived at Cross Creek on December 16, 2004. I was 17, turning 18 in seven months. I was set on leaving the program when I turned 18. After a few months, I decided I would try the program, but in the back of my mind kept the idea of leaving.

Then my 18th Birthday came around, and I was not sure what I was going to do. I wanted to get out of the program and get on with my life. I was level two, and I knew I had a long way to go if I wanted to complete the program. At the same time I knew I needed to be in the program to live my life the way I

wanted to and I did not want to leave all of the friends I had made. For the first time, I had people who cared about me, and I cared about them.

I made the decision to stay at Cross Creek and graduate the program. I had a rough time at first, mainly because I did not have any trust. Then Ron, the director of the program, and my parents made a decision to change my group and therapist. After that, I made a commitment to my group to work as hard as possible. I knew I had to do this, or else I would not be able to stay at Cross Creek.

I had my difficulties during this time. I struggled to get through Focus for a long time. When I finally graduated Focus, I shot through the program. I worked hard to get trust back with people, and found out how to use the tools I learned. I made some non-working decisions, and learned many lessons along the way.

Now I have been 18 for six months. I am level five and about to go to PC II. I feel better than I ever have, and am getting closer every day to graduating the program. Making the decision to graduate the program, and not give up on myself, has been the best decision I have made in my life. I have the best relationships with myself and my family that I have ever had, and I can be proud of the decisions that I am now making.

Mitch Schlang
Enrolled Cross Creek Programs

CREATIVITY IN SERVICE

Being in a program, you don't get to hear much about what is happening with the world. Shortly before I came to the program, I heard of the World Trade Center being hit. I never expected the opportunities that were right around the corner.

When I first learned to crochet here at Cross Creek, I did it as a pass time. I never thought that it would go towards anything more than a nice present for a holiday or a birthday. I figured that I would go home and never pick up a crochet hook again. This project made me think twice about things in the view of someone who doesn't know when their last day may be.

When I walked into the room where I was going to spend the next six hours crocheting, I had everything on my mind except whom I could be helping. When I started the blanket, my goal was to impress the crowd. My goal soon changed.

A girl stood up and said that her sister was across seas helping the injured soldiers and that the blankets we were making were going to the department in which she was working. One by one people started to talk about people they knew who also went to fight for America. It was then that I realized I was not only crocheting a blanket for a soldier, but I was doing it for someone's husband, son, or maybe even father.

Once I finished the blanket, I felt so accomplished. I knew that my blanket was going to someone who needed it. I knew it was going to be more than a nice present for a friend. It was something that showed that America still cares.

Arie Van Hoomissen
Enrolled Cross Creek Programs

As I was making a blanket for a soldier in Germany, I felt a great deal of respect for all of the sacrifices the soldiers are making for our country. It gave me a lot of time to reflect on all of the things I could be doing to assist others.

I really enjoy making things for other people, and I feel like doing this I was contributing service to people who are in need. I cannot even imagine how hard it would be to go through all the struggles the soldiers have had to go through.

I was very determined to finish my blanket on time to be sent out. I like things that others make for me – they are of sentimental value and something I can cherish for life. I just hope that the soldiers enjoy the blanket as much as I enjoyed making it.

Lindsay Parker
Enrolled Cross Creek Programs



From left to right top row: Shavon Greene, Anne Murdock, Amber Hogan, Sarah Marston, Cloudy S. (staff), Arie VanHoomissen, Michaela York, Vanessa Vierra, Elizabeth Mahoney

From left to right second row: Michelle Bladel, Audrey Thompson, Kirsten LaVoie, Lindsay Parker, Caitlin Denison, Danielle Genova, Emily Noguees, Heather Fanning, Morgan Roe

From left to right bottom row: Josie Muelhausen, Erin Feyler, Susan Coronado, Kelley Digiovanni, Andrea Honeycutt, Rita Inamdar, Jillian Mourier

Within the past two months the boys and girls of Cross Creek Programs have made and donated at least 300 hats to cancer patients at Dixie Regional Medical Center. They have also made lap-afghans to be sent to injured soldiers returning from Iraq, and small children's afghans to be sent to Africa. In addition to these projects, they have made eight lap-afghans to be given to Porters Nursing Home in St. George, Utah.

Shavon Greene said: "This makes me feel good. It allows me to think about things that I need to correct about myself. My Grandmother died of cancer and I know that she was always wanting hats to keep her head warm..."

Rachel Wedig said much of the same thing. Her Grandmother also died from cancer and wanted hats to cover her head.

Amber Hogan: "It feels good to be helpful, not just in the program, but actually helping someone else."

Christine Liddie: "I think about children who might be wearing these hats. I feel like I'm helping someone else, since my track record is not the best."

Morgan McCoy: "Making blankets for African children is giving something you made while in a program. Others now have something that I have made."

Heather Neilson: "Giving back something because I have been given a lot. This is my way to pay it forward."

Lindsay Parker: "Crocheting the hats and lap blankets make me feel good. It is giving back to others."

Kristen LaVoie: "I have been working on my values and one very important one to me is to bring service to others. So hearing that we were doing a service project and having it fulfill my values felt so good! Working the blanket and putting my hard work into it, I knew that someone would appreciate it for every stitch I put into it."

As indicated by the students' comments, doing this type of work is something they can do to make them feel better about themselves. This type of caring for others will carry over into their lives and will help them accomplish more than might be otherwise possible. Doing the service work both for the boys and girls has helped them to be involved with something they enjoy, something positive and something that can help others.

Gloria Herschell Teacher's Aide Cross Creek Programs

THANKS MOM AND DAD!

When my parents went and graduated Discovery, I was pretty excited. Upon graduation, I felt that they just went through it to just go through it, but my parents went through it twice and it just shows me how much that they wanted to change and have a good relationship with me.



When I heard the news from my family rep, Ms. Nash, my mouth just widened into a big smilish grin. I was really excited because by them doing it, it shows that they actually care and I am just ecstatic. See, I know that they are really

looking forward for me to work and do well in my program by them going through it. It shows how much they love me. It is nice to see that they are actually doing it because at some point I thought that I would have to do it on my own. I now know that I don't have to go through TB on my own but have my parents support.

I am glad and happy that they went through it. I know that it was hard for them but I know that if they could stick through it and do it, I know that I can. I am proud of them, I really am.

Caroline Chow
Enrolled Tranquility Bay

When my parents started attending seminar, I thought it was a death sentence.



I had heard all the horror stories of programized parents and I dreaded the reality that my parents had become just that. But as I progressed in my program, I realized that it wasn't all about being "programized," it was about

love and support.

Through attending the seminar, I have become thankful for all that my parents have done for me. They don't have to take time out of their lives to attend seminars but yet they do it for me! Thanks mom and dad! I love you.

Brittany Chadwich
Enrolled Tranquility Bay

When I found out that my parents were going through seminars, back then I wasn't at all excited, but now when I hear kids talk about how they have to go through the program alone and their parents aren't attending any seminars, it makes me appreciate all the time and effort that my mom puts in.

She has been really supportive and understanding and for the most part we are on the same page about a lot of our issues. I feel that the seminars have assisted us with our mother/daughter relationship and I really want to staff with her; it will be an amazing opportunity to learn and grow.

I love you mom.

Priscilla Wu
Enrolled Tranquility Bay

When I first went to Spring Creek, I was not committed at all. I didn't want anything to do with seminars because I thought they were not worth my time. I was mad at my mom for being so programized and committed. I didn't think it would

help me until I went to my first seminar and realized



what the program was all about, but I didn't start working until I transferred to Tranquility Bay. I realized the path I was headed wasn't taking me anywhere except farther away from home.

I don't know if I would be doing this if my mom wasn't going through seminars. She is very supportive and I am glad she is going through this with me so we can learn all the same things so that when I go home we can be on the same page and have a happy family again.

Alicia Wilbur
Enrolled Spring Creek/Tranquility Bay

When I first came into the program and I heard that my parents were going to go through seminars, I was upset because I was scared of them making me graduate and becoming programized. After I graduated Focus, I became committed to graduating the program too and it makes me happy to know that as I was moving up in my program and going through seminars. My parents were there for me, showing me their love and support at the same time by going through seminars on their own. I knew that I was learning and changing from the seminars, my parents were by my side doing the same thing.



The program has helped my family and me to understand one another better and to develop a better relationship with them by being able to communicate effectively. I have the gift of being in the same program as my twin sister. Even though we have disagreements, I have learned how to sit down and talk it out with her rather than turning to something non-working, like I would have done if I was at home (pre-program).

Patricia Wu
Enrolled Tranquility Bay

A new beginning for everyone was when I found out my parents had graduated Discovery, I knew that a lot of things were



going to change between us. Discovery taught me so much about myself and learning from the choices I make. I wanted my parents to have the same amazing experience that I had. Now I realize that me

being at Tranquility Bay is not just helping me, but my parents.

It has definitely changed our relationship for the better and I am forever grateful. I love you mom and dad.

Courtney Lloyd
Enrolled Tranquility Bay

FOR BETTER OR WORSE

Imagine yourself, two days after you just got home from military school, and your mother wakes you up at four in the morning and says that you're going to summer camp with two escorts. Three hours later you're in a Program. That's what happened to me. I came to the Program lost and confused. I was in denial the whole first six months I was here. I flipped out, cursed out the staff, wrote my mother hate letters, and dug myself in a deeper hole for myself. I didn't do any school and stayed in Intervention. The whole time I was acting up, I



blamed others for my problems. It took me 16 months to get myself together and to realize that Momma wasn't taking me home. I came to the realization that in order to get somewhere I was going to have to change. I had to do major soul searching and make necessary changes.

When I was at home, I was really closed off to the feedback that my family members had to give to me. I wasn't a bad person. It's just that the decisions which I was making at home weren't really working out for me. All the time Ma was trying to give me advice, constantly giving me chances, and I continuously blew her off. I now realize how disrespectful and ungrateful a person I was.

I miss my family, but I remind myself what I did in the past to make me feel that way.

See, you don't really learn to appreciate the things or people you love until they are gone. All of us have made mistakes, but it is what we do to change ourselves that counts. I am pretty sure my family feels the same, but they are also relieved to have that burden taken off of them.

Sure, I would like to be at a concert, the movies, at Grandma's. But the choices which I made took those rights away from me. Now that I don't have those rights anymore, I am doing everything I can to get them back. Remember that the choices which you make today will affect you in the future. No matter if you like it or not, consequences are out there, and if you make a move it will determine whether the outcome is good or bad.

I have to admit, if it wasn't for my teachers, family rep, staff, and even students, I would still have been the same Javier who was a troublemaker at home. I have met some really good people. I am glad I made some friends who positively influence me in any way they possibly can. These people, including the teachers, staff, and family rep, have been with me through thick and thin. Although at first I used to disrespect them, they still never gave up on me.

I know what I want for myself now and no one can tell me otherwise. I can just smell success in the air. It is just within my reach. Hard work and strong determination are going to assist me in reaching my goals. Don't stop because you never know when you might fall off of the cliff for being too over confident or being too careless. Be all that you can be. And remember that nothing is over until it's over.

Javier Smith
Enrolled Carolina Springs/Tranquility Bay

VICTIM LANGUAGE GETS YOU NOWHERE

What comes to mind when I think of all the efforts my parents have placed forth is astounding. When I first got to Tranquility Bay, I was very skeptical. Pondering all thoughts which were being placed in my head about seminars, rules and how this program is a life changing experience. About three weeks into my program, I had gone through Orientation which was just an introduction of what is yet to come. My parents, I felt as though



were never in my life. I soon realized victim language gets you nowhere in life. It reeks of old energy and sets off a bad aura. Each week I would receive a new letter

with something new and inspirational from my new growing and changing parents.

Once we had completed Orientation, it started the foundation of our new relationship. My parents had gone through Discovery before I had and when I found out I was ecstatic for them and for myself. I spent a lot of time thinking about how they never left my life because they were always in it. Once I graduated Discovery in November I held so much respect for them. The processes that they had gone through, the effort which was put forth and all the love they have shown me by going to the seminar and graduating with new ways to help me through my new and improved life journey. What I love the most is that they are now in my life and here to stay. Not a day goes by when I don't sit down and think about everything they have done for me and helped me through.

I love my parents so much and appreciate the seminars for helping us realize what we have.

Brittany Dalrymple
Enrolled Tranquility Bay

THE REASON FOR THE SEASON

A very special teacher came to me and handed me a magazine. I opened it and the first thing I saw on page four was a picture of my mom and me. It brought tears to my eyes because all I could think about was how happy we looked in that picture. I read her article and it inspired me to give thanks and share my experience to others as well.

This is the year I give thanks to everything good and bad in my life. I am so glad that my past has happened to me because it has made me the person I am today. I am 19 and on my way up the ladder, after 23 months in my program. Just this past August, I dropped from level four to level one and I am now level four going up to level five. My mom was right. It is all about choice. I chose to turn my life around and it is a wonderful thing.

I am so thankful that my mom is in my life. I remember back at home, it used to be yelling and cursing at her all the time. I give thanks to this program because this is what helped me build a love/love relationship with her.

I am so thankful for this magazine to give my mom an opportunity to share with everyone, her experiences because it has made me so proud of her. My mom and I have a long way to go, but I can honestly say that we are such good friends. Because of the choices I have made, as well as the program's assistance in all of this.

Thank you Mr. Kay for giving me a chance to be a part of this program to become a beautiful, loving and effervescent young woman.

Thanks mom, for loving me as much as you do, and never giving up on me! I love you!

Stephanie Barton
Enrolled Tranquility Bay

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