

Open Doors

Vol. 29, No. 3 THE PRESBYTERIAN CHILDREN'S HOME OF THE HIGHLANDS, INC.

3rd Quarter 2004

H'OLYMPICS --- GREAT LEARNING EXPERIENCES

There are eight youngsters who will never forget the 2004 Children's Home Olympics. The Presbyterian Children's Home of the Highlands again sent a talented, hard-working team of residents to the 2004 H'Olympics.

Thanks to some generous friends in the airline industry, the team got to fly to San Antonio, Texas for the five-day event sponsored by the National Fellowship of Child Care Executives. This annual event is held every year in a different region of the country and provides great learning experiences for all who attend.

Smiles are usually an indication of something that pleases or makes someone happy. There were many reasons to smile on the 2004 H'Olympics trip for the PCHH Highlanders.



The PCHH team represented the Home well! The team brought back a total of 16 medals in several events. This special event not only serves to build self-esteem in youngsters who may not have had the greatest experiences in their lives, but also provides so many side-benefits that they will cherish forever. Travel itself is educational; visiting cultural and historical places is educational; meeting other people is educational; working within a team to accomplish goals is educational... the 2004 H'Olympics was a great success any way you look at it.

Congratulations Highlanders!



It is amazing to watch what preparation and effort can do for a dedicated person. Larry is learning that the harder he tries the "luckier" he becomes. Not a bad life lesson for someone with the rest of his life ahead of him.

PCHH girls earned respect on the basketball court with their demonstrated skills and abilities. Residents participated in multiple sports including Nancy (#5), one of our stars.





Billy Rice
Executive Director

As I sit down to write this article, our children's summer vacation is almost over and school is ready to begin. The focus of this newsletter is on the activities they participated in this summer. We think that it is important that our supporters not only see the varied activities that are available for our children, but also to understand why these opportunities are so important to their progress.

When most people think about summer and their childhood, they think about fun activities and time with their parents and friends. We have memories of vacations that include experiences that made an imprint on us that we will never forget. These memories and the family traditions they create are experiences that we want to pass on when we have our own children. Unfortunately, most of our children do not have these positive experiences in their background. Their summers include the same patterns of abuse and neglect as the rest of the year – no expectations of fun and no wonderful memories. We know that some day our children are going to grow up and have families of their own. If we are to be successful in breaking the abusive cycle that ripped through their families for years, we need to give them great memories to pass on to their children and the desire to make new ones with their families.

Whether it is the chance to participate in the Children's Home Olympics in San Antonio or the ability to swim in our pool every day, the generosity of our supporters makes the life changing opportunities we give to our children possible. As you read about and look

at the pictures of summer, I hope you feel a real sense of pride in what you have helped our children accomplish. On behalf of the children who benefited from your generosity, thank you! You can rest assured you have made a difference in a child's life.

Billy



THANK YOU,
Thomas Spaulding,
Coordinator for Gilmer Cottage,
for the photos of our trip to
San Antonio.



New Dawn Society



Remember PCHH in your estate planning and become a member of the New Dawn Society. Call for information.

MY LIFE AT PCHH

The following is an essay written by one of our Buchanan Cottage residents, Nancy. She was one of the youngsters who attended the 2004 Children's Home Olympics in San Antonio, Texas this summer. We are very proud of Nancy and the progress she has made with us.

On a cool November afternoon around 3:30 p.m., I stepped out of my social worker's car into a whole new world at the Presbyterian Children's

Home in Wytheville. When I entered Buchanan Cottage, I thought to myself, "Oh my god, why am I here? What have I done to be in this place?"

At first, it seemed okay, but as days went by, I began to hate this place. It was like my worst nightmare. I had to live in the same house with nine other teenage girls. As the weeks went on, I started to think, "These aren't my parents. I can do anything I want." So, I started getting that attitude with the staff and the other girls because I thought that there wasn't anything these people could do for me. I was wrong. There were things they could do. At first, it was room confinement. Then, it became level freeze but I still didn't care. I said, "I'm still going to do what I want." I became very loud, rude and disrespectful to everyone. I would stand up and cuss the staff if I didn't get my way.

I started to talk to our therapist on campus, Ms. Wanda. We began talking about my feelings and how I felt about being here and living in the cottage with the other girls. Then, she wanted to talk about some of my suppressed anger. She told me when I got mad, I should go to my room and scream into my pillow. This helped a little, but not a whole lot. So, the next thing we tried was to go outside and walk around. Finally, she began to see an improvement and I felt like I was in control of my emotions.

Before I knew it, a year and a half had passed. I feel that PCHH has really helped me out a lot. I am now a straight-A student. I have maintained a level that is considered acceptable and my nickname is *junior staff* in the cottage.

I try to follow the rules and I encourage my peers to do the same and tell them that I have already been there and I know what it is like to stay on a low level. Now, my goal is to return home to my parents and, if I can't do this, I will be happy living in my second home: here at the Presbyterian Children's Home.

Nancy



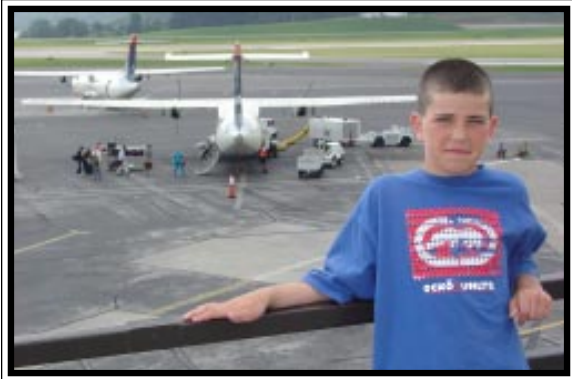
Ever wonder how other people see you? How about an artist who does characture drawings? The trip to San Antonio, TX was filled with wonderful new experiences. This drawing is proudly displayed in the cottage.

**Sites
Around
Campus**

**Presbyterian
Children's Home
of the Highlands**

Wytheville, VA

Getting up at 3:30 in the middle of the night to make your flight at 7:00 a.m. really cuts down on one's sleep. With so many delays in travel going to the H'Olympics, nap time was nice!



First airplane flights can be an anxious time especially when unexpected delays completely change your plans. They did great and we now have seasoned veterans ready to take on the next challenge.

CURRENT NEEDS

- **TWIN-SIZED BED SHEETS, BATH TOWELS**
- **FOUR-WHEELER SUITABLE FOR USING A SNOW PLOW ATTACHMENT**
- **PHONE CARDS AND GIFT CARDS**
- **PERSONAL CARE PRODUCTS (SHAMPOOS, SOAPS, DEODORANTS, ETC.)**



PCHH linked up with other small facilities in softball. Kayla gets into the "swing" of things.

The Children's Homes "H'Olympics" is a wonderful way to meet other residents of homes and challenge yourself to go further than you ever imagined.



Think of all the experiences one can have on an airplane ride: security checks, delays, flight food.

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**Giving Children
Hope & Purpose
for the Future.**

This agency complies with all state and federal non-profit fundraising regulations. A financial statement is available for the asking.

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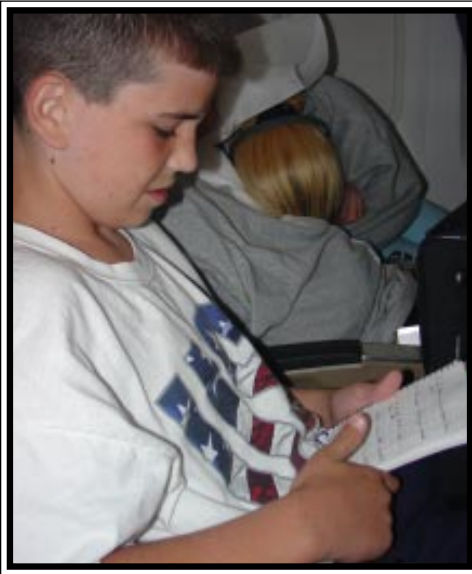
Open Doors is published periodically by PCHH

Billy Rice, Publisher
E. C Hill, Editor

Several cultural and historical adventures were planned as a part of the learning experience for the trip as well.



GOOD TIMES • KODAK MOMENTS



EXPERIENCE
is STILL a hard teacher.
She gives the test first,
the lesson afterwards.

