



The Canyon View

Craig R. Lewis, CPA, Assistant Administrator and Financial Officer

Craig R. Lewis was hired recently to assist in the administrative duties in running this big company we call Canyon View Medical Group. He has many talents. Curt and the doctors are all excited to have him share these talents and abilities.

Craig is originally from St. Louis, Missouri, but has lived in Spanish Fork for the past 21 years. His wife's name is Janet, and they have six children (one girl and five boys) ranging in age from 24 down to 5. They also have two grandchildren (one girl and one boy).

Craig received a Master's degree in Accounting Information Systems and a Bachelor's degree in Business (with a minor in English), both from Brigham Young

University. He is a Certified Public Accountant, licensed in Missouri and Utah. He has experience in both public accounting and in the private business sector – working in industries such as Internet Commerce, Solid Waste handling, Real Estate Development, and Aerospace Manufacturing. He has spent the past 10 years working as an Independent Business Consultant – dealing primarily with small-to-medium sized businesses – helping them get established, control their growth, and maximize profitability.

Craig enjoys taking trips with his family, being outdoors, and following BYU sports. Craig says he is excited to join the CVMG family and is looking forward to this wonderful opportunity!



Inside this issue:

Craig R. Lewis	1
Martin Luther King, Jr.	2
HSA Expenses	2
Joke Page	3
Want Ad	3
Raising ODD Kids	4 & 5

In honor of Craig joining our group, here is a funny CPA joke:

A lady goes to see her doctor with some very worrisome symptoms. After examining her, he says, "I'm terribly sorry to tell you this, but you only have six months to live." The lady is very distraught, "Oh doctor, what should I do", she asks. The doctor says, "I advise you to marry a CPA." "Will that make me live longer?", she asks, hopefully. "No," says the doctor. "But it will seem longer."

From Wikipedia, the free encyclopedia

Martin Luther King, Jr.

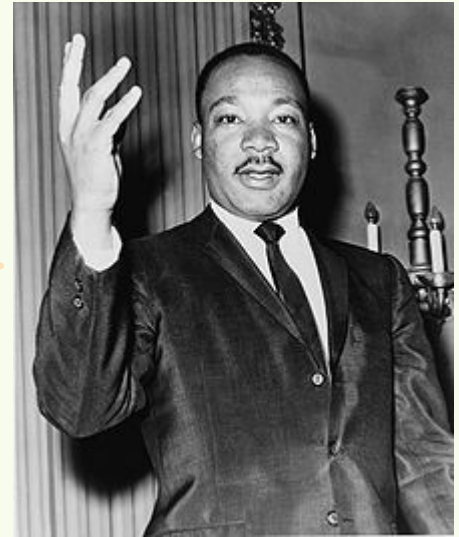
Martin Luther King, Jr. (January 15, 1929 – April 4, 1968) was an American clergyman, activist, and prominent leader in the African-American Civil Rights Movement. He is best known for being an iconic figure in the advancement of civil rights in the United States and around the world, using nonviolent methods following the teachings of Mahatma Gandhi. King has become a national icon in the history of modern American liberalism.

A Baptist minister, King became a civil rights activist early in his career. He led the 1955 Montgomery Bus Boycott and helped found the Southern Christian Leadership Conference (SCLC) in 1957, serving as its first president. King's efforts led to the 1963 March on Washington, where King delivered his "I Have a Dream" speech. There, he expanded American values to include the vision of a color blind society, and established his reputation as one of the greatest orators in American history.

In 1964, King became the youngest person to receive the Nobel Peace Prize for his work to end racial segregation and racial discrimination through civil disobedience and other nonviolent means. By the time of his death in 1968, he had refocused his efforts on ending poverty and stopping the Vietnam War.

King was assassinated on April 4, 1968, in Memphis, Tennessee. He was posthumously awarded the Presidential Medal of Freedom in 1977 and Congressional Gold Medal in 2004; Martin Luther King, Jr. Day was established as a U.S. federal holiday in 1986.

Rev. Dr. Martin Luther King, Jr.



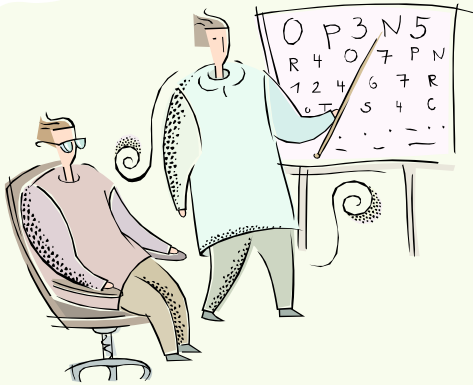
HSA—What is Legal Services to be Paid By Them?

Since Health Savings Accounts (HSA) are now being used more extensively in CVMG it is helpful to know that any legal medical tax deductible services are OK to be paid with the HSA monies. If you are unsure whether a medical expense is tax deductible you should check with your tax advisor.

You may not pay for cosmetic or elective surgeries as these are not tax deductible. Dental and vision services are able to be paid by the HSA unless they are elective and/or cosmetic.

Keep in mind the OTC (Over The Counter) supplies, which used to be OK, are not allowed to be paid for by HSA monies.

Researching questions with regards to what is and what is not allowable for HSA monies can be done, but if you use a CPA to research for you, you would be charged for his services.



I was performing a complete physical, including the visual acuity test. I placed the patient twenty feet from the chart and began, "Cover your right eye with your hand." He read the 20/20 line perfectly. "Now your left." Again, a flawless read. "Now both," I requested. There was silence. He couldn't even read the large E on the top line. I turned and discovered that he had done exactly what I had asked; he was standing there with both eyes covered. I was laughing too hard to finish the exam.

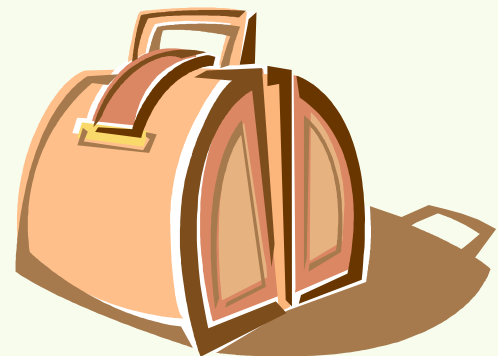
Dr. Matthew T. Heodropoulos, Worcester, MA)

Old Dr. Carver still made house calls. One afternoon he was called to the Tuttle house. Mrs. Tuttle was in terrible pain. The doctor came out of the bedroom a minute after he'd gone in and asked Mr. Tuttle, "Do you have a hammer?"

A puzzled Mr. Tuttle went to the garage, and returned with a hammer. The doctor thanked him and went back into the bedroom. A moment later, he came out and asked, "Do you have a chisel?" Mr. Tuttle complied with the request.

In the next ten minutes, Dr. Carver asked for and received a pair of pliers, a screwdriver and a hacksaw. The last request got to Mr. Tuttle. He asked, "What are you doing to my wife?"

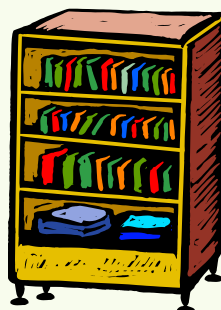
"Not a thing," replied old doc Carver. "I can't get my instrument bag open."



If you have anything you would like to advertise among your co-workers send Mark an email with the information!

Wanted:

Bookcase for my home. Four to six feet tall and no wider than 26". If anyone has one for a nominal price contact Dianne at Art City Clinic.



Here is a great article just posted on our CVMG website. If you have questions on raising children and many other topics check out our website.



Parenting ODD Children and Teens: How to Make Consequences Work

by Kim Abraham LMSW and Marney Studaker-Cordner LMSW

Does it ever seem as if you've tried every parenting approach out there, only to find that nothing works with your child? Kids who exhibit behaviors of Oppositional Defiant Disorder (ODD) can leave you feeling confused, frustrated, angry and disappointed. It often seems like nothing matters to them, which can make it hard for you to know how to respond to their behavior and what consequences to give. Kim Abraham and Marney Studaker-Cordner are child and family therapists who have worked with parents of kids with Oppositional Defiant Disorder for 20 years—and Kim is also the parent of an adult child with ODD. They're also the creators of *The ODD Lifeline*, a new program that offers real help and hope to parents of children with Oppositional Defiant Disorder.

"To test the effectiveness of the Fail-Proof Consequence, ask yourself, 'Will I be able to follow through with this in the face of my child's potential out-right defiance and refusal to comply?'"

Parenting an ODD Child—Not Your "Typical" Kid

Kids who are oppositional and defiant are not your "typical" kids. They behave in ways that scream "I don't care what you want me to do" and truly have little (or no) regard for what their parents or society expect of them. Typical kids know there's a line you just don't cross and—except for testing limits sometimes—they generally follow your rules and respond to consequences. ODD kids break the rules on a daily basis. It can wear a parent down to the point of feeling overwhelmed and exhausted.

ODD kids also thrive on the chaos that comes from the battles you have over control. Sometimes they'll even create those situations out of the blue. Maybe they're bored, irritable or having a bad day. Pushing a parent's emotional buttons can be entertaining and gives the child a sense of power and control. When you—as a parent—experience this on a regular basis, you start to question yourself: "Am I doing something wrong? Is this *my* fault?" It leaves you feeling vulnerable, guilty, embarrassed and ashamed. It feels like you're being judged by others—and, in fact, parents of ODD kids are often judged harshly by society. It feels very lonely.

"Consequences Just Don't Work with My ODD Child!"

Why does it seem like consequences aren't working with your oppositional, defiant child? Probably because you're using consequences you would give a typical child. We usually expect a child will respond to consequences—loss of privileges or losing a parent's trust—in a way that makes him uncomfortable, which will lead the child to changing his behavior. The problem is, ODD kids will stand there while parents are addressing an issue or concern, and the look on the child's face says it all: "I don't care." Sometimes they'll come right out and *tell* you they don't care! Reactions like that can leave you feeling frustrated, furious and desperate to influence your child in some way. When emotions come into play, any logical approach to consequences goes right out the window. It becomes a control battle—and ODD kids are masters at the game of winning a tug of war.

Also, a typical child will allow you—as a parent—to have some type of control over their behavior. If you ground them, they'll stay home. ODD kids will climb out the bedroom window five minutes after you've grounded them. Typical kids will change their behavior because they are uncomfortable with a consequence and don't want to experience it again. An ODD child may indeed feel uncomfortable but is committed to digging in his heels as part of the power struggle. He will look for ways to get around the consequence—and ODD kids are often very bright and creative when it comes to this. One mom we know told us, "You know, my daughter would make an excellent lawyer someday—she can argue about anything!"

A Different Approach: "Fail-Proof Consequences"

In our work with ODD kids and their parents, we use something called "Fail-Proof Consequences." These are consequences that are effective with oppositional defiant kids because full control over the consequence rests with you, the parent. Much of our work involves showing parents exactly how to use this type of consequence.

If your child has any control over the potential consequence at all, it's not fail-proof. For example, if you tell your child he can't use the internet, do you have complete control over that? Not really. Your child can always surf the web while you're asleep or at work or even in the same room. ODD kids are brave and bold and think nothing of flaunting your consequence in your face, something a typical kid isn't likely to do. Now, if you suspend the internet service for a few days or weeks, do you have complete control over that? Yes. You pay the bill and your child can't get it turned back on without your permission. It may mean you can't use the internet at home, but you still have ultimate control over that consequence. You may decide to get Wi-Fi access through your phone so your own life isn't disrupted. Understand that if it's not a consequence you can live through, it's not fail-proof. Your child may try to get around the consequence by going online at a friend's house or somewhere else, but your consequence—that he isn't allowed to use the internet at home—stands firm.

Another example of a typical consequence parents often use is grounding a teen from the phone. Is it fail-proof? Again, not really. Your child can always sneak and use it when you're not looking. On the other hand, if your child has a cell phone and you suspend service, is that fail-proof? Yes. You pay the bill and have complete control over the service. Your child may still have the phone, but he's not able to talk or text on it. Could he get a track phone from somewhere else? Yes. But you have complete control over whether or not you're paying for his phone. The consequence of shutting off the phone is fail-proof.

To test the effectiveness of the Fail-Proof Consequence, ask yourself, "Will I be able to follow through with this in the face of my child's potential out-right defiance and refusal to comply?" If the answer is "yes," then you have complete control over the consequence.

A Different Way of Thinking about Consequences

As adults, we tend to think of consequences as something that will change someone's behavior—in this case our child. We believe consequences *should* go hand-in-hand with changing your child's behavior. But that's not always the case, with kids or with adults. Just because someone experiences a consequence doesn't necessarily mean they will change their behavior. Otherwise, everyone would drive the speed limit once they received one ticket. Also, your ODD child may *act* like he doesn't care but that's not always the case. He's not likely to thank you for giving him a consequence and he may not change his behavior. But by consistently giving and sticking to fail-proof consequences, you've done what you can as a parent. You're teaching your child that when he or she does A, then B will follow. Our job is to prepare our kids for the real world. In the real world, there are consequences.

Is It ODD or Conduct Disorder?

You may be reading this and thinking, "Yeah, but even fail-proof consequences won't work with my kid. My child is aggressive and destroys my property. He steals from me and uses drugs." In those cases, you probably have a teen who has moved beyond ODD and into Conduct Disorder. In these cases, kids violate the rights of others and your fail-proof consequences will likely need to involve the police or the legal system. Parents often become frustrated dealing with those systems but there are some tips and techniques for ways to get the police or court to listen to you. We'll talk more about Conduct Disorder in future articles in *Empowering Parents*, so please keep checking your inbox and this website for more information.

The Strengths of an ODD Child

Each of us has a journey in this life—to decide who we are and what we want to be. Oppositional Defiant kids have existed since the beginning of time—they're our rebels. They bring about changes in society because they simply will not accept the status quo. We need our rebels. They make us think—about who we are, ourselves—and they offer us many, many opportunities for our own personal growth. They possess strengths like determination, a strong will and the courage to be different. Many of our entertainers, inventors and successful citizens were oppositional growing up. Steve Jobs, creator of what would eventually become Apple and James Lehman, creator of The Total Transformation, were both ODD and went on to impact the lives of others. If everyone was the same—what a boring world this would be.

When you're the parent of an ODD child, it's not easy. ODD kids challenge you and they don't respond to the same kinds of parenting techniques that work with other kids. We're here to offer you some new techniques that work, so you can hold your child accountable for his behavior and prepare him for the real world. We'll be talking about techniques that really *do* work when raising an ODD kid in many future articles in *Empowering Parents*, so please keep reading—and don't give up hope. We know what you're going through and we can help you survive!

Below is the source of this great article. Check more on this and many other topics by going to www.empoweringparents.com.

Empowering Parents, Kimberly, LMSW and Marney Studaker-Cordner, LMSW, Elisabeth Wilkins, Total Transformation Program, James Lehman and Legacy Publishing Company.