

# IN BALANCE TIMES

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From L to R: Jim Reynolds, Robert H, Tommy S, Nathan A, Dylan S, Justin S, Matt, T, Jack C, Noah H, Carver K, Xavier A, Jake N, Sharon Reynolds

By: Noah H

In November, a group of guys including myself decided to join the Christmas choir. We began to practice singing Christmas carols with our lead singer, Sharon Reynolds. Mrs. Reynolds has a lot of experience with the guitar and singing. She was able to guide us through the songs and to be a leader which brought confidence. When practicing, the guys enjoyed every moment of

it. Finally, the big moment came. We sang in front of the members of the nursing home and the mall in Sierra Vista. The elderly loved the way we sang, and even a few started tearing up. It was an amazing feeling to give back to the community in a positive way. After the nursing home, we went straight to the mall and sang in front of many of

the In Balance staff. Then, we went to Culver's down the street to enjoy a great meal. This is a trip I'll never forget, and it will always remind me how grateful I should be.



## *SPVA Christmas Assembly*



By: Malcolm H

On Wednesday, December 13<sup>th</sup> during what would normally be our assembly time, we had a Christmas party. The campus was split into five teams. One team was in Mark's room, one team was in Jim's room, one team was in Scott's room, one team was in Jason's room, and Wendy's team was in the main

room. There were decorations set out and there was a competition to see what team could decorate their room the best. Jason's team ended up winning that competition. Also there were Christmas quizzes that were handed out during the decoration time. The quizzes had clues to the names of Christmas songs and the team that got the most song

names got a point. Jason's team won that as well. Once all the points were added up Jason's team ended up having the most so Jason's team got a pizza dinner with a movie on the 26<sup>th</sup>. After all the competitions there was hot chocolate, cider, homemade cookies, and candy for all the students and the staff. Overall it was a good Christmas celebration.



By: Peyton R

New Year's Day was full of activities. There was no school, and we got to sleep in a little extra. The whole idea of the day was to have a milieu-against-milieu physical competition. The first game was a CrossFit package

obstacle course. We flipped tires, had a relay race, had a farmers-walk race, and other activities. The Patagonia milieu ended up winning the competition and took the prize of a dinner and movie off campus. The Rincons took second place and won an ice cream social. The

next contest was a basketball tournament. Four on four, first team to 11 wins. The Rincons battled their heart out and took first place with the prize of a movie and dinner. The last competition was a volleyball tournament. The final game came close, Rincons vs. Dragoons. In the end, the Rincon's took the win with the prize of an ice cream social. The day was packed full of activities, and by the end of the day, I was exhausted.



# Horse Trek

By: Jacob L

First and foremost, the word that comes to mind regarding horse-trek is “self-enhancement.” Self-enhancement played a role in many people’s experiences during horse-trek. Each and every single individual grew in the area of horsemanship and broadened their emotional horizons while



utilizing the groups we had during horse-trek. It all started at 6:30 in the morning on a very frigid winter day. A few guys went to load the horses in the trailer and bring them all the way to the drop point, where we were going to be riding. Once we got to the area we were going to be calling home for the next four days, we set

up camp. With teamwork, the camp was quickly and efficiently set up within an hour. Our first goal was to dig a grand hole in a designated area. What started off as a strenuous job soon became a light-hearted, fun activity. Throughout the group’s stay, one of the most recognizable aspects of the group was the ability to take certain situations and groups seriously and, when time permitted, to also be very light-hearted and to make the most out of any given situation. As a group, we all rode, back-to-back, two days in a row. We rode on rocky hillsides, coasted through plains, and cantered through washes. Our

best friends soon came to be our horses. We learned to trust when all other internal fears went against the very idea. We learned to lead more efficiently with our horses. We learned how to alter the way we go about relationships, by holding firm boundaries with others and horses. The experience was quite beautiful because we all had the chance to reconnect with ourselves. This trek is different for every single person that ever ventures out on it. This trip was the epitome of self-enhancement.

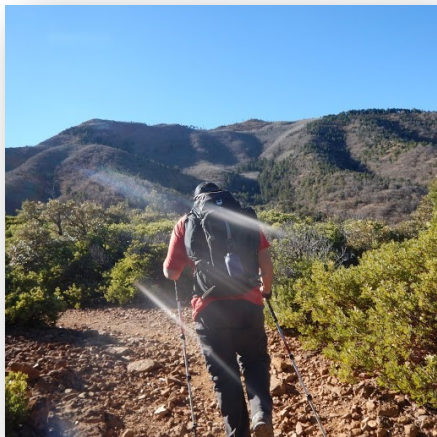




# Getting Ready for: Tanzania

By: Robert H

The preparation for the Tanzania trip has been eventful. Since early November, everyone signed up for the Tanzania trip has participated in a specialty group every Tuesday. We have gone over the expectations, requirements, and rules of how to stay on this trip and continue to meet every Tuesday to discuss any problems that are arising within the group,



or individually. We consider everyone in this trip to be part of the "Tanzania Milieu," and it's important to support one another just like you would in your own milieu. In the last couple of weeks, we have been discussing what it's going to be like when we get there. We have several hikes planned

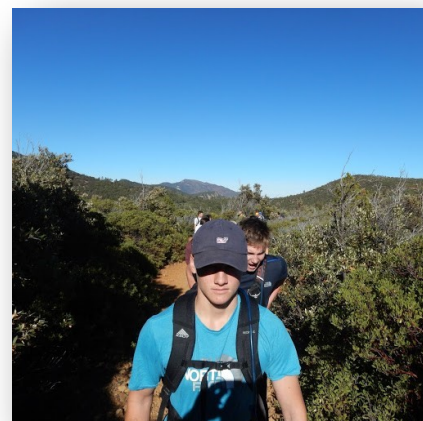


designed to help us prepare for the tough climb up Kilimanjaro and to bond as a group. Our November hike was at Carr Canyon in Sierra Vista and was a pretty leisurely hike. This was the first hike we did, and it was a beginner hike, just to make sure everyone's legs were functioning properly. This hike also helped us get a sense of what type of gear we will need and the importance of staying hydrated. For December, we were preparing for a hike near Tucson which was more advanced. We were all excited to go on this hike, but the weather took a turn for the worse, and it snowed 10 to 12 inches on top of the mountain. For safety reasons, we had to cancel the hike. We have two more hikes and a ropes course planned before we go!

At the beginning of the month, we started our Tanzania class and are now meeting every 6<sup>th</sup>

period on Tuesday. We learn about the culture and history of Tanzania. This class will count for a half semester of school credit in either English or History.

I will say that it is definitely some extra work, but I believe it will pay off. We are also fundraising money to help build and add on to a school in a local village there. With all the preparation and getting ready for Tanzania, it seems like a lot, but I am very confident this will be a trip to impact every person's life.





# paintball

By: Noah H

We were looking forward to this trip for a very long time. All week we talked about how we were going to play paintball in Tucson. The campus woke up with high energy, excited to play. The drive took a little longer than an hour. When we got

there, staff split up the teams into two. The paintball staff explained the rules of the game, and then we loaded up with paint. After, we started playing the adrenaline was running through everyone. We played about five games and then we stopped for lunch. The Ranch was nice enough to bring us a

bunch of pizza to enjoy. Then, we started the games right up again. Finally, in the last round, we used all the paint we had and started unloading on everyone. This trip was an amazing chance to bond with each other and a chance to show leadership by strategizing game plans.

## *LEVEL 3 RETREAT*

By: Tonio S

The Level 3 retreat is a trip designed for Level 3's and upcoming Level 3's to learn about themselves and build relationships with their peers. We took a trip up to northern Arizona to stay in the cabin. Up there we were able to take responsibility for cooking for ourselves and

cleaning up after ourselves. We participated in a variety of different groups. Since the groups were very deep and emotional, afterward we were able to relax in the hot tub, eat snacks, and watch movies. We even got to go to a public pool to have fun and relax after a day of hard work. The groups helped me look at myself and learn so

much about myself. This retreat created a space for me to bond with my peers on a deeper level and feel comfortable sharing with them as well. The emphasis of the whole trip is to create a safe environment for everyone to grow as people and as leaders in the community.

## *Fresh Start Fundraiser*

The second annual FreshStart Fundraiser was held at the Savoy Opera House in Tucson on Friday, November 10th. FreshStart is a not-for-profit that was born to combat addiction and mental health issues by helping to fund treatment services for those who cannot afford them. It was a beautiful event, with more than 100 community members,

friends, family members, and some of our In Balance Academy students in attendance. We enjoyed a delicious meal, and music performed by Academy alumni, Ari Korn. There was a silent auction of some exciting items and services that were contributed by our friends in the Tucson community, as well as a raffle. The highlights of our evening were the

stories that were shared by alumni and parents of some of our former and current Ranch and T.L. students. The evening was a tremendous success, and it was a pleasure to share the experience with 10 of our students. It was a weekend filled with inspiration.



## *2017 Legacy Awards*

On Saturday, November 12th, alumni, staff, students, and friends of In Balance gathered at the Ranch to honor the recipients of our Legacy Award. Legacy Awards are granted annually to In Balance alumni who have a minimum of two years sobriety post-treatment and a commit-

ment to service. Against the backdrop of the Arizona mountains, the recipients shared their experience with the community, and received a plaque and a scholarship award of \$1,000. It was moving to hear them tell of their struggles and their shift to embrace sobriety, and the wonderful places their lives

have taken them. So many of our former students have come back to volunteer and work for us, and it is an honor to get to know them as young adults who are celebrating healthy, sober, wonderful lives.

Thank you to everyone who participated in each of these events.

### *Recipients*

*Ari K*

*Austin D*

*Carter C*

*Christian S*

*Ed D*

*Ian N*

*Jake B*

*John M*

*Lucas J*

*Luke B*

*Mitchell H*

*Seamus G*



# Level 4 Retreat



By: Daniel Bu

The Level 4 retreat was the best experience I have ever had in my life. A group of upcoming level 4's and those who already were Level 4's, went to Zion National Park. We climbed Angels Landing, visited the Grand Canyon,

went through the Narrows, and hiked through the beautiful scenery of Bryce Canyon. The best part of the trip is the fact that I went with the people that I have been very close with throughout my whole stay. Another thing that I liked about the trip is how much everyone let loose and just

had fun. No complaining, no arguing, just jokes and laughter. I recommend going to Zion sometime throughout your life because I promise you that you will have a blast.



# BOWLING

## *with Spring Ridge*

By: Carver K

On Saturday, December 2<sup>nd</sup>, a group of Upper Levels and a few Level 2s, from In Balance Academy went to a bowling alley outside of Tucson, AZ. We met up with a group of girls from another boarding school called Spring Ridge. I had a lot of fun bowling with them and talking to them about

what their daily life is like. After a good bowling game full of strikes, we headed off to Chili's restaurant. We sat at a huge table and talked for an hour to about an hour and a half. After eating lunch with them, we said our goodbyes and both parties headed back to their boarding schools. I am excited for the next time we get to hang out with them.



*Daniel Bu*

10-3

*Enzo M*

10-7

*Justin S*

10-12

*Aaron S*

10-15

*Tyler J*

10-24

*Hunter H*

11-4

*Robert H*

12-11

*Dylan S*

12-24

*Zach S*

1-14

*Matt T*

1-17

*Donald W*

1-22

*Gabe K*

2-1

*Ben B*

2-15

*Elliott H*

2-28





# *Adventure Gallery*



***Thank you to all who contributed to this  
publication.***



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