

In Balance Times

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Solar Eclipse

Aug. 21, 2017



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By: Malcolm H

On August 21, there was a solar eclipse that could be viewed as a full eclipse on a path from Oregon to North Carolina, but here in southern Arizona we only saw about a 60% eclipse. That morning, at about

10:00 AM, we left the school house and went to the basketball court to watch the eclipse. Mark Hixon, our science teacher, bought the whole campus special glasses for the viewing. We stayed on the court for about an hour and watched the moon start to eclipse the sun for thirty minutes, then after the peak of what we would see here at the

Ranch, we watched the moon get out of the sun's way. At the peak of the eclipse, the sun looked like an orange crescent moon through the glasses. With the glasses on, we could not see anything unless we were looking directly at the sun. It was fascinating to see because that was the very first time that I had ever seen a solar eclipse.



Level 4 Retreat



L to R: Austin A (Staff), Finley H, Peter W, Ethan C, Ken P, Peter T, Anthony P, Brad D, Austin A, Myles G; Front: Chris G (Staff), Jacob S

By: Jacob S

The Level 4 Retreat was a pleasant experience as it brought up some memories for me going to the wilderness in Utah; although, this time I wasn't going to the Uinta Mountains but instead going to Zion National Park. On the 13 hour drive through Arizona to Utah we stopped at the Horse Shoe Bend which is a national monument on the Colorado River near the town of Page, Arizona; it had a beautiful view of the river that resembles a giant horse-shoe.

We then camped in a Zion campground on the West Rim and ate MREs (meals ready to eat), which all you need to prepare is add boiling wa-

ter. The meals were exceptional as they were high-quality ingredients and a nice reward to look forward to after a long day hike in Zion.

On the first day, we hiked Angels Landing which was somewhat out of everyone's comfort zone.

Angels Landing is a 5-mile round trip hike on a 1488-foot tall rock formation. It has some narrow

walk ways with only guard rails holding you back from falling off. We all kept a comfortable pace and made it to the top where we ate lunch; it was a rewarding hike, but definitely a challenge for those scared of heights.

My favorite hike in Zion was through the narrow

canyon known as "The Narrows," which was about a 10-mile round trip hike through the Virgin River. It was tiring as it was hard to hike over all of the bumpy rocks, so we wore special water shoes with ankle support and brought walking sticks. The canyon walls around us made for a beautiful surrounding experience, and the water became deeper as we went further up-stream. The current of the river was tough trekking against, but it was all worth it when we floated



back down on the river together with our camel-back backpacks and water shoes. The hike was certainly out of my comfort zone; but I found it felt relieving, rewarding, and fulfilling when my group

pushed me to make it so far.

We made bracelets and roasted s'mores on the last night of the retreat, and we read our short-stories that we were assigned to write as a therapeutic assignment. The stories we wrote were profound and meaningful to each student and were well written. Overall the retreat was a great opportunity for peer bonding for people in different milieus and appreciation of the Utah wilderness.



Level 1 Sweat Lodge



L to R: Aaron S, Hunter H, Gabe K, Carver K, Tonio S, Matt H (Staff), Anton R, Jackson E, Noah H, Andrew M, Jake A, Robert H

By: Noah H

The retreat started with a long drive up to the White Mountains. We stopped halfway to grab a bite to eat at Subway. We had another three hours until we got to our destination. Everyone on the retreat was excited to be part of another wilderness experience! When we finally got there, we made our



campsite right next to the Black River. The Black River stretches 114 miles and is a salt water river. The river forms southwest of Alpine and flows southwest then northwest to meet the White River west of Fort Apache. A couple of guys and I decided to set up our tent right next to the river, so there was a soothing noise to fall asleep to. After we set up our tents, we went swimming in the river, and some of the guys went fishing. The rest of the day was relaxed and calm. During the night, we made hamburgers for dinner and had s'mores for dessert. We ran an intentions group around the fire because we wanted to ensure we got

something out of the retreat. Most of us decided to go to sleep because we had a big hike ahead of us in the morning! The next morning a couple of the guys made the group breakfast. We had eggs, pancakes, sausages...yum! Then, we packed for the hike and made lunches for the big hike. We journeyed through the river and on our way some of the students



either went craw fishing or swimming. After, we went on an uphill hike up a mountain. When we made it to the ridgeline, I felt accomplished because I have never been up such a steep mountain. When we got down from the mountain, my friend, Robert, and I floated most of the way back to our campsite. At night, we made grilled cheeses and tomato soup for the group. We played mafia around the campfire and told scary stories. The following morning we ate breakfast and fished for the next breakfast. It was a big day because we started making the sweat lodge. The sweat lodge took about three hours to build. We were very dedicated to building the best

lodge. After building the lodge, we ran a group inside of it. Let's just say it was scorching! When we got out of the lodge, we jumped into the cool water. When we got out, we celebrated my friend Andrew's birthday with lots of candy and snacks! It was a great trip with a great group of guys. Not only was I extremely vulnerable but I built a great bond with the rest of the guys.



ASCYPAA (Arizona State Conference of Young People in AA)

By: Daniel Bu

I'd like to start off by saying that I think this was one of the best AA conferences that In Balance Academy has ever sent out. Not only did everyone get to bond and make friends in recovery but we also got to explore parts of Tucson, go swimming at the pool party, dance, and we also got to bond with the other treatment centers that were there as well. The thing I liked most about this trip were the big

meetings. Around 7 o'clock every night everyone would meet up in the assembly hall and would either sit through a very humorous speaker meeting or a hilarious talk by the steering committee. The cool thing about ASCYPAA is that all of the students that were not on consequence or were not on orientation ended up going. There were also In Balance Academy Alumni that went to the conference. They were very supportive of all the students that went and were help-

ing hold us to a high level of accountability so that no one would come back to any consequences. It turns out that Tucson was awarded WACYPAA and that will be happening somewhere in 2018. It is possible that I will still be at TL at that point and I'm looking forward to this next upcoming AA conference.



Steering Committee

By: Charlie H

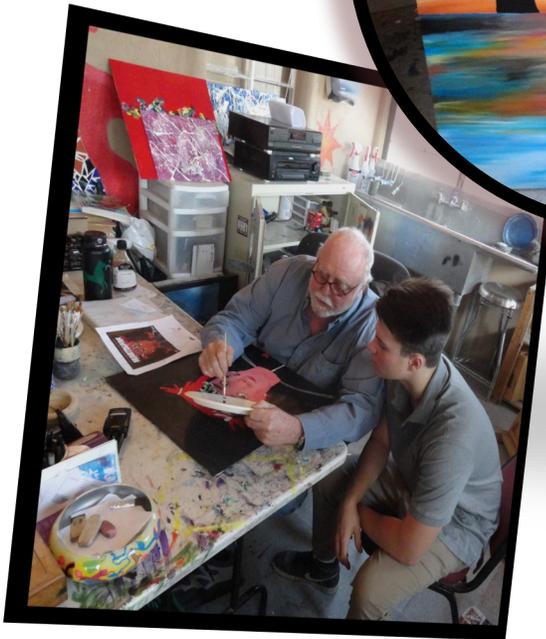
The Steering Committee is a group of students at In Balance Academy who are particularly enthusiastic about Alcoholics Anonymous (AA). In our committee meetings, we decide how the AA meetings are to be run, how we can improve the meetings, and how we can make AA more appealing to newcomers. The students in our committee lead the AA meetings on campus. We usually run discussion meetings, Big Book/12 & 12 reading meetings, mediation meetings, or a combination of two or more of these. Our goal is to make AA on campus authentic. We try to make it as similar as possible to the AA meetings students will experience off campus.

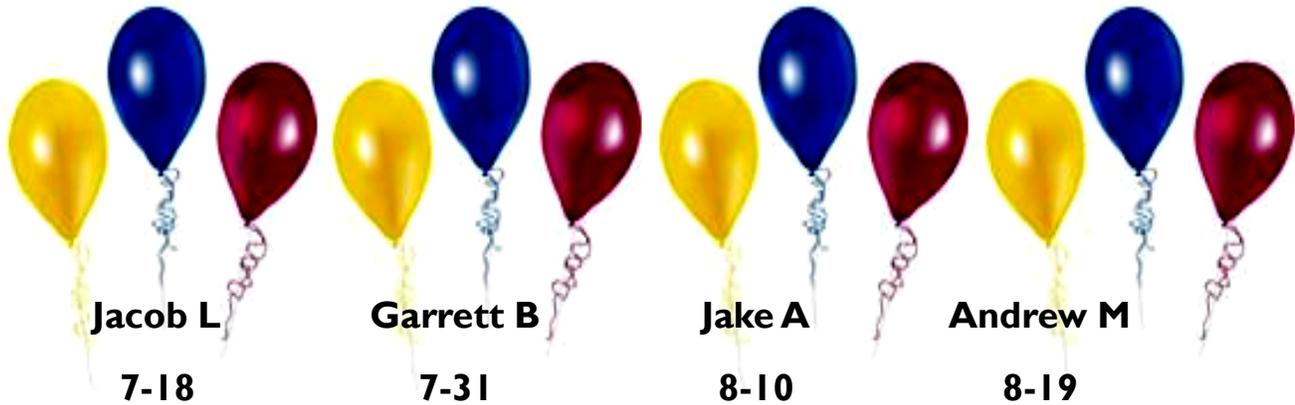
We also go off campus every other Sunday to participate in the logistical meeting for TACYPAA (Tucson Area Committee of Young People in Alcoholics Anonymous). These meetings are not like regular Alcoholics Anonymous meetings because we discuss, vote, volunteer, etc. on different events happening around the area. Some examples are picnics, concerts, conventions and more. I know that this committee will be hosting an upcoming Halloween event that we could help run. Also, this board has won the bid for a SWACYPAA (Southwestern Area Conference of Young People in Alcoholics Anonymous). SWACYPAA is a huge con-



ference, and it's cool that we get to be a part of that, which is the whole idea of the IBA Steering Committee. Being a part of SWACYPAA gives us an opportunity to be of service on an even bigger level, and it allows us to get outside of ourselves and help out. Being of service is a fundamental component of recovery, so it's great that we are getting the chance to do that.

Artists in Training





Jacob L

7-18

Garrett B

7-31

Jake A

8-10

Andrew M

8-19

Jackson E

8-22

Tommy S

8-29

Danny Be

9-1

Martin R

9-4

Jacob S

9-18

Daniel Bu

10-3

Enzo M

10-7

Aaron S

10-15

Tyler J

10-24

Austin A

10-31

David D

11-2

Hunter H

11-4

Finley H

11-9

Ken P

11-19

Robert H

12-11

Dylan S

12-24

Noah D

12-28



Happy Birthday



I'm Puzzled!

SHAKESPEARE WORD SEARCH PUZZLE

T X W C X L T E J K I N G J O H N
 I T G L O B E T H E A T R E L Z G
 E R B I Q M C Y M B E L I N E E S
 K M H J K D E A P L B C H J S T K
 I Z I Z S C H D A D D R U Q W O W
 L R I Z Q T Y T Y N B L V E Z D J
 U A I G H P S C O R I O L A N U S
 O E V D B R L K C U O F G A X O T
 Y L Y H E A V A S V T D Y E N T S
 S G R T T A R C Y H K D V N Z H E
 A N N X V E A D N W E H E F H E P
 T I E T N E B I O G R T E H A L M
 W K H C S H G C A F S I Q Q M L E
 L Z G A L H W R A S A N G Z L O T
 T G R D T P T B E M Z V K H E R E
 T E I L U J D N A O E M O R T A H
 Y U H C N W P Y Y J C V X N P U T

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| AS YOU LIKE IT | GLOBE THEATRE | KING LEAR | SONNETS |
| BARD OF AVON | HAMLET | MACBETH | THE TEMPEST |
| COMEDY | HENRY VIII | OTHELLO | TRAGEDY |
| CORIOANUS | JULIUS CAESAR | PLAYWRIGHT | TWELFTH NIGHT |
| CYMBELINE | KING JOHN | ROMEO AND JULIET | WINTERS TALE |

CHEMICAL ELEMENTS WORD SEARCH PUZZLE

Z H P V B M E R C U R Y X G A D A
 L M L L C D N O L R R N P D W Q T
 J W A P H C U I W C O A B U H G A
 B D T U H C M J T B O C N D Z X A
 B H I Z O Y P V R R I P X I V W G
 M V N W Z G D A P I O S P H U H H
 T U U H P S C R N J X G M E F M L
 Q I M K M Z F X O V Y R E U R M V
 M D P R B A P S C G G O Q N T K A
 S M D Y D A G T I O E D J B C H N
 G A N P R U W N U T N N K B Z M T
 M U E T A A R S E N I C Z Z O R I
 Q B R O M I N E H S G O I Y S K M
 E L C N L W F P C W I S D T Q B O
 P O T A S S I U M N A U T I R K N
 C O B A L T I T A N I U M E N R Y
 N C A L C I U M A H N Q J I N E F

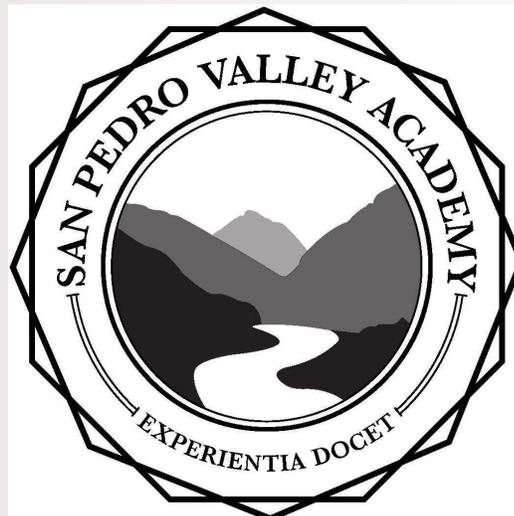
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|----------|----------|-----------|-----------|
| ANTIMONY | CARBON | KRYPTON | PLATINUM |
| ARSENIC | COBALT | MAGNESIUM | POTASSIUM |
| BISMUTH | COPPER | MERCURY | TITANIUM |
| BROMINE | HYDROGEN | NITROGEN | TUNGSTEN |
| CALCIUM | IODINE | OXYGEN | URANIUM |

PSYCHOLOGY 101 WORD SEARCH PUZZLE

B L Y R J Q U U V I O B P L A C E B O
 S E P S Y C H O A N A L Y S I S W B S
 P C H J R O K P M E F E I G L M I S C
 V I H A P M X N E U R O S I S S L P I
 G S W I V H C J O B J J G B N A H D E
 P G A L Z I I D E N T I T Y P E E C N
 H C T N T O O K Q G V P D I O A L A T
 O O L W X K P R X G V W Q V S C M X I
 R G C Z T I B H K X Z D X A I L W D F
 M N N E M F E A R X W U Q N G J U L I
 O I G W A H H T D E H A G P M X N G C
 N T M X I W T Y Y K N L K A U Q D C M
 E I L C O M C F P Z V I I V N J T X E
 S V B J A Y F K S N F S A L D J I N T
 U E V R M O D W K U O M Y O F Z H D H
 C A S E S T U D Y P R S G V R B P F O
 C O R R E L A T I O N V I R E F A L D
 F P S Y C H I A T R Y Y E S U F Z H R
 A N T I S O C I A L O W W Y D F S K Z

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|------------|-------------|----------------|-------------------|
| ANTISOCIAL | CORRELATION | IVAN PAVLOV | SCHIZOPHRENIA |
| ANXIETY | DUALISM | NEUROSIS | SCIENTIFIC METHOD |
| BEHAVIOR | HORMONES | PLACEBO | SIGMUND FREUD |
| CASE STUDY | HYPNOSIS | PSYCHIATRY | SURVEY |
| COGNITIVE | IDENTITY | PSYCHOANALYSIS | WILHELM WUNDT |

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