

HAPPY RE-
RETIREMENT, MR.
BLACK



“I am not going
anywhere; I am only
on my Way”

Hermann Hesse
(retold by Mr. Black)

“Break!”

“Back on task!”

“Alright, circle up!”

These, the everlasting quotes of the indescribably unique voice of the mysterious David Black, will be forever remembered in the hearts and minds of In Balance Ranch Academy students and faculty.

The legendary Mr. Black will be the epicenter of many generations of Ranch folklore, and as sad as it is to admit, it will only be folklore. Mr. Black has had an outstanding tenure at the Ranch, reaching and positively impacting the lives of many young men. His witty humor, excellent linguistic skills, and quality taste in literature are but a few of the attributes Mr. Black brought to the ranch.

As of June 25, 2010, Mr. Black will be resigning his office as the Language Arts teacher at In Balance Ranch Academy. In his nearly four years of working here, dozens upon dozens of students have bettered themselves not only in the field of reading and writing, but from the decades of life experience Mr. Black freely shared. Once a US Marine, and once a public school teacher, Mr. Black has extensive knowledge of multiple circumstances, and can offer unique insight for any situation.

Mr. Black, thank you for all you have done for the Ranch community. It is greatly appreciated and you will be dearly missed. We wish you the best and hope that you are happy and successful in whatever it is you decide to do with the remainder of your life. Your shoes (or, should I say, sandals?) will be a difficult pair to fill.

“Pack it up!”

--Contributing Writer: Max R.

LARRY CATTEN-

Larry has a BS in Political Science and a Juris Doctorate degree from the University of Utah. Before coming to In Balance Ranch, Larry had a private legal practice in the areas of administrative law, construction and employment law. He also had over twenty years in the public sector in various capacities including director and executive director of municipal agencies and a lobbyist to state and federal agencies.

In his legal and public sector career, Larry has drafted hundreds of legal documents and dozens of presentations and proposals for federal, state and local government agencies as well as corporate executives. The legal documents and technical proposals ranged in size from a single page to several hundred pages.

Larry has been heavily involved in outreach teaching opportunities with legal and government associations. He has taught proposal writing and skills and techniques in numerous seminars, workshops and conferences. He has also been a civics, government and political science lecturer for several high school classes.

Larry enjoys living in southern Arizona where he can frequently be seen riding his motorcycle along the back roads of the area. As a former high school athlete with an injury shortened college football career, Larry enjoys all sports and outdoor recreation activities.

“Throughout my professional career I have had a compelling interest to eventually teach at a high school or junior college level. In Balance Ranch has given me the opportunity to achieve that career goal. More importantly, In Balance gives me the

opportunity to work with gifted and talented young men. It is an immeasurable opportunity to help young men as they find their path to success and fulfillment.”

“Welcome to the Team!”

HAVASUPAI



Dan P.

Havasupai was a trip filled with exhilarating events that I would have never experienced anywhere else. I will never forget it. The trip really took off when we began our twelve mile hike through the Grand Canyon. The scenery was unbelievable, consisting of cliffs upon cliffs, peppered with lush, green forests and cool-blue rivers.

A few hours after the hike we headed off to take our first swim during our stay in Havasupai. About ten minutes away from where we were camping stood a glorious waterfall plunging into the river. Although the water was cold, there was no hesitation with jumping in. This was where one of the most memorable moments took place. We swam underneath the powerful forces of the falls and made it to the cave behind it; it was an amazing sight that I will picture in my mind for the rest of my life.



The second day we hiked further down and beside the river, our destination an undisclosed but highly anticipated location. When we arrived at “the spot”, I realized it required jumping from a waterfall into a deep part of the river.



This is going to be easy, I thought. Slowly it dawned on me, as I crept closer and closer to the ledge, that a forty foot fall separated me from the waters below. Everyone else jumped with little reserve; my feet were glued to the ground. I felt I would never get enough courage.

The support from my milieu and staff was unbelievable: they refused to accept my

rebuttals informing them I couldn't do it. I might have convinced myself of the impossibility of my jumping, but they were too persistent. It took more than a half hour, but my milieu was with me every minute of the way, loudly applauding when I finally leapt into the unknown: a leap, if not of faith, of trust.



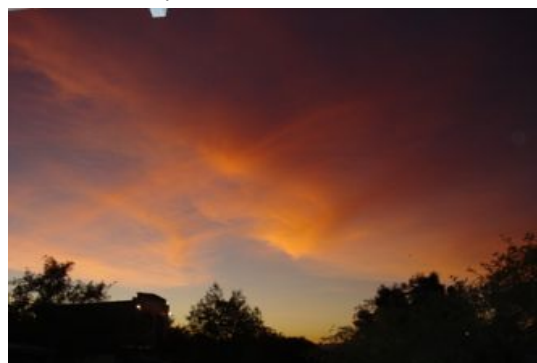
The third day we hiked a few miles where the river broadened enough so one could swim. As we neared the end of the hike, another waterfall came into view. This one was monstrous, roughly 200 feet high. Distracted by the beauty of the falls, I realized that the rest of the hike was climbing down a cliff. After the climb down, all of us were ready to cool off in the water. Motivated by our last challenges, we were ready to take on the pounding waterfall.



Many methods and attempts were made trying to get behind this one. After a few hours of trying, our challenge was defeated. I can still see it vividly with its thunderous sheets of water, blocking all who would venture past.

On the last day, we took a long journey through forests and rivers to our next destination. When we arrived, another refreshing swim took place upon the crystal blue waters. After a little while, we headed further up the river, back to where I struggled to jump two days before. This time, however, the jump was twenty feet higher than before, on a different precipice.

I stood with my feet glued to the ground once again. My milieu again supported me and I made the leap!



PPC WEEKEND



MAX G.

The Positive Peer Culture, or the PPC, is a way of confrontation that is used in many places worldwide. People who use it come, neutrally but swiftly, from a caring place. PPC, at In Balance Ranch Academy, is the preferred and primary way of confrontation. First, a student employs peer support (like it sounds, getting help from other students). If that initial method is not effective, a student would then seek staff support. PPC weekend is a chance for ranch students to go to a cozy cabin in Northern Arizona to relax and learn about the PPC.

PPC weekend started off with a relaxing afternoon: people worked out, played Nerf wars, watched television, and went shopping for food and other supplies for the upcoming weekend. For dinner, we picked up pizza from a pizza parlor, the self-acclaimed authentic sliceria in America. That night, there was a large campfire where everyone roasted marshmallows and made s'mores while talking about their goals for the weekend.

After breakfast the next day, we quickly got settled in for our first group. It started out with us talking about ways of confrontation. We continued talking about different personality traits and best ways to address destructive behaviors. We also discussed leadership and ways of doing it, whether it is by example or

vocally. The group ended and we relaxed for a bit before going to a Chinese buffet restaurant and going to watch Iron Man 2.

The next day was similar in structure to the previous one; we discussed the PPC on the ranch, how to have efficient community meetings, and the rules and guidelines of Guided Group Interactions, or GGIs.

After the group, we all went to a burger restaurant and then went bowling, got ice-cream, and went back to the cabin. We then had a rock ceremony in which we took rocks, talked about our weekend and sat around a campfire to finish up the weekend.



Since PPC weekend I have been confronting peers in the way that the PPC instructs, and I have also noticed how our GGIs and community meetings have been going much better. My favorite parts of the weekend were having Nerf wars, using the Jacuzzi, and bonding with people I didn't have great relationships with.

As the saying goes, the Positive Peer Culture is like a train: once it gets started from all of the effort and coal being put in, the harder it is to stop.

Tucson 10-K



ANDY G

On Sunday May 2, 2010 seven students and one therapist ran a 10k race in Tucson, starting and ending at Cholla High School. The course was slightly inclined the whole time, which made it difficult. The race started at 7:00 am and was sponsored by Tucson Heart Group. The race winds its way through Starr Pass resort in the foothills of the Tucson Mountains. Throughout the whole race you have mountains in your view which are beautiful to look at while running.

The students that ran the race were Jordan B, Andy G, Phil M, Noah Z-M, Julian B, Ryan H, Dan P. The therapist that ran was the Huachuca therapist Ugo U. The top three runners for the ranch were Jordan B with 48:56.9, Andy G with 50:21.4, and Ryan H with 53:31.4. All of the runners did very well; for Dan P, Ryan H, and Phil M it was their first competitive race.

After the race there was a mariachi band, burritos, and Eegee's smoothies.

Races benefit others as well as ourselves while we get in shape. This race gave two graduates from Cholla High School scholarships. Therapeutic Riding of Tucson (TROT) and Arizona Cancer Center received donations to upgrade their facilities and support their research. This is one example of how the Ranch and its students give back to their community.

PAINTBALL TRIP



NATE R.

On Monday morning, we all woke up to eat breakfast like any other day; however, this day was not just any other day. This was the day of our trip to Tucson to play paintball. We got together before leaving to talk about rules and expectations, and everyone was excited to get off the ranch and have some fun.



We drove the hour and a half into Tucson, and then continued north for another fifteen or twenty minutes, until we arrived at the semi-rural setting of Disruptive Paintball. Disruptive Paintball is the major paintball site in Southern Arizona, and boasts multiple playing fields, including a helicopter crash yard, and an urban-style setting complete with houses and towers.

When we arrived at Disruptive Paintball, we were greeted by our referees, who provided us with our rental guns, masks, and seemingly endless boxes of paintballs. We grouped up into teams by milieu, and were joined by several kids from the Transitional Living Program, as well as staff members from the Ranch and TL. The staff and TL kids formed their own team, and they were definitely the target that each milieu was gunning for.



We started playing soon after we arrived, and intense competition ensued, with the entire event lasting several hours. We took short breaks to reload our guns, clean off our masks, and re-formulate our team strategies, but other than those few lapses in action, we played almost continuously. The climax of the day was the last match, with two teams on each side, playing over two entire paintball fields.

After we finished our last game, and everyone had finished shooting off their extra paintballs, we all retired to the rest area, where In Balance had provided pizza and soda for everybody. After an hour or two of eating, drinking, and relaxing, we piled into vans to return to the Ranch, more than satisfied with an awesome day.

FAMILY WEEKEND**BRIAN W.**

The beaming sun, the smell of Pine Sol, the crushing anxiety... it was family weekend once again. This being my third family weekend, I already knew what to expect. Still, sitting in the lodge for what seems like an eternity can still be trying.

My family arrived and, after many hugs and kisses, we headed to the school house for the slideshow. After the opening slideshow (arranged by Mr. Allen L.), we headed to the dining room with Tiffany, who, at the request of many, had a new ice-breaker for the families to partake in.

That weekend, I also got to enjoy one of the many perks of being an upper level: sleeping off-campus every night. We got dinner, went shopping, and watched movies, knowing that all the real work was going to start Saturday morning.

Our Saturday morning started off with adventure therapy with Ugo. This consisted of various teambuilding exercises, the hardest of which was trying to balance 14 people on a balance log.

After lunch my family and I attended the "Art Therapy- Self Portraits" group, run by Bryant. My family traced my entire body on a giant piece of paper and we all wrote things that

attributed to my personality in the past or will in the future. A common element with most of the boys was that they weren't too fond of the part of the exercise that involved the past, which really shed light on how much change an In Balance student has experienced by their third family weekend.

The night was a relaxed one where I spent a lot of time with my family.

Sunday morning's workshop was "From Childhood to Adulthood," by Edy and Lisa. This group was a comprehensive view of what immature relationships and mature relationships are and how they evolve over time. The afternoon workshop for the weekend was unique in the sense that we broke off into groups by parents, students, and siblings.

Being a student at the Ranch, I was naturally with the student group doing a Big Book study. The study was run by Jeff and was very informative and enjoyable (as they always are with Jeff). I can't speak for how the parents' support group and the siblings' support group went but, by judging my parent's and sister's moods afterwards, I think it's safe to say they went well. The night looked pretty similar to the previous two, except my stepdad spent a great deal of time preparing for the closing circle the next evening.

Monday's workshops were "Transition Planning" with Patrick and "Communication" with Shannon. Both of these were informative and laid back. Everyone seemed to enjoy the workshops, appreciating a more relaxed chance to wind down the weekend.

Although on paper the weekend may not seem like too much work, in reality it is very stressful at times. Successfully completing the weekend was relieving for my family and for me.

The Chiricahua family weekend ended on a humorous note: my stepdad revealed what he had been preparing the previous night. I

believe that at least one tattooed In Balance student isn't looking forward to the day he turns 80: my stepdad gave him a little picture of how tattoos look on an 80-year-old person.

In short: it was another family weekend chalked up in the "success" column.

SWEAT LODGE



JORDAN B.

This weekend the Rincons went to the sweet lodge down by Douglas, AZ. This was my first and last time going to the sweat lodge, but I am glad that I went. It was a great experience.

We started out the weekend by heading toward Cochise stronghold by the Chiricahua Mountains. There, we camped for a night and learned about Cochise and the history of the area. Our two guides, Charlie and Jesus, knew an incredible amount about Cochise and the other Native Americans he interacted with, informing us of the many years of war between the Native Americans and the whites in the area.

After hiking up to where Cochise and his tribal elders meet for their council meetings, we went back to camp to eat an excellent meal. Before the meal we learned to play a game called Mexican Pelt or "Los Hoyos" which means "the



Little Holes". This was a really fun game and everyone had a great time playing.

After eating chili dogs, we started up a fire and roasted some marshmallows, ending the night by sleeping under the stars.

The next morning we got to the actual lodge, preparing the fire at around three in the afternoon. There are four rounds in the lodge, with each round getting increasingly hotter. By the end of the first round most people are drenched in sweat. In the lodge we chanted songs and we prayed for ourselves and others.

After leaving the lodge, the cool breeze was incredibly relieving. After coming out I felt a euphoric relieving feeling I had never experienced before: my body felt as light as a feather, and my head was very dizzy.

We again went to sleep under the stars, and woke up the following morning to steamy hot chocolate and a bowl of cereal.

After an entire weekend of heat and sweat, it was amazing to go into the nice cool pool water of the aquatic center. In the pool we played a game of pickup water polo before heading back to the ranch.

My favorite moment throughout the entire weekend was the water polo match; it was a lot of fun to go into the cool water after a really

hot weekend. Being in the lodge really took me to a euphoric state and made me feel really close to God through the process.

WOLF SONG



GABE C.

The Rincon milieu, during off campus activities for Family Weekend, went to the Wolf Song wolf sanctuary in New Mexico. On Friday, we set up camp and met some of the rehabilitating wolves, preparing for a weekend of hard work and service.

Wolf Song has around 200 rescued wolves protected from dangerous environments and habitats. While the Rincons were on the sanctuary, we helped the owners, Mike and Jo, clean and pack up their ranch. As of May 28th, they are moving all of the wolves to Ohio.



New Mexico is in the middle of the dry desert which is nothing but harmful and unproductive to the wolves. In Ohio, the wolves will be living in lush, green, and fertile settings thriving with grass and woodland. This is how wolves are supposed to live.

Over this weekend, my milieu and I learned about the hardships that these wolves have been forced to go through, and the magnificent recovery and rehabilitation that these wolf sanctuaries offer. In a way, the wolves provided me a reflection of myself, mirroring the long struggle and hardships I've gone through in my journey.

