



# Dorm Update

## Backpacking

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Novitas Students had the opportunity to go on a weekend hike in the majestic Sawtooth Range near Stanley Idaho. A lot of effort was put into making sure that provided food would be healthy and enticing to the boys and that their pack weights would be minimal so they would enjoy the hiking. We left campus on Friday just after lunch with five boys, a therapist and one staff. We drove the two and half hours to the trailhead and began our 2 mile ascent to Hell Roaring Lake. Most of the boys did really well hiking. A few had difficulty but learned that their physical strength was tied to their mentality and that by remaining positive they could hike further and faster than they previously thought. Once at the lake the boys set up their shelters (some of which were made with Tyvek Paper and tape!) and cooked dinner. It was about 25 degrees that night but the boys slept well in their sleeping bags and extra liners that were provided in case they were cold. Saturday morning the boys packed up

quickly and hiked 4 miles and gained 1000 feet in elevation to reach serene Imogene Lake. After a break and some trail food the boys chose to push even further than planned! They wanted to go off the beaten trail to a well-kept secret called Lake Lucile. The way to this beautiful blue emerald lake is by animal trail that is very steep and rugged. Along this animal path are several ponds and lakes. Due to the concern of a mildly twisted ankle the boys were stopped shy of their goal. They accepted this really well! Camp was set up on a peninsula with long granite fingers above a beautiful small lake at 8,400 feet. Four of the boys joined in an off trail boulder hopping adventure to Lake Lucile. The water at Lake Lucile is so blue and clear you can see the fish 20 feet below the surface! We caught 6 fish (as big as 17 inches) and found a place to fill up our water bottles with clean cold drinkable water. Once everyone was back in camp it was fun to sit around and boil the freeze

dried food and fry our fresh caught Rainbow and Cutthroat Trout. Sunday morning 2 of the boys decided to join in a hike up to the top of Cramer Peak at 10,716! Saying that this mountain is the 2<sup>nd</sup> highest peak in the range does it no justice! It was a long hike! We saw a beautiful mountain goat, reached the peak, celebrated our victory over our fatigue and started the long climb down. Once back in camp the boys quickly cleaned up camp and hiked the 7 miles back to the vehicle. All of the boys put forth praiseworthy effort and did not complain at all! We will definitely have more of these hikes in the future!

## *X-Fest Comes to Idaho*

Culture is important at Novitas Academy, and we recognize all kinds of music. A concert at the Idaho Center was recently attended by three students who appreciate the musicianship and accomplishment of heavy metal artists. The X-Fest is an annual concert with many bands on stage throughout the afternoon and evening, and Novitas staff and students were present for this excellent adventure, even going backstage for a close up, personal interview with Stitched Up Heart from Los Angeles.



## *Valley of Plenty*

The Emmett valley, home of Novitas Academy, is famous for fruit. The students at Novitas enjoy some old-fashioned apple picking -- and eating -- of some of the finest (and biggest) golden delicious and cameo apples on a recent outing to a local fruit ranch. It only took a few minutes to pick 40lbs of apples, and about the same amount of time for the students back on campus to consume them. The next few weeks will likely see more apple picking outings, as different kinds of apples ripen.



## *Campus Beautification*

The aesthetic ponds at Novitas require little in the way of maintenance besides catching a few fish occasionally. But a recent project involved removing some of the older cattails from around the pond. A group of students pitched in to help with this landscaping project.



## *Hyde Park and Camel's Back: A Boise Favorite*

The unique environment of Southern Idaho lends itself to a park system unlike anywhere else. A recent outing to Camel's back and Hyde Park gives students a chance to hike above Boise, and explore the narrow streets of Old-Town Boise, all within about 45 minutes from the Novitas campus. Boise is the cultural center of Idaho, and outings to the big city are common for students.

## *Got a Flat? Our Boys can Help!*



It's no secret that boys love bicycles, not to mention the staff at Novitas. A recent tire-fixing class teaches students to maintain and safely ride among the prevalent goat-head, puncture weed thorns that are common in the high-desert environment of Southern Idaho. The exercise and health benefits of cycling are top priority at Novitas, and the students enjoy the fresh air and companionship of mountain biking together.

## Future Happenings!

Here's a quick look at what's happening at Novitas Academy in October

- Novitas Academy Open house is scheduled for October 20th—21st. This is a great opportunity to meet with teachers and therapists to find out what is going on during the school year!
- Students and staff will have the opportunity to mountain bike the Ridge to Rivers Trail out in Weiser, Idaho. This will be a 20 mile bike ride, day trip. This is tentatively scheduled for October 15th.

## New Evening Structure

As you know there have been several changes at Novitas over the last few months. As part as our ongoing effort to give you and your son the experience you desire from Novitas we are revamping our after school/evening structure. This is a rough draft and there may continue to be a few changes in the coming weeks; however, this is an idea of what your son will be doing after school. We value any feedback that you have.

|           | Monday                                  | Tuesday                                | Wednesday                                   | Thursday                               | Friday                               |
|-----------|---|--|---|--|--------------------------------------|
| 3-3:30    |   |  |   |  |                                      |
| 3:30-4:00 | Community Meeting                       | Character Development                  | Group                                       | Life Skills/Internship Prep            |                                      |
| 4-4:30    |   |  |   |  |                                      |
| 4:30-5:00 | Clubs<br>(Student Run)                  | Study Hall/Personal Trainer/Hobby Time | Clubs<br>(Student Run)                      | Study Hall/Personal Trainer/Hobby time |                                      |
| 5-5:30    |   |  |   |  |                                      |
| 5:30-6:00 | Dinner                                  | Dinner                                 | Dinner                                      | Dinner                                 | Adventure Therapy/RTX/Hero's Journey |
| 6-6:30    | Leisure and Recreation Skills Workshops |  | Leisure and Recreation Skills Workshops     |  |                                      |
| 6:30-7:00 |   | Community Care Project                 |   |  |                                      |
| 7:00-7:30 | Study Hall/Free time                    |  |   | Service Project                        |                                      |
| 7:30-8:00 |   | Free Time                              | Eagle Christian Church/Study Hall/Free time |  |                                      |
| 8:00-8:30 | Free Time                               |  |   |  |                                      |
| 8:30-9:00 | Hygiene/Bed                             | Hygiene/Bed                            | Hygiene/Bed                                 | Hygiene/Bed                            | Hygiene/Bed                          |
| 9:00-9:30 |   |  |   |  |                                      |