



AT THE CROSSROADS

Pathways

Live
Learn
Work
Succeed

Guiding youth down a pathway of success one student at a time

August 2006



From the Desk of Michael Alger

To help add some extra therapeutic support and change up the evening devotionals, Mike Hench, therapist from Southern Utah Counseling Experience, started running a Wednesday

night group every other week from 10-11 pm last month. The group includes all Crossroads students and is held at Crossroads. The main purpose of the group is to have an opportunity to identify what the therapeutic needs are of the students and to have some group discussion on these topics where we can explore and support one another.

Last month Mike focused on healthy adult development issues, including the markers of adulthood (financial independence, careers, children, marriage, etc.) and some of the students' fears about taking on the responsibilities of adulthood.

We are excited about this new addition to the program and how it will help benefit our Students.

- Michael Alger, Executive Director

Students on the Move!

Congratulations go out to:

- ❖ **Brent H.** for advancing to Step III of the program.
- ❖ **Vladimir B.** for entering the diesel mechanics program.
- ❖ **Timothy R.** for starting work on obtaining his High School diploma.
- ❖ **Brian W.** for starting full-time employment.

Lessons on a Rock

In August, Crossroads Students experienced something new and learned valuable life lessons in the process. Matt Eschler and Iuri Melo guided us as we learned how to repel.

When we started, each student had different thoughts about repelling. Some were scared, some were excited to start something new, and some had done it before and were willing to help others. Matt led the discussing by relating the experience to Living Life with Principles and how everything that we do in life should be principle based. The four principles of repelling are (1) The gear, (2) Checking Person on top of the rock, (3) Checking the person on the bottom of the rock, and (4) Yourself.



Chris T. starts his way down the hillside



Students serve as spotters as others prepare to descend

If you honor all four of the principles of repelling, you can not fail. Life works very similarly. If you honor correct principles and live your life in accordance with those principles, then you will be successful. That is not to say that life will be easy or that bad things won't happen, but it does mean that you will have a correct foundation in life

Continued.

See "Rock Lessons" on back page



Experience Attitude!

By Matt Eschler, LMFT

Recently I was reading a story that included a warning about imbalance. I have written articles on obtaining balance and living a balanced life. I am always looking for an angle that adds to or is interesting enough to incorporate into my own work. Upon reading this "balance warning" my first thought was that it was all wrong. I didn't like the analogy used and I rejected much of the sentiment taught. I was incensed enough to begin thinking about all of the ways I was going to refute this preposterous idea. As I organized my thoughts I could not quite defend my antagonistic views. The more I thought about it the more I realized that I am still defending a personal imbalance in the context of labors and the importance of work.

The life balance analogy goes like this; Imagine life is a game in which you are juggling five balls. The balls are called work, family, health, friends, and integrity. And you're keeping all of them in the air. But one day you finally come to understand that work is a rubber ball. If you drop it, it will bounce back. The other four balls - family, health, friends, and integrity - are made of glass. If you drop one of these it will be irrevocably scuffed, nicked, and perhaps even shattered. The moral of the story is that while all five parts of us is important we need to realize that work may well be the one we should fear losing least. We all have heard the adage

Continued. See "Balance" on back page

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Donation Opportunity – Wish List

Your tax deductible donation of \$200 will allow Crossroads to sponsor a meal for 100 local needy residents at the St. George Catholic Church soup kitchen. We are hoping to do this four times this next year. Students have been serving at the kitchen on a regular basis. Sponsoring a meal will allow students to plan the menu, purchase, and prepare the food. Meal preparation will be coordinated with Dawson Hinton, our Cooking and Nutrition Instructor.

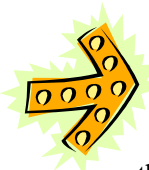
To donate to support this effort, simply send your check for \$200 to “At the Crossroads”, mark on the check “Soup Kitchen”.

Balance (Continued from front page)

that when we are on our final breath of life it is family and friends not corporate meetings that we will miss. But do we act like we realize this. How often have I asked my family to just understand that I was going to miss out or be late for another "small event" with them? How often have you asked to be excused from a meeting or work because you wanted to go to a tee ball game or be early to a teenage family member's birthday party?

Do we honor the same ethics of integrity in our latest deal as we would in our dealings with clergy? Are we as intense about keeping our bodies fit like temples as we maintain our job descriptions? The point of all this came fully on me when my wife and I were in the middle of enjoying a marathon training run with our close friends. I wondered why I was enjoying this run so much. I think the reason I was enjoying this outing so much is that it was the beginning of a Saturday with nothing planned except hanging out with my wife, kids and great friends. The first Saturday I have taken off for the whole day in forever. Part way through the day my youngest son even asked when I was going to have to "leave for a little while". I think I will re-evaluate my work verses family, health, friends, integrity, and make sure I bring into balance those areas that I have neglected. How are you doing?

- Matt Eschler, LMFT, Clinical Director



IRS Approval

It took only 10 months to process our application, but we received word this week from the IRS that our request for non-profit, tax-deductible status as a public charity was finally approved!

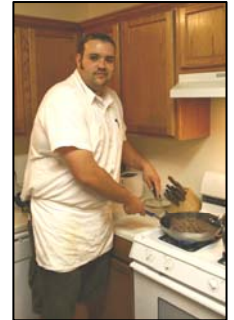
This does mean that any donations made in the past and future will be fully deductible as such.

Cooking With Dawson

Students prepared beef enchiladas this past month during Dawson's monthly cooking class. Here's the Recipe;

Ingredients:

- 1 1/2 lb ground beef
- 1/2 chopped onion
- 8 enchilada shells
- Shredded cheese of choice
- 1 package enchilada sauce mix
- 1 - 8oz can tomato sauce
- 1-1/2 cups water



Dawson Hinton

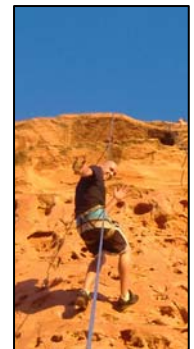
Instructions:

- Brown beef and onions together in skillet, set aside.
- Combine water, tomato sauce and enchilada mix in a saucepan. Bring to a boil; simmer about 5 minutes until thick.
- Coat enchilada shells with sauce. Spoon several spoonfuls of meat mixture into center of shell, then roll shell up. Place seam-side down into a 9x13 inch baking dish sprayed with cooking oil. Spoon the remaining sauce over the top of enchilada's, then cover with foil.
- Bake in oven at 350 degrees for 30 minutes. Remove foil and cover with shredded cheese. Return to oven long enough to melt cheese.

Rock Lessons (Continued)

to be successful. Matt also talked about the four principles of Leadership; Service, Love, Vision, and Purpose. With those four qualities each of us can become a leader and a positive example to others.

Life principles are fail proof and you should lead on correct principles to become successful. The students had the opportunity to relate this event to things that have happened to them in the past and it was a great learning experience for everyone. We shared a commitment to improve as leaders to our family and friends and ended the night with a great BBQ.



Vladimir B.

Upcoming Events



- ❖ Camping trip – September 1st
- ❖ Zion Canyon Hike – September 9th
- ❖ Equestrian Event – 22nd
- ❖ Cooking with Dawson – 25th and 26th