

Pathways

Live
Learn
Work
Succeed

NEWS AND EVENTS FROM AT THE CROSSROADS

DECEMBER 2005



From the Desk of Michael Alger

Jessica and I continue to be enthused at the positive reaction we are receiving from students, families, professionals and local leaders within our Southern Utah community. Those experienced

working with youth have seen the need our program fills and are beginning to catch the Crossroads vision. The Crossroads program is designed and individualized for each person to grow, at their own pace, successfully in the key areas of independence, healthy living, spiritual awareness and strengthening relationships.

A newly decorated apartment was recently opened to accommodate new students. At The Crossroads continues to grow at a steady pace, allowing us the time to spend with each new student, acclimate him to both the area and the structure of the Crossroads program as well as opportunities to fellowship with one another in the program.

During this Holiday season, we are excited to work together as students and staff to sponsor a few deserving families with the help of your generous donations.

Continued. See "Holiday Service" on back page

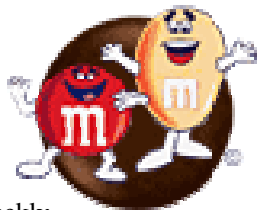
Sunday M&M's

In the past, when families routinely sat down together to eat dinner, this time was an opportunity for open communication. At the Crossroads fosters this open and effective communication by establishing a weekly time every Sunday for staff and students to cook, eat and communicate together in the Sunday Meal and Meeting (M&M).

This is a time when we turn off the television and turn on the answering machine so phone calls will not pose an interruption. Everyone works together to help prepare the Sunday meal, which is served right after the blessing is given on the food.

The meeting is informal and usually includes discussion of upcoming events, next week's M&M menu, and discussion of our four pathways; providing opportunities to acknowledge individual accomplishments, and suggestions for support. This is also a time to review house rules, daily chores, etc.

As a snacking ritual, and to reinforce the term "M&M," M&M candies are always a part of the event.



Service Projects

WRITTEN BY BRENT, STUDENT

One of the pathways students become familiar with while living At The Crossroads is developing a sense of spiritual awareness. In doing so, students and staff are helping at St. George Catholic Church's soup kitchen once every 2 weeks. This gives students an opportunity to get in touch with the community around them as well as feeling a sense of goodness within themselves by helping out those who are less fortunate. Students help out with whatever is necessary (food prep, serving food, restocking, cleaning, etc.) Spiritual awareness is very important to the Crossroads staff as well as the students, which is why we feel it is necessary for service projects such as this to be apart of our program.

BRENT WRITES FOR THE DIXIE COLLEGE SUN AND RECENTLY WAS AWARDED AN INTERNSHIP WITH THE ST. GEORGE SPECTRUM. BRENT'S FIRST ARTICLE APPEARED ON THE FRONT PAGE OF LAST WEEK'S SPECTRUM.



Chris helps stock the Pantry at St. George Catholic Church

Upcoming Events

⚡ Our Rock climbing adventure had to be rescheduled for December 17th.

⚡ January's calendar will include a trip to the Sundance Film Festival in Park City and a Hike of Zion Canyon.

⚡ In February we are anticipating a donation of tickets to "The Blue Man Group" in Las Vegas.



Dawson, Seth, Chris and Brent take a break from cooking.

Cooking with Dawson

For December's cooking class, cooking and nutritional instructor Dawson Hinton taught students how to prepare a Chinese feast. Here is his recipe to make 21 delicious Egg Rolls:

- | | |
|---|-----------------------|
| ¼ cup oil | 8 green onion chopped |
| 1 lb small cube lean pork | 1 tsp. salt |
| ½ lb raw shrimp (chopped) | 1 tsp corn starch |
| 4 cup fresh bean sprouts or chopped cabbage | 2 tsp Soy sauce |
| 2 cup chopped celery | 1 egg beaten |
| | 1 pkg. egg roll skins |

Heat oil in large skillet or wok. Add and cook until pork

Continued. See "Egg Rolls" on back page

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innovative program
(435) 705-6262
www.GuidingYouth.com**

Holiday Service (continued from front page)

St. George's Catholic Church has given us the opportunity to serve the less fortunate in our community by helping in their soup kitchen on an ongoing basis and providing us a "Secret Santa" opportunities for Christmas. All students attended a shopping spree this week as we purchased gifts to brighten the holiday for three needy and deserving families.

Continue to check out our website as it will be undergoing a few changes over the next few months, or call me with any program questions you may have. For many young people, their best option for successfully transitioning to adulthood is the structured, individualized real-life environment we provide At The Crossroads!

Wishing you all the best for this Christmas Season and New Year.

Michael Alger
Executive Director

Secret Santa Support

Crossroads would like to thank the following for their generous support that will allow us to make Christmas a more special day for three needy families;

*Jean and Russell Trifovesti
Mary Trifovesti
Dan & Lita Alger
Russel and Susan Adamsen
Kim Hugentobler*



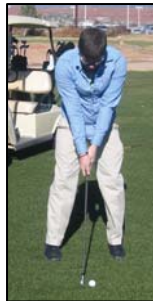
Egg Rolls (continued from front page)

losses color. Add shrimp, cook 1 minute. Add veggies and seasonings, cook 2-3 minutes (stirring often). Sprinkle with corn starch, mix well. Stir in soy sauce. Cook 1 min. Place into colander and place in freezer for 10 min. Remove 1 egg roll skin. Place 2-3 tsp. of mixture on skin. Fold accordingly to directions. Fry in oil (2 inches deep) at 375. Enjoy.

* At The Crossroads is a Utah Not-for-Profit, tax-exempt, public charity that relies on donations in order to keep our program fees low and allow us to accept youth who financially may not otherwise be able to participate. We have applied for tax-exempt status as a public charity with the IRS. Although we are very confident that we will receive our exempt status, any donations received by At The Crossroads prior to that time will only be eligible as a charitable contribution under the Internal Revenue Code should such status be granted.

Students Keeping Busy

Students have been very busy this past month. Here is a partial listing of activities;



Seth lines up a fairway shot

✚ **Chris** is now enrolled in Flight School and hopes to receive his pilot's license early in 2006.



✚ Congratulations to **Seth** on obtaining his GED from Dixie college.

✚ **Seth** and **Brent** survived a rare cold day of golf with Michael and Dan Alger.

✚ **Michael, Chris, Seth, Brent, Patrick** and **Jake** traveled to Las Vegas to shop for their secret Santa families (see photo at Toy's R Us at Right). Presents will be wrapped this week and delivered just prior to Christmas.



✚ All students have completed their initial training and assessment at Results Fitness Center, including body fat and measurements.

✚ Starting in January, Results Fitness staff will be coming to Crossroads monthly and providing students with additional nutrition and exercise training.

✚ Congratulations to **Brent** on his receiving an internship with the St. George Spectrum. His first article was featured on the front page this past week.

Donation Opportunities*

Scholarship Program - Supports enrollment of financially needy youth who, without support, would not otherwise be able to participate.

Service to Others - Funds service projects performed by students. These funds are not used to benefit the students, only those to whom students are providing service.

Outings and Events - Donations to this fund are to be used only to help pay for and sponsor special outings and events for all students.



Current Wish List: Barbequing is still an option in the winter months in Southern Utah, if you have a BBQ. **We are seeking a \$200 donation to allow us to purchase a BBQ for student's use.**