



AT THE CROSSROADS

# Pathways

Live  
Learn  
Work  
Succeed

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

December 2006



## From the Desk of Michael Alger

At the Crossroads is looking forward to a great 2007. The New Year brings new opportunities and new goals for our students and program. At the end of December we spent one

evening's devotional time sitting down and setting New Year's resolutions that we are going to be held accountable to. Each student set 5 goals that they wanted to accomplish in the New Year. Some goals were small and some were big. Some were easy goals for students to achieve and some are going to be extremely difficult. We shared the goals with each other so that we are aware of each others goals. A goal that is kept to yourself is much more difficult to achieve. Letting others know of your goals and the changes that you want to make in your life so that you have help and support when needed. Having benchmarks and goals to achieve throughout each day, each month, and each year makes life much more rewarding. We are starting the month of January with some great activities and look forward to a great year in 2007.

- *Michael Alger, Executive Director*

## Upcoming Events

- January 20<sup>th</sup> – Repelling Adventure
- February 17<sup>th</sup>- Equestrian Activity
- March 15<sup>th</sup> -17<sup>th</sup>- Family Workshops

## Secret Santa Project

In December Crossroad's students had the opportunity to help 6 less fortunate families by providing gifts, games, and food for the holidays.

Each student was assigned children to be a Secret Santa for and was given their age and gender. Students then went shopping at local stores for each of "their" children. The gifts were then wrapped and delivered just before Christmas.

We also supported the Jubilee of Trees event, where businesses buy homemade trees and the money is donated to local charities. Crossroads students spent two days helping the city of St. George deliver, wrap, and set up the trees in homes. It was a great opportunity for our students to, provide service while working hard with the community leaders of Southern Utah.

Thank you to those families who made donations to help support this annual program.



A.J. Secret Santa shopping.



## Students on the Move!

Congratulations go out to:

- ❖ **A.J., Justin O., Josh H., Doug M.** all starting school at Dixie State College in January.
- ❖ **Gianni B.** for starting his GED education.
- ❖ **Brent H.** who has completed the Crossroads program is living independently in the St. George area.
- ❖ **Seth** who completed his stay at Crossroads and is now living independently in Santa Barbara, California.



## *When at First You Don't Succeed...*

### **Experience Attitude!**

By Matt Eschler, LMFT

Have you ever lost a job and had that awful feeling of doom about entering the job markets with a fresh resume' Ever have a relationship with someone that ended and you were devastated? Perhaps you made an offer on a house and thought you had located the place of your dreams. During all the excitement somehow the deal fell through. All of these examples and many others point us toward disappointment. Disappointment can cause us to move in a couple of different directions. One person writes: 'I continued upward, and the mountain grew steeper. That ascent triggered something in me. As I churned upward, I reflected on my life, back to all points, my childhood, my early races, my illness, and how it changed me. Maybe it was the primitive act of climbing that made me confront the issues I'd been evading for weeks. It was time to quit stalling, I realized. Move I told myself. I saw my life as a whole. I saw the pattern and privilege of it, too. It was simply this: I was meant for a long, hard climb'. The man Lance Armstrong champion cyclist and cancer survivor made the above statements at a low time in his life.

*Live your life on purpose!*

*Continued. See "Succeed" on back page*



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### Succeed (Continued from front page)

Whether your low time is losing a job, fighting with your spouse, or falling into tragedy, it is how you manage the circumstances that are going to determine your future condition. We all love to listen to stories about conquering adversity and seem to revel in watching heroes on the Big Screen rise above tragedy. What about you? You have daily “tragedies” in your own life. These tragedies or daily adversarial circumstances will give you an excuse to fail, or you will use the circumstance to learn and grow. Take a moment and look back over your lifetime. Have you grown from your tragedies or have you carried them along to prove to yourself and others why you can not succeed? Have you rose above adversity or bathed in it to escape being responsible? The decision is wholly yours so choose wisely. When you rise above the excuses and the apprehension you will find your personal power.

If you resist the urge to find someone to blame and resist the urge to give up you will find that there is always purpose in misfortune. If you find this purpose or the meaning inside the misfortunes sent your way you will find your lessons. It may be that you have broken laws and principles that you need to remedy. It may be that you need to become stronger in a certain area of your life in order to survive your future. No matter what the purpose you find it will be personal. Given to you too grow from, or too smash yourself against. Many people refuse growth and drag around their bags full of misfortune. They display them for all to see in hopes of avoiding being accountable for their own happiness. Others of us has used our several abilities to create a future with the use of misfortune. We carry the marks of this world as evidence that we have overcome misfortune. WE realize that in the bigger picture we are better, stronger, and more powerful because of our misfortune!

*- Matt Eschler, LMFT, Clinical Director*

### Welcome Russ

Russ Adamson joins Crossroads as our new House Manager. Russ will assume responsibility as the Crossroads service coordinator. He will work with students in planning and coordinating Saturday morning service projects and will be tracking each student’s service hours. Additionally Russ will be in charge of the nightly devotionals. Russ moved to St. George from Northern Utah and is joined by his wife Susan and their son Boston.

*We are excited to have them join our team.*

### Cooking with Dawson

#### Chocolate and Coconut Shortbread

- 200 g margarine
- 100 g dark brown sugar
- 100 g desiccated coconut
- 150 g plain whole meal flour
- 50 g cocoa powder

1. Preheat oven to 350 degrees.
2. Melt margarine in a saucepan.
3. Remove the pan and add sugar. Stir well.
4. Spoon mixture into two round 7 inch tins and press down firmly with fork. Do not grease tins.
5. Bake for 20-25 minutes, checking at 20 minute mark.
6. Remove from the oven. Allow to cool for a few minutes. Cut into 8 pieces per tin. Leave to cool in tin. After cool, lift from container carefully.



Cooking instructor; Dawson Hinton

### *Thank You for Your Support*

#### **Of the Secret Santa Program:**

**Kim Hugentobler, Sue Cattoor, Dan and Lita Alger, and Paul and Kristina Gordon**

#### **Of Brent Hogan’s Step III Service Project:**

**Sue Cattoor and Dan and Lita Alger**

#### **Other:**

**Lynn and Andy Wihongi** for donating one week’s vacation at Snowbird Resort in Northern Utah.



### Current Wish List: Soup Money

We are still looking for two more donation of \$200 each so that we can sponsor two meals at the St. George Catholic Church’s soup kitchen. 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.