



Pathways

Live
Learn
Work
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NEWS AND EVENTS FROM AT THE CROSSROADS

FEBRUARY 2006



From the Desk of Michael Alger

Jessica and I are excited with the recent growth at Crossroads. This growth is occurring in different ways. Recent enrollments have us now approaching our capacity of

eleven students. This influx has also allowed us to expand the opportunities and support we give to each student. Some of these recent changes include;

- Expansion of hours and role of the House Manager (see article on Rocky below)
- Increasing the number of Cooking classes provided by Dawson.
- Creation of a new "Home Improvement" program where students will learn and practice skills in basic home repair.

Continued. See "Growing Program" on back page

Welcome Rocky

Welcome to our new House Manager, Rocky Hamilton. Rocky is a business major at Dixie college and recently returned from a two year humanitarian mission in New Zealand. Prior to New Zealand, Rocky worked at a local youth program.



With the addition of Rocky, the duties of House Manager have been expanded. In addition to overseeing evening devotionals,

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Zion Hike

On January 28th Crossroads hiked to the top of Angels Landing in Zion National Park. At the top were great views of the park and the canyon where we had started 1500 feet below.



As the top of the mountain approached, snow started to appear on the ground and presented a challenge for the group. Everyone was in good spirits and had a positive attitude about the hike. We slid and had to walk slowly in many parts, but the view at the top was worth it.

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Students on the Move!

- ✓ Congratulations to **David** on completing his GED.
- ✓ **Seth, David** and **Bryan** will be starting at Dixie College on February 21st.
- ✓ Thanks to **Brent** on the great job organizing a student service project at Deseret Industries, an organization serving the needy.
- ✓ Give names of all students who have helped with the St. George Catholic Church soup kitchen.

Upcoming Events

- ✓ Feb – Team Building - Equestrian Style
- ✓ Mar – Rock Climbing/Rappelling
- ✓ Apr – Overnight Subway hike at Zion National Park
- ✓ Apr – Shakespeare Festival – Cedar City

What Would You Do If You Knew You Could Not Fail?

Matt Eschler, LMFT, Clinical Director



One of the greatest feats in Track and Field history was the first time an athlete ran under four minutes in the mile. For many years, sports commentators said that it was inconceivable for an athlete to run under four minutes for the mile. Physiologist thought the body and mind would rebel against the strains they were being forced to endure and thwart the attempt. Everyone began to think that a four minute mile would be a barrier that no human would be capable of breaking.

In the track community, there was an overwhelming doubt that any one would be able to run a sub-four minute mile. Many world-class athletes allowed the mythical 4 – minute barrier to rule them. However, a young Roger Bannister was not deterred from his goal to be the first to break the barrier. As others backed down from the challenge, he looked forward for his chance to round the cinder oval and conquer the barrier that had gained control of the world's elite.

He planned to make his attempt at a race on May 6, 1954. In the weeks prior to the meet, his training intensity increased until he was running ten

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[Growing Program](#) (continued from front page)

- Results gym has recently increased the training on healthy living provided to our students.
- Students in Step II are increasing their responsibility to give back and help support new students entering Crossroads and are beginning to take leadership roles in coordinating service projects. The Step III service requirements will be modified so that each student will plan, coordinate and successfully complete a major service project with the support of other students.

It is our commitment that the Crossroads program will always be developing growing in ways to that will help us better support and assist our students.

--- Michael Alger, Executive Director

[Donation Needs](#)

[Current Wish List: Scholarship Program](#) –While enrollment fees for Crossroads are generally 25-50% less than other programs they still make our program unaffordable for many families. Each month we are contacted by families with children in need of our services, but cannot afford them. One of our goals as a charitable organization is to make our program available to those who, without support, would not otherwise be able to participate. We have established a scholarship fund with this in mind. We are seeking donations that could be placed into this fund. When we have enough funds donated, we will use these funds to subsidize the enrollment fees for a student. Donations to this fund can be sent to Crossroads. Simply indicate “Scholarship Program” on your check.

[Rocky](#) (continued from front page)

enforcing curfews and daily chores, Rocky will also be heading up our new “Home Improvement” program. Starting in February students will be attending home improvement classes at the local Home Depot. The students will, when appropriate, be practicing these new skills doing minor repairs and improvements to their current housing.

Rocky will also be assuming responsibility to work with student in the planning and holding of weekly service projects.

“I come from a family of 7 children. I love working with people, both to teach and be taught. Happiness, I believe, is the purpose of our existence and can be found through righteous, healthy living and seeking to serve those around us”.

[Could Not Fail](#) (continued from front page)

quarter-miles at fifty-nine seconds with only two minutes rest. His workouts were conducted everyday for one-half hour during his lunch break. His intense training increased his mental and physical strengths, and began to believe that once he stepped onto the track he would leave his mark in history.

On March 6, 1954, Roger Bannister stepped onto the track. It was a cold and windy day, but that would not stop him from racing toward his goal. He toed the line along with the other runners. The starter raised his pistol, and in a moment of silence he squeezed the trigger. BANG! They were off on a journey that would place them all in the record books.

They quickly moved around the track ahead of pace for the first two laps. Unfortunately, they were a little off pace at the three-quarter mark. It would take a remarkable show of athleticism to be able to run the last lap fast enough to break the barrier. They headed down the back one-hundred and Bannister made his move. His unearthly kick from three-hundred meters out had moved him into the lead. As he reached the final hundred, the cheers of the crowd beckoned him to the finish line.

He crossed the finish line and stumbled to the ground. His effort to break the barrier left him drained of all his energy. His identity hinged on the time of the watch. If he succeeded he would be hailed as one of the greatest runners ever, but if he did not it would only be regarded as a valiant attempt. A calm came over the crowd as the announcer read Bannister's time. "Three Minutes fifty nine seconds." He had run the "Miracle Mile" in 3:59.4. Bannister quickly took hold of the other milers and they took a victory lap. No one knows the feelings of joy they all had when they ran the victory lap.

Roger Banisters record lasted for forty-six days. It was then broke by another athlete. Today high school students break the four minute mile. Sir Roger Bannister showed the world that there are no barriers that our body and mind can not overcome. What barriers do you have that holds you back from running your victory laps? Do you have negaholic thinking that stops your quests for success? Do you have limiting beliefs that keep your full potential in check? If you have beliefs that hold you back ask the question to yourself; what is the result that I want and then begin immediately to take the small calculated steps toward success. Do not allow incorrect limiting beliefs to get in your way. You were created to act not to be acted upon or passed by.

[Zion Hike](#) (continued from front page)

Zion National Park is a short drive from Crossroads and has many hiking and bike trails which we will be using in the future. Our next Zion Adventure will take place at the end of April where we will accomplish the overnight “Subway” hike. Everyone is looking forward to that event.