

# Pathways

Live  
Learn  
Work  
Succeed

NEWS AND EVENTS FROM AT THE CROSSROADS

JUNE 2006



## From the Desk of Michael Alger

Health and Fitness Week was a success. We had a wide variety of activities that included bike riding, basketball, swimming, softball, volleyball, a 3-mile run, and the Crossroads Olympics.

Students were separated into two teams. During each activity the students competed against each other to earn points for their team. Each day of the week was filled with several activities as well as health related devotionals taught by the Crossroads students.

**Paul Webb**, General Manager of Rezults Fitness, taught a seminar on muscle building that related to the students' workouts and attendance at the gym. The Red Team (**Brent, Chris, Seth, and Josh**) was crowned Health Week Champions. All students had fun and learned a lot. We look forward to doing this again.

- *Michael Alger, Executive Director*

## Students on the Move!

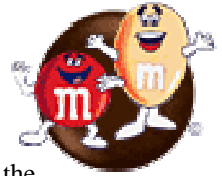
**Congratulations go out to:**

- ◆ **Patrick M.** who recently graduated from Pine View High School. Way to go Patrick!
- ◆ **Brian P.** and **Brent H.** who are working as summer interns with the St. George Spectrum. **Brian P.**, our student photographer, has had two photos included in the local paper and **Brent H.** continues to have articles published on a regular basis.
- ◆ **Josh H.** has successfully completed his GED and will be attending Dixie State College in August.



## Taking Time for an M&M

Growing up in a busy family of six, family dinners were few and far between. Monday through Saturday was jam packed with football practice, volleyball tournaments, dance recitals, track meets and the list goes on. Somehow my parents managed to round their four kids together for Sunday dinner. Throughout my teenage years it was the only time that all six of us could be found in the same room. Sunday dinner was the time to pray, laugh, talk, re-connect and even plan together as a family. I have many fond recollections of those Sunday meals, bragging about how many points I had scored in my



*Continued. See "M&M's" on back page*

## A Partner in Independence

SOS staffing works with Crossroads students on a wide variety of job skills activities.



At the Crossroads helps students be prepared and comfortable in the job process. We do this in many different ways.

SOS staffing starts by working with each student on developing their resume and employment application training. Most people are not experienced in drafting a resume or are not knowledgeable in what should be placed on an application. SOS's experienced staff assists in that process. Sometimes it takes 4 or 5 tries in order to get their resume complete, but in the end each student is more prepared. Having a complete resume with an application is a huge step in the interview process.

*Continued. See "SOS" on back page*



## *Getting Real and Creating the Difference*

By Matt Eschler, LMFT

*Live your life on purpose!*

Easter season is a time for celebration. Easter has been a time to celebrate the human right to new beginnings and fresh starts. Easter season has gone through more than a few revisions since its origination. The year 325 A.D. the Council of Nicaea was convened by Emperor Constantine. This Council issued the Easter Rule which states that Easter shall be celebrated on the first Sunday that occurs after the first full moon on or after the vernal equinox. It all begins a month and a half prior to Easter Sunday with a "get it all out" party they called "Fat Tuesday" or Mardi Gras and ends with the completion of lent. Lent is the time of fasting, prayer, temptation and repentance.

Easter ideals have a very real application to us as individuals and owners of businesses. We often make attempts to change only to quit in frustration or succeed only to go back to where we began a short time later. How many of us have set out to lose weight only to gain a few pounds? Or worse yet lose that twenty- five pounds only to relax and gain it all back plus an extra five pounds? Have you

*Continued. See "Get Real" on back page*

*Call us to learn more about this  
innovative program  
(435) 705-6262  
www.GuidingYouth.com*

**Donation Opportunities**

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

**Service to Others** – Helps pay for service projects performed by students.

**Outings and Events** - Used to help pay for and sponsor special outings and events for all students.

**Crossroads Program Support** - This is a general fund that supports the Crossroads program.

**Current Wish List:**

**Camping Supplies** – (\$500) – as summer starts we are seeking to purchase supplies we can use on camping trips.

**Upcoming Events**

- ✓ Twice a month – Rock Climbing and Repelling
- ✓ Jul – Shakespeare Festival – Cedar City
- ✓ Jul – Summer BBQ and Water Party
- ✓ Aug – Camping trip
- ✓ Sep – BYU Football game - Provo

**Get Real** (continued from front page)

ever decided to stop a habit only to give up in frustration? You and most every one of us have struggled with some addiction or gave up on a journey to better ourselves only to finish in exasperation claiming that “this is just the way I am”. The Easter solution of Mardi Gras, Lent, and new beginnings is the key to our success! When I challenge you to have your own little Mardi Gras I am not inviting you to go party naked! However, I am inviting you to take a day and “get real” about your current condition. You will commence the journey of change or commit to a new beginning by taking an evaluative look at where you really are right now. Picturing the good, bad, and ugly parts of your current condition gives you the right to cancel out or add new thoughts, rules, and behaviors. This step is like the Mardi Gras ideal of “*getting real*” or getting it all out on the table so you can begin the creation of a new self. Lent is a time of fasting and sacrifice. You will sacrifice ALL of the parts of the whole system you wish to change. A decision to exchange one set of beliefs and actions for a new set of beliefs and actions is like the birth of a new improved self.

Remember the key is to rid the self of the entire system not just the parts that are noticeable to the public. Your secret self is often what traps you into recycling into the old behaviors.

*-Matt Eschler, Clinical Director*

**SOS** (continued from front page)

We also do typing tests to see where the students are with their typing skills. This is an important item to place on a resume if you are applying for a clerical job or anywhere where you will be asked to use a computer. All students fill out a job placement sheet that helps them with learning what type of jobs they have interest in and what jobs that they have certain skills in. Finding a job that you will enjoy and work hard for is very important. “Many things will catch your eye and your heart. Follow the things that catch your heart.”

The Crossroads program also provides each student with mock interviews with local business leaders to help them feel more comfortable and prepared before they attend actual job interviews. The feedback from the interviewers helps the students learn what they need to work on and what they did right when preparing for their personal job interviews.

Crossroads and SOS staffing does not “give” the students jobs, but we present them with different opportunities and openings in the Southern Utah area. Working hard is a key skill each student learns as part of their Crossroads experience in preparation for independent adulthood.

*- Brian Bullock, SOS Staffing*

**M&M's** (continued from front page)

game, and my sisters discussing their accomplishments from the week; however more importantly I remember the warm feelings that were felt when we could all spend time together as a family.

Sunday dinner is a tradition that we try to continue with our “family” here at Crossroads. We call this activity Meals and Meetings, or M&M. At times the staff will plan the meal, other times one of our Step 2 students will decide what will be served. Sometimes we’ll invite guests over to share the time with us. Recently a Native American family from the Navajo Reservation taught us how to prepare traditional Navajo tacos. Once the food is ready we’ll have a blessing then dig in!

After we’ve finished eating, we’ll take thirty minutes to an hour for our weekly planning meeting where we also recognize accomplishments that were achieved throughout the week.

With all of the students being from different regions of the country, Sunday M&M is a time that we can bring the family element into our weekly routine. It’s a chance for us to break from our busy schedules of school, work, and goals; to enjoy a home cooked meal and the company of fellow students and staff.

*- Brian Virgin, Program Director*