

# Pathways

Live  
Learn  
Work  
Succeed

NEWS AND EVENTS FROM AT THE CROSSROADS

OCTOBER 2005



## From the Desk of Michael Alger

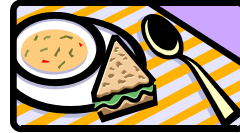
What a great first month Jessica and I have experienced with the opening At the Crossroads. The years of program development have paid off as we have been working the

structured program with our students and living the program ourselves.

We continue to receive positive feedback from those working with youth and community members. It has been rewarding to show off both the program and the apartment site at informal 'open houses' we have held to get the word out about the innovative ways our Crossroads staff supports, motivates and structures an individualized program in a real-world setting. We've received many compliments about the positive atmosphere, ambiance and space of the interiors. It is the program itself, though that is most exciting. A program designed specifically for young adults and individualized to help each person grow successful in the key areas of independence, healthy living, spiritual awareness and strengthening relationships.

I am happy to be working with such a caring group of professionals; each has the best interests of the students in mind. Last month I briefly mentioned clinicians Scott Heaton and Matt Eschler, of A Southern Utah Counseling Experience and Karl Hutchings, from Dixie State College. Also mentioned, was the staff at Rezults Fitness Center and their focus on a healthy and physically fit life. In upcoming newsletters, I hope to introduce these hardworking individuals

*Continued. See "Great Start" on back page*



## Service with a Smile.....

Every other Monday Crossroads Staff & Students take the opportunity to support St. George Catholic Church by providing service for their soup kitchen. We are involved in food preparation and serving the less fortunate. We recently had the opportunity to work with local churches and the Salvation Army to prepare and serve a beef stew meal to those in need.

We had a great time learning the importance of serving others; each of us growing a little more in humility and gratitude because of the chance to help. We are looking forward to future opportunities to serve our local community.

## Welcome – Dawson Hinton

Crossroads welcomes Dawson Hinton, as our cooking and nutritional instructor. Dawson recently signed on to teach our students the benefits of a well-balanced diet and food preparation. He will visit Crossroads kitchens monthly to teach students the way around a kitchen and prepare healthy and delicious dishes.

In October's class, he also cooked up lots of fun as students and staff learned the basics of safe food handling and kitchen cleanliness. He then taught us to make delicious sizzling fajitas using a variety of fresh meats and vegetables. We also learned the secret to Dawson's fresh guacamole. Dawson finished off the class preparing homemade ice cream. It was so successful each of us left wanting an ice cream maker of our very own! Thank you Dawson for the great time and great food!

*Continued. See "Dawson" on back page*



## **Every thing we do matters! - Matt Eschler, LMFT, Clinical Director**

One of the principles I use in relationship counseling is the Law of Accumulation. This law states that everything in a relationship that is great and worthwhile or destructive and pain filled is an accumulation of countless actions, efforts and sacrifices. This law further mandates that *everything* accumulates over time.

It is vital to relationship health that we make many tiny unseen efforts that nobody sees or seems to appreciate because we understand that these efforts will accumulate and build into a worthwhile event or mood in the relationship. It's like a snowball. A snowball starts very small, but it grows as millions of tiny snowflakes join together and continues to grow and gather momentum becoming a snowman or a massive avalanche destroying everything in its path.

The law of accumulation is true for both pleasurable and painful results in our relationships. This law dictates how relationship temperature is felt both at home and at work! It is important to understand that it is not the big expensive gestures that are most remembered. It is the accumulated effects of the small tender moments or random acts of kindness that are remembered.

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**Great Start (continued from front page)**

as well as Dan Alger, who will be working with our students in our pathway to Independence, specifically with money management.

This month, we welcome Dawson Hinton as our cooking and nutritional instructor.

As crisp autumn temperatures in most parts of the country send people indoors, we are experiencing the wonderful climate of the desert. Last month's St. George Marathon and Senior Games, brought many people from all over the country out to enjoy the active lifestyle and unique beauties of Southern Utah.

Our students daily enjoy the central location for a variety of educational and vocational options and outdoor activities. Be sure to check out our website [www.GuidingYouth.com](http://www.GuidingYouth.com), or call me. For many young people, their best option for successfully transitioning to adulthood is a structured, individualized real-life environment away from home. We provide that and so much more At The Crossroads!

We look forward to serving youth,

Michael Alger  
Executive Director



**Go Climb A Rock.....**

That is exactly what we are looking forward to doing in November as part of our Leadership Skills Training! Students and Staff will experience a "Rock Climbing Adventure in the Canyon" with instructor Ben Heaton. Ben will teach our students how to rock climb and the importance and use of teamwork and leadership. Ben is an experienced rock climber and is the instructor for the state of Utah's Search & Rescue teams. What an awesome opportunity! Our students and staff look forward to this great experience.

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\* 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 are currently in the process of applying 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.

**Donation Opportunities\***

This month we are seeking donations that will support our Secret Santa efforts:

**Secret Santa Program**

Our December service project will be helping make Christmas special for local needy families. Students will be doing the shopping, wrapping and delivery of the gifts. The number of families will depend upon the amount in our "Service to Others" fund. If you wish to make a donation to this program, sent a check and write "Service to Others" on the check.



**Other Established Donation Funds:**

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

**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.

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

**Dawson (continued from front page)**

Dawson comes to Crossroads with years of experience working with youth in local youth programs. He has the added experience of working as a chef/cook for a local youth program. Dawson was educated at Dixie State College in St. George, Utah..

Dawson's hidden passion is cooking and he dreams of attending a culinary academy in the future. We are glad to have such a great example and fun person to work with our students. Dawson's kindness, fun-loving way and his positive attitude are sure to benefit each of us At The Crossroads.

**Thank You for Your Support**

Crossroads would like to thank the following for their generous support and assistance:

**Dr. & Mrs. Brian Dawson - Mountain Bike**  
**Dan & Lita Alger - Outings and Events**  
**Russel Adamson - BYU Football Game Tickets**  
**Kristen Lamb & Michelle Berge**  
**of DesignIt Boutique - Cuddle Bag**  
**Susan Mower - Business Literature**