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Independence • Healthy Living • Spiritual Awareness • Strengthen Relationships

Wash a Car, Save a life



Tim L. Helps set up for the car wash at Wal-Mart.

It is too easy to get caught up in our own lives. To somehow think that we are the center of the universe and that everything revolves around us. Many people share this misperception. While here at the Crossroads students are taught in phases how to stop thinking about themselves and start thinking about others. As an active part of the program students here are asked to participate in service projects. As students move through the program they will be asked to help plan small projects and then plan larger scale service projects in the community.

This month we had the opportunity to participate in a charity car wash. All the money raised would be used to help sponsor students in Ethiopia to go to school. Staff member **Celina Alger** had a chance to go to Ethiopia with her family last fall. When they returned they wanted to do more to help their brothers and sisters on the other side of the world. With the help of Crossroads and **Doug M.**, **Celina** planned a car wash at Wal-Mart. **Doug M.**, **Dylan O.** and **Sebastian F.** helped make some signs to hand up to attract customers. The students were able to get up early and wash cars on July 22nd. It was a hot day and took a lot of effort to stay motivated to help. It was a lot of fun at the same time. **Brian Virgin**



stopped by and helped wash cars in his suit, and **Ryan Stevenson** came by on his scooter to get it washed and help out for a while. The team broke for lunch of pizza and had fun spraying each other and making a mess at the same time.



Ryan Stevenson joined with Tim L., Richard S. and Sebastian F. To help wash cars and scooters.

The Crossroads team raised over \$300 that day and were able to



Former Crossroads student **Jimmy M.** Helps patients at the Village of Hope clinic in Ethiopia, but checking their eyesight and giving out glasses.

sponsor two families for the next school year. We have submitted and grant match request from Wal-Mart with the hopes to sponsor two more students starting in January of 2008.

The Village of Hope is a great charity that hosts expeditions to Ethiopia several times a year. Former Crossroads student **Jimmy M.** was able to attend he July expedition. He spent a week working in the clinic with local doctors and nurses as well as medical staff who came over with the expedition. **Jimmy** spent time working with high tech equipment to find the right prescription for glasses. **Celina** said "going out to Ethiopia and experiencing a little bit of life there changes everything. You want to come back and help. You want to be a better person. You want to somehow make a small difference." Crossroads students were given the opportunity to do that, even though they could not make it overseas. They were able to sponsor two families for the year. Both families will be able to send one of their children to school for a year, and their father or head of household will be employed part time through this program. They are also eligible for incentives such as a uniform, fruit trees, and small animals. Crossroads is hoping to work more with this organization in the future and is looking into an expedition for the summer of 2008. To learn more about the Village of Hope or how to get involved with sponsoring a student for the school year visit the website at: www.villageofhope-ethiopia.org/foresight.html Or email Celina Alger: Celina@guidingyouth.com.



Above Left: **Hasan Kabato** is pictured with his niece **Sara** and his mother. Hassan's father died and he will work so that his sister can go to school. Hassan said he wants his sister to escape the backwards tradition of early marriage in their culture by getting an education.



Left: **Dima Ushe** is pictured with his Daughter **Hawine** and his wife. Ushe is excited to work so that Hawine can attend school. Ushe is a skilled at sewing and will be able to teach classes.

STUDENTS ON THE MOVE!

Congratulations on all your hard work:

- Welcome **Sunjay S.** and **Taylor S.** to the program. We are so excited to have you here.
- **Tim L.** For moving on with and independent life in Baltimore Maryland.
- **Kyle D.** for his job at Clark's Roofing.
- **Sunjay S.** and **Brett M.** for starting at Dixie State.
- **Brett M.** for his new job at Staples.

UPCOMING DONATION OPPORTUNITIES:

- **Village of Hope \$150:** Join with the Crossroads students and sponsor a child to go to school for a year and employ their father. Donate through ATC or at the following website : www.villageofhope-ethiopia.org/foresight.html
- **Tuachann Thriller \$200:** Tuachann is the local out door theater. Help the Crossroads students get a little more cultured and enjoy local legend.



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Cooks from page 1... all able to attend. It was relaxing for all to be able to sit and talk, and enjoy each other's company. Though it wasn't all play, the students helped prepare a fruit salad and corn on the cob. After the chicken was cooked we were all able to dig into a wonderful summer feast.

It was a good thing we were out at the park grilling, because the greater St. George area was experiencing blackouts. It was refreshing to be outside when a summer rain cooled down the temperature and made things more comfortable. **Chandler D.** said it was some of the best chicken he ever tasted. Students were eager to take home the left-overs from this event. It

We encourage you to try this marinade for your next BBQ:

- 1 large bottle of Hawaiian style soy sauce
- 1-1 pound package of brown sugar
- lots of ginger roughly chopped (at least 2-3 large pieces)
- lots of roughly chopped garlic (at least one whole head or bulb)
- 1 bunch of green onions, sliced
- 1-2 liter bottle of soda (such a grape-fruit, sprite, etc.)
- 10 lbs Chicken



Dawson at the grill in Washington City Park.

Mix all of the ingredients except for the soda. Put the chicken into a container that will fit into the fridge, pour the marinade over the chicken and then pour enough soda over the top until the chicken is fully covered. You can marinate the chicken in the fridge for up to 24 hours.

Change from page 1... "pre-promise" behaviors only to justify why they had to revert back. Why do some people change while others fail at the task? Why do we all change some things, but fail to change even when we know the change would be desirable? These questions beg for a template for the change process. First, let's recognize that change occurs when we become aware of a need for change. If it is out of our awareness that change could help or was desired from another it likely will not happen. Second, change must serve some purpose for the candidate for change. The adolescent at the restaurant wanted to maintain a paycheck so he changed. Purpose for change must exist beyond the one requesting change. Third, lasting change must affect four key areas. A change will need to make sense intellectually, change must feel correct, Change must enhance not destroy our physical selves, and finally change must be correct to be sustainable.

I would suggest that we are agents of change for ourselves and conduits for change in others. We must strive for correct change. Correct change will impact us physically, emotionally, intellectually. Correct change must be based upon truth. Correct change under these circumstances will last.



Richard S. and Chandler D. jump ahead of the pack a little to enjoy all the scenery they can.

Hiking from page 1... one got up early and got ready for the big hike. The staff and students made sandwiches and packed a bagged lunch after morning meeting and took off for Zion National Park. Once we arrived at Zion's we took the tram up to the Narrows. There we hiked a few miles in until we hit the river bank. We hiked along the river bank known and as the

Narrows. We were able to keep cool because we were submersed in water a majority of the time. The group stopped for a quick lunch and then continued to hike some more. **Sebastian F.** said "the best part was seeing all the animals and squirrels along the way." The group stopped a little further on where the river had made small pools. Everyone on the hike jumped in to cool off. It was a good day and everyone was tired on the way home.

At the end of the week the points were tallied and **Brett M.** and **Tim L.** were declared the winners of health week. Both team member received a gift basket and a larger gift to help promote a healthy lifestyle. **Tim** was given a gift certificate to *The Runners Corner*. There he was fitted by an expert for a new pair of running shoes. **Tim** is planning to continue his training for a marathon when he returns home to Maryland. **Brett** was surprised with 10 personal training sessions from **James** at the local Gold's Gym. We are proud of everyone who participated and made health week a lot of fun and a big success.



Richard, Tim, Sebastian, Chandler, Evan, Michael and Brian pose after jumping in the freezing cold water.

A SPECIAL THANKS FOR YOUR SUPPORT!

- **Barry Marrus** for your donation of \$350.00 to be used on the Havasupai Camping trip.
- **Bart and Jil Blatstein** for their donation of \$100.00 to the Crossroads Program.
- **A Southern Utah Counseling Experience** for your continued support of the Crossroads students and Program.

BUILDING A BETTER FUTURE



HOW CAN A GROUP OF YOUNG ADULTS HERE MAKE AN IMPACT ON THE OTHER SIDE OF THE WORLD?
 Read "Wash a Car, Save a Life" page 2

WANT A PERFECT SUMMER RECIPE?

See "Calling All Cooks" page 1

INTERESTED IN DONATING?

See Upcoming Opportunities on Page 2



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Pathways

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COMPETING FOR HEALTH

July in St. George is characterized as dry and extremely hot., some would call it miserable. Amidst the heat the students and staff here at the Crossroads were able to focus on their health for a week. To make things more interesting it became a competition. The week started off with a health M&M meeting that set up the team, explained the rules and got everyone excited. For the week student were put into teams of two. They earned points by attending the gym, riding their bikes, not smoking and participating in a hike. In the following days students participated in pick up basketball, a cycling class, a mid week breakfast and the addiction class. A surprise hit of the health week was dodge ball night. Students met **Brian Virgin** at the St. George City Park. They set up the event in one of the tennis courts. After a brief rundown of the rules the playing commenced. **Doug M.** was named unofficial MVP of



Crossroads Staff and Students before hiking the Narrows in Zion National Park.

dodge ball for his surprisingly good aim and ability to avoid being hit. **Doug** said *"it ended up being a lot more fun than any of us thought."* Dodge ball has been requested as a repeat event for the near future and must for next year's health week.

Friday morning *every*

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CALLING ALL COOKS

One of the best parts of summers is that it is BBQ season. Somehow sitting outside talking with friends and cooking something on the grill just signifies that it is summer, a time to relax. Last month we were able to enjoy and outdoor cooking class. Instead of taking two days to do the cooking classes at the Crossroads 4-plex, we combined for a one day outdoor BBQ. This month was a little relaxing as **Dawson Hinton** had already prepared the marinade and cooked the chicken for the Crossroads students and staff.



Brian Virgin and Sebastian F. enjoy the good food and good company.

While **Dawson** was busy at the grill crossroads students were able to sit and enjoy the company for the Crossroads staff and their families. For the BBQ **Dawson's** Wife, **Stefanie** was able to join with us too. **Michael Alger** and his wife **Jessica** with their children, **Brian Virgin** and his wife **Shannon** along with their daughter, and **Russ Adamson** and his wife **Suzanne** and their son were



Crossroads Staff and Students gather at the BBQ.

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Do People Change?

By Matt Eschler, LMFT

Change. Mahatma Gandhi says to become the change you want to see in the world. Reinhold Niebuhr asks God to grant him the serenity to accept the things he could not change, the courage to change the things he could, and the wisdom to know the difference. Ralph Waldo Emerson is quoted saying "we change whether we like it or not". All these and scores of other thoughts about change exist for our enjoyment. But the real question of change still hangs over us. Do people really change? The simple answer is yes. Let's define what we mean by change. Let's view change as a moving from one way of thinking and behaving into a new way of thinking and behaving.

A teenager working at a restaurant has his trousers so low that patrons see more of his underwear covering his behind than Levi's. The boss takes him aside and spells out a policy of dress code. The young man changes his thoughts about work attire and changes his style of dress while at work. If this youth does not need further reminding it could be said that he has changed. However, how often have you been promised a certain change from a spouse or employee only to be disappointed by relapse into old behaviors? I have worked with addicts and people with conduct disorders that claim that they really wish to change. Tearfully state that they are certain they are prepared to change. These people promise me, God, and family they are going to change. I observe many of these same people relapse into

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"There is nothing wrong with change, if it's in the right direction." Winston Churchill