



AT THE CROSSROADS

Pathways

Live
Learn
Work
Succeed

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

June 2007



FROM THE DESK OF **MICHAEL ALGER**

As you receive this newsletter, the summer season is well underway. At the Crossroads kicked off the season with a blockbuster movie event.

To show appreciation for so many of the people who have supported our growth we invited them out to The Pine View Stadium 10 Theater in St. George, for a special showing of Pirates of the Caribbean: At World's End, during opening weekend. Many of our loyal and hardworking staff, current students, clinical and support staff, along with those we serve in the community, and other local youth program staff and students were able to attend the event. Many came dressed up in pirate costumes and there were great door prizes and pirate favors! Be sure to check out the photos in the newsletter. What a fun event and a great opportunity to thank all of those that have helped in the success of Crossroads. Much thanks goes to **Celina** and her team for their creativity and organization.

Before the film began we had a chance to view a short film created by one of our very own students. **AJ**, aspiring director and film major at Dixie State College created a film based on the active therapy aspect of the Crossroads program. See *"Pirate's on page 2*



Celina A and other participants enjoy dressing up for the Pirate event.



2+2 = ?

I love math and budgets. Everything makes sense and balances at all times. While you may not like the way the math adds up, it always works the same.

One of the areas Crossroad's students work on is learning to develop and live within a budget. This process helps them gain an understanding of the benefits of having a budget. It is a skill they can use throughout their lives.

Instead of starting with the math, we start with reviewing the student's governing purpose and values. We then start developing a financial plan that will allow them to begin to achieve their goals. A budget is simply a tool that aides them in that progress.

As we work through the budget process, students struggle with the idea of trading one goal for another. Working less and spending more sounds good, but just doesn't add up. Saying you want to live on your own and pay your own way is easy. It is a lot harder to make the commitment to work more and/or spend less. This is where students go through a trial and error period as they attempt to live within the budget they have developed. See *Budget on Page 2...*



In or out of control you decide!

By Matt Eschler, LMFT

Many of us have worked for or been labeled a control freak. We see controlling people as intrusive, hard to get along with and as bullies. Conversely those labeled control freaks see their role as necessary or "nothing would get done", or as a way of managing people and events, or simply believe that they do know the best way and those that give the labels are just lazy and unmotivated. What ever side of the coin you're on it is evident that cooperation will require both groups to communicate and collaborate together for the common good.

Control in the dictionary carries a definition that reads to exercise restraint or direction over; dominate; command. The exercising of control even strictly by this definition of the word can be just like guns and the internet. Great things can spring from these or corruption and evil may be the result. Dependent upon the person's intentions and usage guns, internet, and control can be progressive and unifying or they can be destructive and addicting. Control in the hands of an intelligent and rational person can be effective in the quest for increased efficiency. However, control in the wrong hands can be a destroyer of agency and inhibit growth promoting truths. You see we humans are made up of four parts. Three of these parts named the, physical, emotional, and intellectual parts belong to the physical world we live in and are mobilized by passions and impulses of the flesh and by the norms of our world. The fourth part of us is rational or spiritual. This part seeks for truth and avoids succumbing to opinion and impulsive behaviors. See *"Control" on page 2...*



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www.Guidingyouth.com

Independence ❖ Healthy Living ❖ Spiritual Awareness ❖ Strengthen Relationships

STUDENTS ON THE MOVE!

Congratulations on all your hard work:

- **Tim L.** on advancing to Step II
- **AJ G.** on completing and showing your Active Sessions video on the big screen.
- **Brett M.** on starting summer semester at Dixie State College.

Pirate's (Cont. from page 1)

The film had clips from previous experiences with rock climbing, rappelling and equestrian work. We were happy to be the first to see **AJ's** work on the big screen! **Doug M.**, a current Crossroads student said *"All of AJ's hard work and dedication was evident when watching his film on the big screen."* It was a rewarding experience for **AJ** as well as the Crossroads staff and students. Look for his video coming soon to our website: www.GuidingYouth.com

In the hectic business we are in we do not have enough opportunities to thank those we work with. We hope you all know how much we appreciate your support as we strive to make a difference in those we serve. The movie premiere was such a great experience, and we received such positive feedback from everyone who participated that this may become an annual event.



Above: Clinical Director, **Matt Eschler** and his family attend the movie premiere in costume. **Right:** Even the littlest attendees came out in costume.



Control (Cont. from page 1)

Great leaders use the rational or spiritual part of them to manage or even to control the other more impulsive parts. Control freaks that use their power to get gain and fame are largely imbalanced. They exercise their dominance under the pressures of the emotion, opinion based intellect, or the gratification of the physical bodies impulses. Leaders that use truth to govern their world will seek to understand the principles involved in the chosen directions; rational leaders seek truth wherever they may find it and then choose courses of action that is based upon proven facts not impulsive passions. Socrates distinguished two principles within people: the natural desire for pleasure and rational thinking which strives after what is best. When desire irrationally drags one into pleasure, this is called excess. There are many types, such as gluttony which is excessive desire for food Socrates explained the difference between necessary and unnecessary desires. Using the same example, the desire to eat is essential to the continuance of life, but luxuries or large amounts of food are unnecessary or excessive. The person that is imbalanced and chases physical sensation or intellectualizes poor behaviors using strong opinions will often lead by force. While the person that is rational thinking or who searches for the spiritual truths in all situations will lead by example and will accommodate agency for those working with or following the course chosen.

Budget (Cont. from page 1)

Adding to this problem are often parents, who help their child become overloaded with debt by adding auto loans, cell phones and other monthly expenses that are convenient, but make achieving the student's goals more difficult.

Hard work, discipline, savings and paying as you go are traditional values that can benefit today's youth because they actually work. At Crossroads we work with students to introduce and practice these time proven approaches to financial health and success

Upcoming Donation Opportunities:

- **Lake Havasu Pai Camping Trip \$350:** Help send the Crossroads students and staff to brave the Grand Canyon heat and hike into the Havasu Pai reservation.
- **Home Improvement Class \$500:** Help teach the Crossroads Students valuable home improvement skills by supporting our classes.