



# Pathways

Live  
Learn  
Work  
Succeed

NEWS AND EVENTS FROM AT THE CROSSROADS

MARCH 2006



## From the Desk of Michael Alger

We believe "charity through service to others" is an important part of a well-balanced individual. When we serve others, we get outside our personal comfort zones, think

less about ourselves and focus on someone or something else. We grow personally and genuinely feel better about ourselves. Our students have had the opportunity to serve in the local community (See "Students on the Move") in a variety of capacities for different organizations. They have had the chance to learn new things, explore untapped talent and help others in a meaningful way.

Recently we increased the monthly service commitment of each student as follows:

- Step I – Learning to Care for Self – 6 hours
- Step II – Beginning to Look Beyond Self – 8 hours
- Step III – Giving Back – 8 hours + Leadership Service Project

The Step III Leadership Service Project challenges the student to be responsible for planning, directing and completing a significant undertaking designed to benefit a local school, religious or community organization. Much like an Eagle Scout Project, this will require a commitment of time, talent and energy as well as the support of others.

We understand that that striving to achieve a higher standard can be demanding. Balancing life is demanding. Work, school, church, social, family and service obligations can be many. Meeting these obligations can be a source of accomplishment. Achieving balance can be a source of true success; of fulfillment, joy and blessings.

- Michael Alger, Executive Director

## Team Building - Equestrian Style

In February students and staff joined Matt Eschler at his home for a special teamwork and communication training program. Students were given the assignment of saddling several horses without instruction (something none of them had ever done before).



- Photo by Bryan P.

They quickly learned what did not work and how not to approach a horse. It took a while, but they eventually succeeded. Their next chore was to get the horses to jump over a 2-foot barrier, without anyone speaking.



Students discuss lessons learned - Photo by Bryan P.

After finally succeeding in their tasks, they met as a group with Matt where the group reviewed their successes and failures. In reviewing what lessons

were learned from this experience they also learned how to relate these to real life skills. Some of the lessons learned included;

- ✓ The value of teamwork and communication
- ✓ Problem solving
- ✓ Non-verbal communication
- ✓ It can be OK to fail as long as we learn from it and not repeat the same thing over and over again.

This was a great experience and everyone not only learned, but also had a great time!



## A Story About a Frog

Matt Eschler, LMFT, Clinical Director

*Live your life on purpose!*

There's an old story told about a frog. This particular frog was born in the bottom of an old well that was built on a farm on the west coast. This old well was fairly deep and about six feet in diameter. The frog loved his life in this well. He could swim around for hours and then relax on the old ledge bricks that circle around his home.

He would play and swim and rest all day long. One day the frog notices a beam of light at the top of his well house. He became curious and climbed to the brick at the top of his home and peeked out. What does he see? A large pond! WOW, thought the frog. This is amazing! I can swim forever in that pond and never become bored. The frog watches for a while and then decides to go to the pond for a swim. He swims for a long time and rests and begins to get comfortable in his new environment. After a long time the frog ventures out for a hop along the banks of his pond and low and behold as he ventured away from his pond he sees a lake. This lake was a thousand times bigger than his pond and a million times bigger than his well. He is so excited he hops right over and jumps in his lake.

*Continued. See "Happy Frog" on back page*

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**Students on the Move!**

✓ Congratulations to **Brent** and **Chris** on completing all Step I requirements and moving into Step II (Beginning to Look Beyond Self) of the Crossroads program.

✓ Congratulations to **Seth, Patrick F., Brian W., Bryan P. Brent, Chris, Patrick M.** for meeting their required service hours for the months of February and March. Service projects included; **St. George Catholic Church, Dixie Care and Share** (provides food for the needy), working at the **welfare orchard**, and service opportunities at **Deseret Industries**.



✓ Students attended a training session at the Home Depot on working with tile. We are hoping to put this knowledge to work with a small home tiling project in April.

✓ **Chris, Patrick F.** and **Brent** traveled to Northern Utah last month to attend the Utah Jazz game complements of **Matt Eschler**. It was a great game with the Jazz beating the Clippers on a last second buzzer shot. Students stayed at the home of **Dan and Lita Alger** for the night. They treated their hosts to a delicious breakfast by preparing the stuffed French toast they learned from Dawson's cooking class (see "Cooking with Dawson"), which was enjoyed by all.

✓ Thank you to **Bryan P.** for the photos he has taken at recent events including those used in this newsletter.

**Happy Frog** (continued from front page)

The lake is fantastic the frog is so happy he can't even believe it. Eventually, the frog explores even farther. After he had hopped a long way he comes upon the great ocean. He was shocked beyond measure. He could not believe that there was a span of water this big. He thought back to his home in the well and realized how limited his beliefs were. He had thought the well was his whole world. He now realized that the well was just a drop in the bucket compared to the ocean that stood before him now.

Many of us are a little bit like this frog. We have bouts of limiting self-image that keeps us stuck in small thinking traps. We don't venture out to use our real potential for fear that we will get teased or pushed back down. Some people force others into "wells" not encouraging growth and promotion. All this will change if we as individuals will set up systems that encourage adventure, growth, and uninterrupted stewardship. Remember the law. If it isn't progressing it is dying. This law applies to individuals, businesses, marriages, plants, etc. We must promote growth or we are promoting death.

*Live your life on purpose!*

**- Matt Eschler, Clinical Director**

**Cooking With Dawson**



Dawson Hinton - Photo by Bryan P.

Last month students learned how to prepare a delightful breakfast that included my special stuffed French toast.

**Ingredients:**

- 2 loaves French bread
- 1 jar fruit preserves
- 8 oz. package cream cheese
- 18 to 20 eggs
- 1/2 cup milk
- 2 tsps vanilla
- 1/2 tsp cinnamon
- 1/4 tsp nutmeg



- butter flavored cooking spray
- powdered sugar

Cut bread into 1-1/2 inch slices. On the bottom edge of each piece, slice a pocket, leaving a 1/2-inch border on 3 sides. Fill the pockets with 1 tsp of preserves. Slice the cream cheese into the preserve filled pockets. Combine the next 5 ingredients and mix well. I use a large rectangle-baking dish to soak bread. Let each side soak 1 minute.

Place on a hot griddle that has been sprayed with cooking spray. Cook until brown. Serve with maple syrup or pancake syrup. Sometimes I heat apple or cherry pie filling to serve over toast, depending on the preserves used. Put on plate and dust with powdered sugar. Enjoy!  
- Dawson Hinton

**Upcoming Events**

- ✓ Apr - Overnight Subway hike at Zion National Park
- ✓ Apr - Shakespeare Festival - Cedar City

**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.

*Thank You for Your Support*

Charles and Rebecca White - Outing and Events  
Morgan Alger - Crossroads Program Support  
Matt Eschler - Utah Jazz Tickets