



AT THE CROSSROADS

# Pathways

Live  
Learn  
Work  
Succeed

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

May 2007

## Anchoring Our Life, Family Workshop



The Hogan's heading down

The Crossroads staff and clinical team worked hard to get ready for families to join us from across the country for a long weekend. The hours spent preparing the workshop were worth it. As families arrived their excitement and willing attitudes were contagious. The weekend was spent putting the theme "Anchoring Our Life" to practice both figuratively and literally.

On Friday, the Crossroads clinical team led by **Matt Eschler** discussed the importance of having a defined and infinite

Governing Purpose in our family relationships. Each family was given the assignment to agree on their defined family purpose. Once a purpose had been created, Matt then went on to discuss the importance of anchoring our Family Governing Purpose into correct principles.

*"It was the closest our family has felt in years"*

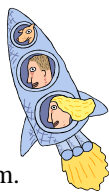
This concept was put into practice the following morning on the beautiful red cliffs near Matt Eschler's home. It began with a short hike to the top of the cliff. Once the group reached the top **Iuri Melo** informed us that the group would be rappelling to the bottom. After the surprise wore off, Iuri instructed the group on the fundamentals of rappelling. One of the most important systems used in the rappel are the anchors that have been set deeply into the sandstone. The anchors make it nearly impossible for those rappelling to stray too far from the center. Maybe more importantly they prevent gravity from sending them violently to the ground below. **Gianni**, a Crossroads student said he learned a lot of lessons while

*Continued, see "Workshop" on Back Page*

## Students on the Move

Congratulations on all your hard work;

- **Dayne W.** Completing his GED
- **AJ G.** Entering Step II and successfully completing a semester at Dixie State.
- **Doug M.** Advancing to Step II of the program.
- **Gianni B.** Advancing to Step II of the program.
- **Shaun K.** Advancing to Step II of the program.



## Serving Up a Hot Meal



Federico, Gianni and Tim preparing garlic bread.

A few times a year the Crossroad students are given the chance to serve in the local soup kitchen. The days that we are assigned to the kitchen the staff and students are responsible for planning, purchasing and preparing a meal to serve to the public. This last month with the help of **Dawson Hinton**, the

Crossroads students helped purchase prepare and serve lasagna, salad and garlic bread at the soup kitchen.

When the Crossroads team arrived at the soup kitchen **Michael** and **Tim** stopped by the "Care and Share" to pick up cookies and cake to serve for dessert. While they were busy across the street **Gianni** and **Federico** set up tables and drinks.

The Students then got the main course ready. The lasagna was baked and they prepared the salads. Once the food was ready the Crossroads students and staff served up a hot meal. **Federico** and **Gianni** were in charge of serving desserts and drinks, while **Michael**, **Tim** and **Dawson** manned the kitchen.

Service to others is an important part of the learning experience while

*Continued, see "Service" on Back Page*



The Dessert table

## Upcoming Donation Opportunities:

- **Soup Kitchen \$150:** Help the Crossroads students and staff plan, prepare and serve a hot meal to the less fortunate of St. George. Please see article above.
- **Charity Car Wash \$200:** Help support the Crossroads students put on a charity car wash to help support elementary school students in Ethiopia. [www.villageofhope-ethiopia.org](http://www.villageofhope-ethiopia.org)
- **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.

*All Donations are tax deductible.*



*Call us to learn more about  
this innovative program*

*(435) 705-6262*

*www.Guidingyouth.com*

**Independence ❖ Healthy Living ❖ Spiritual Awareness ❖ Strengthen Relationships**

## **Crossroads Is Cooking**

This month students learned how to cook Stromboli and “No Bake Cheese Cake.” With the help of Dawson Hinton, they cooked up a feast and learned some valuable life skills. Try this recipe at home and have a taste of life here.

### **Stromboli**

#### **Ingredients:**

- 1 loaf frozen dough bread (in freezer section)
- 1/2 pound salami
- 1/2 pound sliced pepperoni
- 3 pounds mozzarella cheese
- 1 jar of meatless sauce



#### **Directions:**

If using frozen bread, let thaw, then divide in half. Use rolling pin to flatten in a rectangular shape. Add ham in rows - 1 or 2 pieces with overlap. Then add on top the salami in the same fashion; then the pepperoni. Then add grated Mozzarella cheese on top.

Finish with a touch of tomato sauce. Roll carefully lengthwise making sure you tuck the ends carefully in to avoid seepage.

Bake at 350 degrees until crusty brown, about 1 hour.

## **Service** (continued from front page)

students are here in Utah. We gain greater appreciation for what we have when we serve others. **Tim** was one of the students lucky enough to attend the service project. He said that he enjoyed the entire experience, “it was very rewarding to see how thankful everyone was.” **Tim** went on to say that though he felt his contribution was minimal the smiling faces said otherwise. He learned that a small action on his part benefited so many people.

Once the meal was done the Crossroads staff and students began cleaning up the kitchen. When they put the last dish away they left with a satisfied feeling.

All of us here look forward to serving at the soup kitchen again on Memorial Day!

Crossroads Students and Staff enjoyed a fun night of playing laser tag and video games.



## **Crossroad Welcomes New Staff**

Crossroads welcomes Russ Adamson and Celina Alger to the team. Russ Adamson joins Crossroads as our House Manager. Russ' responsibilities include Crossroads service coordinator. He works with students in planning and coordinating Saturday morning service projects and tracks each student's service hours. Additionally Russ is in charge of the nightly devotionals. Russ moved to St. George from Northern Utah to join the Crossroads team and is joined by his wife Susan and their son Boston.

Celina Alger joins the Crossroads team as the day manager. Celina's responsibilities include the morning kick start meeting, helping the students accomplish weekly goals, the daily gym run and maintenance of the property. Celina moved to St. George from Northern Utah, where she completed a bachelor's degree at BYU and worked in social services. We are excited for the new additions to the Crossroads team.

## **Workshop** (continued from front page).

rappelling. He was excited that while on the rock you have to face all your fears. He learned a valuable life lesson at the same time “While rappelling you have to go down the right way or you will get hurt. It is the same in real life, if you choose to make bad decisions you will end up getting hurt.”



Gianni B. and his mother work together to repel down the mountain during the parent workshop.

The workshop was a success. All the families who participated were brought closer together. One parent said “It was the closest our family has felt in years”. After such a life changing experience we are all faced with the challenge of taking the lessons we learned in the scenic landscape of Southern Utah back to our complex daily lives. We must remember the lessons we learned, and use our Guiding Purpose to help lead our lives. Just as the anchors on the rock protected us from the dangers of gravity, our principles protect us from the dangers we face in life.

*“While rappelling you have to go down the right way or you will get hurt. It is the same in real life, if you choose to make bad decisions you will end up getting hurt.”*

*- Crossroad Student*

P.O. Box 377, Washington, UT. 84780-0377

(435) 705-6262

www.GuidingYouth.com