



THOUGHTS FROM MR. KEVIN

Let me first wish everyone a happy, healthy, and blessed new year. I was so glad to see so many people at our holiday party this year, including so many of our graduates. The more I talk to our graduates, the more I hear the same things about how important it is to take advantage of the opportunities you have here. While I am not into New Year's resolutions since they are frequently things people make and then ignore, let me encourage everyone to set at least one goal for the New Year that is challenging but at the same time something you will be proud of when you attain it. Write it down and hang it on your wall so you have a frequent reminder. Most of all, I hope everyone has a safe and successful new year.

Mr. Kevin

TO MY NEW PATHWAYS FAMILY

Goodbye's are never easy but one quote comes to mind as I make this change in my life: "How lucky I am to have something that makes saying goodbye so hard". I don't think there is another quote out there that could say it better!

I would like to thank each of you, clients and staff, for making my time at New Pathways so much fun! I can truly say I enjoyed every part of my job here! I hope all of our clients can see that change is part of life. When I was offered this new opportunity I had to think a lot about what would be best for my future. Although change isn't always easy, it is sometimes necessary! I hope all of you can see that change can be positive and you can only move forward in life through change.

Finally, thank you for being my family. As many of you know, my family lives far away from Maryland and I was very nervous about permanently staying here. You have made me feel welcome and at home here, I thank you for that. I am so fortunate to know all of you and I do plan on keeping in touch. To my clients, please stay on track; focus on your goals and TAKE ADVICE from the staff at New Pathways. Despite what you may think, we all have your best interest in mind and we want each one of you to succeed in life!! Best wishes for a Happy and Healthy 2006!

I will miss you!

Ms. Jodi

HAPPY BIRTHDAY



& WELCOME

Happy Birthday to Sean, Priscilla, Karla (Happy 21st and best wishes!), Muhammad, Joseph, Darrell, and Chris (Happy 21st and best wishes!), Ms. Makda and Ms. Chemere.

Welcome to Independence Plus Monique G!!

We are very pleased to welcome Jamila Blake to our Case Managers' team! She joined us on December 19 and began working with the majority of Ms. Jodi's clients. Jamila graduated recently with her MSW from the University of Pittsburgh. Although she attended school out of state, she is a Baltimore native. Jamila has a wide range of experience with refugees, substance abuse issues, elderly, and families. She is very excited about working with young adults and learning more about the foster care system. Please extend a warm New Pathways welcome to Jamila when you see her!

We wish Jodi Schmidt best of luck in her new position in the Harford County school system, as well as all her future endeavors! It was a pleasure having Ms. Jodi as a Case Manager for two and a half years!

Mr. Vonzell Barker, our new M-F 3-11pm LSC, is a father of three and is best known as "coach Von". He started coaching in 1988 but since 1995 he has coached 15 track and field Olympians. Outside of working with the youth his passion is reading.

Ms. Sharnett Kelly, our new weekend 3-11pm staff, describes herself as a woman of her word with a heart and love for the youth. She is the director of the youth and musical ministry at her church. Her daily motto: "Don't allow the day to make you - You make the day." I would like to thank Ms. Sharnett for joining us at the Christmas Party and so willingly participating in the talent show.

Mr. Dante Wilson, our new 11-7am LSC, is the founder and CEO of Reclaiming our Children and Community Project, which provides services to children and their families. Mr. Dante is a motivator, public speaker and an advocate for juveniles. He is very pleased to have the opportunity to work with our youth. Thank you Mr. Dante for the football tickets to the Ravens vs. the Minnesota Vikings game on Christmas Day. The Men's Group enjoyed this unexpected Christmas gift.

Ms. Kim Armstrong, our new 3-11pm LSC, is a mother of 3, a business owner, an advocate and co-author. She started a community based program titled "Just 4 Me Mentoring for Girls" in 2003. Ms. Kim says "New Pathways means new growth."

**BIOGRAPHY OF
MARSHALL "MAJOR" TAYLOR**
Jeff Lambert

Marshall "Major" Taylor was born in Indianapolis, Indiana on November 21, 1878. Taylor was an African-American cyclist and one of the preeminent Black American sports pioneers of the late nineteenth and early twentieth centuries.

Bicycle track racing between 1890 and 1910 was as popular as any of today's major sports. He grew up in a rural area on the outskirts of Indianapolis. He was one of eight children raised in a humble home in rural poverty. At the age of thirteen a friend gave him a bicycle and he began to earn his first few dollars delivering newspapers. That same year, he got a job in a bicycle shop doing repairs, teaching customers how to ride bicycles, and doing exhibitions and tricks after regular working hours. The bicycle shop was owned by white ex-cyclist Louis "Birdie" Munger, who urged and assisted Taylor at the start of his career. Taylor won his first amateur race in Lexington, Kentucky at the age of 13. He first raced as an amateur in races around Indianapolis and Chicago and later in Massachusetts, Connecticut and New York. He continued to work at the bike shop and Munger coached him when he turned professional in 1896.

Taylor won the American Sprint Championship title in 1898, 1899 and 1900. In 1899, he reached the top of the cycling world by winning the world championship title and becoming America's first Black world champion cyclist. In 1901, he toured Europe and set a series of world records. He also competed in Canada, Australia and New Zealand. Against the best bicycle racers in the world he was unequalled. In a world without cars, motorcycles or airplanes, racing cyclists were the fastest humans on earth. They were the heroes and stars of their day.

Taylor was regarded as the world's fastest bicyclist for twelve years. In his sixteen-year racing career, he raced 168 times. He won 117 times and finished second 32 times. He was almost certainly the first Black athlete to have a commercial sponsor and the first to establish world records in any sport.

Marshall Taylor died penniless in 1932 in Chicago at the height of the Depression, and was buried in a pauper's grave. However, in 1948, he was reburied and his athletic and social achievements were praised at a Chicago memorial ceremony. Taylor was later inducted into bicycling's Hall of Fame. In honor of his accomplishments, one of the world's most renowned cycling venues, the Major Taylor Velodrome in Indianapolis, was named in his honor.

"BIG UPS TO"



Congratulations to Brandy S. for getting a 3.0 average her first semester at Coppin State University. Brandy we are proud of you and look forward to you achieving all of your goals. Keep up the great work.

Big Up's to Miss Justine at Aramark for providing \$80.00 in food vouchers for the New Pathways clients that attended the Raven's game on Christmas Day.

What is "BIG UPS TO" you ask? It is your opportunity to acknowledge something good about a staff member or client at New Pathways. Did someone do something nice for you? Did you enjoy an event or class at New Pathways? Do you have something nice to say about someone at New Pathways? This is your chance to share your thoughts and feelings. Please write down your Kudos and forward them to the NP News c/o Main Office (this can be done via your case manager or other staff member). Thank you.

FINANCIAL TIP OF THE MONTH



Dear Penny Bank:

I was looking at my year end pay stub and it said I made over \$5,000 and I only have \$300 in the bank. It doesn't feel like I made that much and I live paycheck to paycheck. Where did it all go?

I Don't Know

Dear I Don't Know:

Many people live paycheck to paycheck because they don't think about where they spend their money. When you get your paycheck, do you put all your money in an account that has an ATM card and then spend it? Do you cash your check and spend everything and think – next pay I'll put some in the bank? What do you spend you money on? These are questions you need to ask yourself.

If you put all you earnings in a bank account that has an ATM card, maybe you need to set up a separate bank account just for saving money.

When you go to spend your hard earned money, ask yourself if you really need what you are buying and why are you buying it. Are you spending money to show off or do you really need what you are buying. If you have ten dollars in your wallet and you do not spend it, it will be there when you need it. If you have ten dollars in your wallet and spend it on something you know you don't need, it will not be there when you need it and you will have nothing to show for it.

Penny Bank

Do you have a question or problem about bill paying, saving money, budgeting or other money related question? If so, please send your questions to Penny Bank NP News c/o Main Office (this can be done via your case manager or other staff member) and we will be happy to answer your question in the next issue.

NP RECIPE OF THE MONTH

This is a great snack to serve at parties, pack in your lunch, watching a movie or reading a good book. Enjoy

CHEX PARTY MIX MICROWAVE

- 1/4 c Butter or margarine
- 1 1/4 tsp Seasoned salt
- 4 1/2 tsp Worcestershire sauce
- 8 c Chex cereals (mixed)
- 1 c Mixed nuts
- 1 c Pretzels

1. In a small microwave-safe bowl melt butter on HIGH. Add seasoned salt and Worcestershire sauce; mix well.
2. Pour cereals, nuts and pretzels into 2 gal. Re-sealable plastic bag. Pour butter mixture over cereal mixture. Seal top of bag and shake until pieces are evenly coated.
3. Pour contents of bag into large microwave-safe bowl. Microwave on HIGH 5 to 6 minutes, stirring every 2 minutes. Spread on absorbent paper to cool.
4. Store in airtight container.

TRADITIONAL CHEX PARTY MIX

- 1/2 c Margarine or butter
- 1 1/4 tsp Seasoned salt
- 4 1/2 tsp Worcestershire sauce
- 8 c Chex cereal
- 1 c Salted mixed nuts
- 1 c Pretzel sticks

Melt margarine in open roasting pan in preheated 250 degree oven. Stir in seasonings. Gradually add cereal, nuts, and pretzels. Stir to coat evenly. Bake one hour, stirring every 15 minutes. Spread on absorbent paper to cool.



LETTERS TO MR. BOB

. Dear Mr. Bob

I get depressed and sometimes have thoughts of hurting myself. Should I be worried.?

Depressed and Worried

Dear Depressed & Worried:

Please check with your doctor, therapist case manager or other support person. If you have a plan to hurt yourself call emergency on-call case manager immediately. Suicide is a permanent solution for a temporary problem. Call or write Mr. Bob for more suggestions. Good luck.

Regards
Mr. Bob

Do you have a problem or question and don't know where to turn for an answer? Send your problem or question to the NP News Desk at the main office. We will respond in the next issue of the NP News. All submissions will be discrete and no names will be published.

NP News January 2006

Z S C Y E H D F G Q X X O L E
 R A L T C O X R R I R U W R F
 E E O G L N A I M G J X A S C
 X U I L L D E Y B R U U L K I
 Q C A S U D T G P Y Q G K C D
 G R Y A T R E C R S V Q E E C
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 R E V P L V R R I P M J M C I
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 P D L N E G A R U O C N E O R
 S E O P P O R T U N I T I E S
 B F P R E T Z E L S O N T Y M

ADVICE
 BELVEDERESQUARE
 CYCLIST
 DOLLARS
 EMERGENCY
 ENCOURAGE
 FAMILY
 GRADUATES
 NUTS
 OPPORTUNITIES
 PARTYMIX
 PAYCHECK
 PIONEER
 PRETZELS
 QUOTE
 REISTERSTOWN
 SPORTS
 WALKERMANOR

Coming Very Soon Just For the Ladies

Come to the Be-You-tiful Workshops

These workshops will be offered for the New Pathway Ladies at all sites and will focus on the following subjects:

- Health and Beauty
- Fashion
- Creating Your Personal Style
- Time Management
- Influencing People and Creating Positive Association

These classes will be facilitated by a fashion professional with years of experience in creating images for many famous people such as Mo'niq, and Alicia Keys and many more.

You will be notified by Mr. Jamal when your site will be having the workshop. Flyers will be distributed. The first workshop will be at Reisterstown Square Office date to be determined soon.

COME TO THE BE-YOU-TIFUL WORKSHOPS AND GET TO KNOW YOU!!!

CALENDAR OF EVENTS
January 2006
Happy New Year!!!!



- 1/7/2006 – Shopping Trip to Lancaster, PA
- 1/10/2006 – LST Housing – 6 pm Walker Manor – Mr. JR
- 1/11/2006 – LST Employment – 6 pm Reisterstown – Mr. Jamal
- 1/12/2006 – Movie Night at the Senator – KING KONG
- 1/13/2006 – Bee-you-tiful Workshop
- 1/15/2006 – LST Cultural Perception – Mr. Al 4 pm Reisterstown
- 1/16/2006 – Martin Luther King Birthday – Belvedere Square Office Closed
- 1/17/2006 - LST Cooking Class – 6 pm Walker Manor – Mr. JR
- 1/18/2006 – LST Employment – 6 pm Main Office – Mr. Jamal
- 1/19/2006 LST Housing – 6 pm Reisterstown – Ms. Kim
- 1/19/2006 – Client Welcome Party
- 1/22/2006 – LST Employment – 4 pm Reisterstown – Mr. Al
- 1/24/2006 – LST Mental Health – 6 pm Main Office – Ms. Adia
- 1/25/2006 – LST Health & Medication – 6 pm Main Office – Mr. Jamal
- 1/26/2006 – LST Cooking Class – 6 pm Reisterstown – Ms. Kim
- 1/29/2006 – LST Cultural Perception – 4 pm Reisterstown – Mr. Al
- 1/31/2006 – Daniel Memorial – 6 pm Walter Manor – Mr. JR
- 2/1/2006 – New Client Training – 6 pm Main Office – Mr. Jamal
- 2/2/2006 – Daniel Memorial – 6 pm Reisterstown – Ms. Kim

NP News Staff
Echo G. Hester
Jennifer Pettis
Jeff Lambert

The New Pathways News is a monthly publication for staff and clients. Any client or staff member may submit articles, stories, poetry, etc. for publication. Articles must be submitted by the third Friday of the month for the next month edition.

A special thank you to all clients and staff who have made the NP News possible.



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- James Richard Jr, Life Skills Counselor
- James Sippio, Sr. Life Skills Counselor
- Alexander Watson, Life Skills Counselor
- Gerard Washington, Life Skills Counselor
- Alexander Watson, Life Skills Counselor
- Daphney Williams, Life Skills Counselor
- Dante Wilson, Life Skills Counselor
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- Judith Dukes, 2G Life Skills Counselor
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